

# get Involved

SEPTEMBER 2016  
CENTRAL OKANAGAN STYLE



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**OKANAGAN VOLUNTEER OPPORTUNITIES FAIR**  
**SEPT. 17, 2016**



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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 are 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 how giving back is so good for you, we supply you with over 70 agencies who would love to have you join their team. So enjoy the content, then choose an agency to volunteer for so you stay healthy and productive.



*Volunteer Fair 2015*

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Box 20262 RPO Town Centre  
Kelowna, BC V1Y 9H2  
250-863-6341  
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.



250-491-7714 or 250-870-2757  
bsheppard@baptisthousing.org  
www.baptisthousing.org

Baptist Housing provides Senior Housing and care in British Columbia with three communities in Kelowna: Village at Mill Creek, Sun Pointe Village and Village at Smith Creek. Our desire is for Residents to experience life to their fullest. Our Team Members, assisted by Volunteers, offer Wellness Programs that encourage active living. As a faith-based non-profit organization, Baptist Housing invests all its resources into improving the lives of our Residents. For more information [www.baptisthousing.org](http://www.baptisthousing.org) Volunteers are always welcome! Please contact Brenda Sheppard, Volunteer Coordinator at 250-491-7714; 250-870-2757 or email at [bsheppard@baptisthousing.org](mailto:bsheppard@baptisthousing.org)



3785 Casorso Rd  
Kelowna, BC V1W4M7  
250-861-7722  
[www.spca.bc.ca/branches/kelowna](http://www.spca.bc.ca/branches/kelowna)

At the BC SPCA Kelowna Branch, we rely on our volunteers, depending on over 800 volunteer hours per month. Each role in our facility is critical: from cat, dog, llama, chicken, and rabbit companionship and fostering, to fundraising, tabling, photography, sanitation, and administrative work. For information about volunteer opportunities, please email [volunteerkelowna@spca.bc.ca](mailto:volunteerkelowna@spca.bc.ca) or phone 250-861-7722. We would be happy to have you on our team!



124-1876 Cooper Road  
Kelowna, BC V1Y 9N6  
250-300-4188  
[volunteer@okanaganmarathon.ca](mailto:volunteer@okanaganmarathon.ca)  
[www.okanaganmarathon.volunteerhub.com](http://www.okanaganmarathon.volunteerhub.com)

The 22nd annual BMO Okanagan Marathon Family Festival Weekend will be held in Kelowna's beautiful City Park on October 8-9. The BC Interior Chapter of the Sunshine Foundation of Canada is the designated charity while other local charitable organizations also receive benefits. Many volunteer opportunities for all ages are available to support the participants of this exciting community event. For more information please call, email or visit our website.



103-1865 Dilworth Drive  
Kelowna, BC V1Y 9T1  
250.717.5244 ext.6  
[patti.kilback@blood.ca](mailto:patti.kilback@blood.ca)  
[www.blood.ca](http://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, please contact Patti Kilback, Volunteer Coordinator.



Canadian Cancer Society Southern Interior Region  
102-1433 St Paul Street  
Kelowna BC V1Y 2E4  
250-762-6381  
[staylor@bc.cancer.ca](mailto:staylor@bc.cancer.ca)

If you are ready to take action and volunteer, the Canadian Cancer Society has the meaningful volunteer experience you're looking for. Make a choice from our many roles based on your interests, passions and availability. Bring your enthusiasm and determination. There's something for everyone; Community events, Leadership roles, Support others going through cancer, Health promotion or Office administration.



# Youth Volunteering

## Provides Mutual Benefits For Organizations & Volunteers

Youth volunteering represents a sizeable portion of Canada's volunteer activity, and offers a variety of uncapitalized opportunities for volunteer organizations. Canada's younger generations consist of motivated, talented, and highly energetic people and, while many of them are making a difference in their own communities, there's still a broad base of the country's youth and young adults who aren't volunteering.

Kelowna Rotaract president Kate Kutzner is on a mission to change that. Kutzner says volunteering is an important activity for young people, who often feel more connected to those on the other side of the globe than to people in their own neighbourhoods.

"There isn't this sense of community that previous generations felt in the local area," Kutzner explains. "To be honest, I'm one of those people—I don't know any of my neighbours. But volunteering is a way to create that sense of community."

Young people are embracing volunteering in large numbers, presumably for that and other reasons.

One 2013 survey found two thirds of youth aged 15 to 19 volunteer an average of 110 hours per person, per year. However, youth still represent a small proportion of the volunteer community. And Kutzner attributes it to young people's busy lives. "People have such full lives that it's hard for them to imagine fitting volunteering in," she says. "Young people think, 'I'm already working full-time. I already have friends that I don't see enough. How do I volunteer on top of that?' They think that volunteering will make them less connected with their communities, but in reality, it makes you more connected. And once you've started volunteering, it's not as big a time commitment as you thought it would be."

Kutzner says that requiring volunteer work as a condition of high school graduation was an excellent measure for getting young people interested in volunteering and demonstrating that volunteer work doesn't have to be an all-consuming

commitment.

"When I graduated in 2007, it was the last year that the government of B.C. was still doing the graduation portfolio that required a presentation and volunteer requirement. In 2008, it dropped the presentation and portfolio, but kept the volunteer requirement. I think it's good that they require it. I still remember the experiences I had when I was in high school. It made me realize that I can make a big impact with my spare time."



Rotaract's team for the 2016 Daffodil Dash for Cancer Research. (left to right) Josh Fisher, Kate Kutzner, Melissa Brooks, Nathan Lundgaard, and an unidentified non-member runner.

Getting youth more engaged in volunteering presents a variety of benefits for both volunteers and organizations, which is why Kutzner and Rotaract are working to encourage more youth to become volunteers.

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**save on foods**

By MIKE STRAUS

"A lot of organizations are run by seniors because they have more time on their hands," she says. "But seniors aren't familiar with technology. The biggest way young people can help volunteer organizations is with social media. That's something our club is contributing to (the upcoming Kelowna) RibFest. Someone who's older might take an hour to write up a good post and attach a photo."

For youth, volunteering is a prime opportunity to network with important people and gain career-related experience. Kutzner says volunteering has helped her to create connections that she wouldn't otherwise be able to make and to conquer the problem of not having employment experience.

"Young people nowadays have a hard time entering the job market because entry-level jobs now require five years of experience. How do you get experience without getting your first job? That's where knowing people comes in. It goes back to feeling connected to the community."

**save on foods**  
AN ACTIVE PART OF THE COMMUNITY

Throughout our history, we've actively supported the communities in which we do business. After all, those communities support us, too. So whether it's local sporting events, charities or community services, we're proud to be good neighbours.

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250-860-1444

**RUTLAND**

#10 - 301 Highway 33 West  
Kelowna  
250-765-5690

**GLENMORE**

1972 Kane Road  
Kelowna  
250-860-2946

**LAKE COUNTRY**

#10-9522 Main Street  
Winfield  
250-766-9009

**LAKESHORE**

3175 Lakeshore Road  
Kelowna  
250-860-7787

**WEST KELOWNA**

Westbank Towne Centre  
2475 Dobbin Road, Westbank  
250-768-2944

**WWW.SAVEONFOODS.COM**



250.707.8021  
 crimeprevention@shaw.ca  
[www.regionaldistrict.com/your-services/police-services/crime-prevention.aspx](http://www.regionaldistrict.com/your-services/police-services/crime-prevention.aspx)

RDCO Crime Prevention values our essential volunteers who provide support and assistance to local policing efforts in the City of West Kelowna, Westbank First Nation, Lake Country, Peachland and East/West Electoral areas. Our programs include:

- Citizen's Patrol •Subpoena Program
- Peachland Community Policing Office
- Speed Watch •Child ID •Seniors Contact •BC Securities Tipsters •Block Watch

Please contact Roy Morgan, Crime Prevention Coordinator @250-212-9864 if interested in any of our volunteer opportunities.



Roots of Empathy Program  
 School District No. 23 Central Okanagan  
 Colleen Edstrom  
 250.491.7460  
[colleen.edstrom@sd23.bc.ca](mailto:colleen.edstrom@sd23.bc.ca)

We are looking for volunteer instructors to deliver 27 lessons over the school year, 3 times per month, approximately 30 minutes in length in a Kindergarten classroom. Full training is provided. All that is needed is a sincere desire to work with children and a compassionate heart. The program has shown dramatic effect in reducing levels of aggression and violence among schoolchildren while raising social-emotional competence and increasing empathy.



421 Cawston Ave.  
 Kelowna, BC V1Y 6Z1  
 250 717-5304  
[programs@rotarycentreforthearts.com](mailto:programs@rotarycentreforthearts.com)  
[www.rotarycentreforthearts.com](http://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.



102-2055 Benvoulin Court  
 Kelowna, BC V1W 2C7  
 250.861.6180  
[volunteer@seniorsoutreach.ca](mailto:volunteer@seniorsoutreach.ca)  
[www.seniorsoutreach.ca](http://www.seniorsoutreach.ca)

In partnership with our volunteers and other organizations, we help seniors enhance the quality of their lives. Our volunteer opportunities include: - Friendly Visitor: Connect with a senior for home visits or 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 tax returns



399 Royal Ave  
 Kelowna, BC V1Y 5L3  
 250-712-3966 ext 686806  
[Heather.Burns@bccancer.bc.ca](mailto:Heather.Burns@bccancer.bc.ca)  
[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

Our Cancer Centre provides diagnosis and treatment, supportive care, education/prevention programs and conducts research. We are looking for individuals that are compassionate, empathetic and non-judgmental to join our team of amazing volunteers! Volunteers provide encouragement and support by greeting patients, assisting them with navigation, providing comforts like beverages or a warm blanket, or just providing some friendly conversation. Volunteer opportunities are available Monday-Friday, 8am – 5pm.



260A – 1855 Kirschner Ave  
 Kelowna, BC V1Y 4N7  
 250-868-8643  
[www.arthritis.ca](http://www.arthritis.ca)

The Arthritis Society is grateful to our volunteers who help us with outreach, education and special events for the 120,000+ people in the Interior living with this disease.

Are you looking for an opportunity to bring your creativity and enthusiasm to the table? Join the Walk to Fight Arthritis Committee and help make 2017 the best Walk yet!

Do you like to teach? Train to be a facilitator for the Arthritis Educational Workshops.



Canadian Diabetes Association  
250.762.9447  
Glenna.Armstrong@diabetes.ca  
www.diabetes.ca

Every day, the Canadian Diabetes Association is: creating awareness about diabetes and speaking out on issues affecting people living with the disease, providing hope and improving the lives of people living with diabetes, supporting promising new discoveries through research. We need to do more and can't do it alone. For more information on our efforts and other ways you can help, please contact Glenna Armstrong.



1265 Ellis St  
Kelowna, BC V1Y 1Z7  
250-763-7161  
David@cofoodbank.com  
www.cofoodbank.com

Our amazing volunteers are our everyday heroes! There are many reasons to volunteer: Some people enjoy giving back to the community in a fun and supportive atmosphere, others to learn new skills or gain work experience. We are always looking for great volunteers. Whether it's on our board of directors, or as part of our warehouse team, there is a place for you in our volunteer family.



280-1855 Kirschner Rd  
Kelowna, V1Y4N7  
250-763-4613  
volunteer.efry@empowerific.com  
www.empowerific.com

One way to embody the spirit of Empowerific is by contributing your time and/or skills to activities that help promote and support the cause. At The Central Okanagan Elizabeth Fry Society we provide services to Women and Children who are on the emotional path to recovery from abuse. There are several ways you can help out as an Empowerific Volunteer for COEFS. For more information, please call, email or visit our website.



City of Kelowna, Active Living & Culture  
1800 Parkinson Way  
Kelowna, BC V1Y 4P9  
250-469-8467  
hcrawford@kelowna.ca  
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.



Studio 205, Rotary Centre for the Arts  
421 Cawson Avenue  
Kelowna, BC V1Y 6Z1  
250-899-6381  
info@coolarts.ca  
www.coolarts.ca

Cool Arts Society is dedicated to providing arts opportunities for adults with diversabilities in the Central Okanagan; to create opportunities to make art; to take classes and learn to be in a supportive arts environment; to exhibit or perform; and to be part of a larger art community. Cool Arts' supported studio is located at the Rotary Centre for the Arts, 421 Cawston Ave, Studio 205.



PO Box 25141 Mission Park PO  
Kelowna, BC V1W 3Y7  
Phone: 250-979-3941  
Email: general@coreinso.com  
www.AdaptiveAdventures.ca

Being a volunteer with us in 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 and let the Adventures begin!



# Kelowna An Emerging Volunteer Hotspot With

## Diverse Opportunities

Kelowna has a higher percentage of volunteers than both the provincial and national averages, according to Kelowna Community Resources statistics.

And volunteering is essential to the continued functioning of Kelowna as a community, says KCR Community Services manager Dawn Wilkinson.

Wilkinson says a full 53 percent of Kelowna residents volunteer their time, which is higher than both the Canadian average (47 per cent) and the British Columbia average (50 per cent). She credits Kelowna's eagerness to volunteer to the city's older population.

"As the empty-nest happens and people start entering that pre-retirement age, they start to have more time," says Wilkinson. "And that's when they can look around at volunteer opportunities."

She says a she's seeing is that if people who are retiring don't feel connected to the community, they often go back to work at part-time jobs.

"Sometimes it's for economic reasons, but sometimes it's to feel a connection."

Wilkinson says senior citizens by and large volunteer the greatest amount of time of any age demographic, in part because volunteering defines their concept of what it means to be Canadian.

However, Wilkinson cautions against drawing conclusions based on volunteer hours alone.

"During their income-earning and child-rearing years, parents will sometimes make financial donations in lieu of volunteering their time. They're working, they have families, maybe they're part of that sandwich generation that is taking care of both their children and their parents. In cases like that, the financial contribution is a conscious choice."

But formal volunteering isn't the only form of community engagement happening in Kelowna.

A 2013 study commissioned by Volunteer Canada found 82 percent of Canadians volunteer informally.

"The United Nations calls that 'helping a stranger,' says Wilkinson. "Informal volunteering is giving time to someone other than your immediate family. So if you cook soup for a sick friend, or shovel a neighbour's driveway, or give hand-me-down clothes to your friends' children, basic things we all do."

Wilkinson says that informal volunteering is an essential piece of the glue that holds Canadian society together. And while it's not easily tracked, it's an important element for creating strong community bonds.

She also notes that it's important for local organizations to recognize that the nature of volunteering itself is changing, especially considering the fact that the top 25 percent of Canadian volunteers give 77 percent of all volunteer hours.

"There's more demand for flexible volunteer



Volunteering can include many different approaches, including at sport events.

positions. You no longer see people saying, 'I'm going to volunteer every Tuesday from 1 p.m. to 4 p.m. for the rest of my life.' There's also a big demand for volunteers to be able to create their own positions, plus they want to know what difference they make as volunteers."

The non-profit sector is responding to these trends in several ways. Wilkinson says that

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**FOUNDATION**

*empowering generations to give.*

By MIKE STRAUS

virtual volunteer opportunities in disciplines like web development and social media management are allowing volunteers more flexibility in when, where, and how they give back. But in order to manage these changes, she says, local non-profits will require more paid staff.

"I'd like to see some thought given to strategic funding for volunteer managers. That'll give us a sense of who's coming into the community and how we can recruit them to fill service demands."

Hiring more volunteer managers may become a necessity sooner rather than later, with Volunteer Canada and other organizations planning a major nationwide volunteer initiative for 2017.

"There's this challenge going out to volunteer centres for Canada's 150th birthday," says Wilkinson. "We're going to encourage volunteers to give 150 hours during 2017. We're looking at ways to involve 150 organizations who want to track their volunteers and challenge each other in an encouraging way."

—CENTRAL OKANAGAN—  
**FOUNDATION**  
*empowering generations to give*

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



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

ENDOWMENTS • GRANTS • COMMUNITY LEADERSHIP





Box 20071 Towne Centre  
Kelowna, BC V1Y 9H2  
250-826-1148  
info@elevationoutdoors.ca  
www.elevationoutdoors.ca

Elevation Outdoors improved the lives of socially and financially disadvantaged youth through exciting outdoor programs! With the help of passionate volunteers we run programs that teach youth to snowboard, mountain bike, rock climb or sail. Join our team and share your passion to help us make a difference in the lives of Kelowna youth.



2255 Enterprise Way  
Kelowna, BC V1Y 8B8  
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 1 home or 1000 homes - ESS is there to help. For more information, contact ESS at 250. 215-1789.



250.717.0472  
freedomdoor@shaw.ca  
www.freedomdoorkelowna.com/

Freedom's Door is a local community, non for profit, 50 bed residential men's recovery program bringing hope, healing and wholeness to men suffering from addiction. We have volunteer opportunities in our kitchen, driving, mentoring, gardening, monitoring, administration and more. Our volunteers love coming and supporting the men as they are making positive choices and working toward becoming whole and healthy members of our community.



101-3788 Bird Pl  
Kelowna, BC V1W4T3  
250-860-3863  
gailrose47@telus.net  
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.



Kelowna.globalcitizen@gmail.com  
www.bccic.ca/chapters

Global Empowerment Coalition of the Central Okanagan (GECCO) is the newly-formed local chapter of the British Columbia Council for International Cooperation. Our focus is to bring awareness to global & local issues of social change and to build capacity for groups and organizations which are addressing the United Nations' Sustainable Development Goals. Individuals & organizations are welcome to become members as we are stronger together! Look for GECCO events on the chapter page.



H.O.P.E. Outreach, Helping Out People Exploited  
250-864-0399  
hope.okanagan@gmail.com  
www.hope-outreach.com

We are a volunteer based organization serving homeless/addicted and exploited women in the City of Kelowna. 7 nights/week, our trained volunteers meet with these women to give them outreach supplies, lend an ear, and provide information about services in Kelowna. We also take Bad Date reports and hand out Harm Reduction supplies to men and women who require them in order to remain healthy. Women volunteers are always needed. Full training is provided.

## Volunteerism As Civic Action:

### *A former Mayor's perspective on volunteering*

For Sharon Shepherd, volunteering is a way of life.

For the community activist and former Kelowna city councillor and mayor, work as a volunteer started in her teen years and continued into adulthood during her time working in the pharmacy industry. From neighbourhood development associations to sports clubs to school advisory committees, she's volunteered her time for a broad array of causes that are important to her.

"I got involved in volunteer committee work before I became the mayor – that's how I learned how cities work, says Shepherd.

"When I entered politics, I had to be more cautious as to what I was involved in because of potential conflicts of interest. But my sense has always been that if you're not happy about how something is being organized, don't complain—get involved."

Shepherd's role as a city councillor and eventually as mayor may have restricted her ability to volunteer her own time, but it didn't stop her from promoting volunteering in other ways. Council committees would start initiatives like the youth volunteer forum, which allowed middle and high school students to share their thoughts on Kelowna as a community. Shepherd also took the initiative to bring the name of a local volunteer to city council meetings every week, and send a letter on behalf of council, thanking the volunteer for his or her service. This promotional approach was part of a strategy to keep lines of communication with volunteers and organizations open.

"There are some major roles for

volunteers to play in the city," Shepherd says. "The roads and streams are municipal property, but there isn't enough taxpayer money to clean them. That's an example of where a volunteer organizations can help. The city's role is to promote the significance (and benefits) of volunteerism."

For Shepherd, volunteering is more than a feel-good activity. It's an important part of what keeps cities



functioning.

She says volunteering saves taxpayer money, fosters a spirit of cooperation and provides opportunities for career advancement. But, perhaps most important, it pulls the community together during trying times.

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## Your local MLAs

By MIKE STRAUS

"There aren't enough emergency services staff in times of emergency," she says. "Here's a recent example: There are over 1,000 boats at the Kelowna Yacht Club. The day of that big storm (Aug. 21) it was a disaster. A couple of hundred boats were damaged. But within two days, the club had a list of damaged boats. They were helping people take boats out of the water. That's what I find interesting about this city. If something disastrous happens, people show up and help without having to be asked."

Shepherd says that while donating one's time is important, local philanthropists who have donated significant amounts of money, rarely get the recognition they deserve. "The donors in this city get approached by absolutely everyone, but there isn't much awareness or celebration of how much money is contributed to volunteer groups," she says. "Philanthropy is an important piece, too."

## Volunteering makes our community better



**Norm Letnick, MLA**  
Kelowna-Lake Country

#101-330 Highway 33 West  
Kelowna, BC, V1X 1X9  
(250) 765-8516

Norm.Letnick.MLA@leg.bc.ca  
[www.normletnickmla.bc.ca](http://www.normletnickmla.bc.ca)



**Christy Clark, MLA**  
Westside-Kelowna

#3-2429 Dobbin Road  
West Kelowna, BC, V4T 2L4  
(250) 768-8426

Christy.Clark.MLA@leg.bc.ca  
[www.christyclarkmla.bc.ca](http://www.christyclarkmla.bc.ca)



**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](http://www.stevethomsonmla.bc.ca)



A MESSAGE FROM YOUR LOCAL MLAs





1793 Ross Rd  
West Kelowna, BC V1Z 3E7  
778-755-4346  
volunteer@hfhokanagan.ca  
www.habitatforhumanityokanagan.ca

Habitat for Humanity Okanagan is a volunteer driven, charitable organization. We partner with businesses and volunteers to provide decent, affordable homes Okanagan families. There are two ReStore locations where you can donate, shop and volunteer, ReStore at 1793 Ross Road West Kelowna and our Kelowna location at 2092 Enterprise Way. All proceeds from ReStore go directly to Habitat for Humanity Okanagan projects such as the current project in Peachland.



Hands In Service  
206-1889 Springfield Rd.  
Kelowna, BC V1Y 5V5  
250.861.5465  
info@handsinservice.ca  
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. \* Housekeeping \* Laundry \* Food preparation \* Hamper delivery \* Event facilitation \* Technical and administrative support \* Fundraising. Volunteering is easy and rewarding. Participate as individuals or groups; once, short, or long term assignments. A little of your time makes a huge impact in a clients' life.



778-313-8086  
azylyk@hsf.bc.ca

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy. Our mission is to create healthy lives free of heart disease and stroke. Together, we will make it happen.



1157 Sutherland Ave  
Kelowna, BC V1Y 5Y2  
Phone: 250-448-6403  
Email: info@innfromthecoldkelowna.org  
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 experiencing homelessness. Volunteers can get involved in during the winter months at the Emergency Shelter, during the day at the Freestore, organizing events, or as an advocate in the mentoring program-Inn Home Support. Please visit our website or call to find out more.



565 Bernard Ave, Ste 123  
Kelowna, BC V1Y 8R4  
Phone: 250.861.7125  
Email: info-kel@inspirehealth.ca  
Web: www.inspirehealth.ca

InspireHealth is a not-for-profit supportive cancer care organization approved by the BC Ministry of Health. Since 1997, we have provided programs and services to enhance quality of life, health, and well-being of people living with cancer and their families. Our services include consultations with clinical counsellors, medical doctors, nutritionists, and exercise therapists. All our services, programs, and classes are free of charge. No referral required.



1835 Gordon Dr, Ste 200  
Kelowna, BC V1Y 3H4  
250.980.1558  
www.interiorhealth.ca

Become an Interior Health Volunteer!

Please call: 250-980-1558 Volunteer Services has many opportunities available for our Volunteers. Volunteer in one of our Health Units (locations in Kelowna, Rutland, West Kelowna), Visitor Program, Meal Program Delivery, Driver Programs, Adult Day Programs. Call Today-You'll be Glad you did! Volunteers-A Gift to The Community!



# Local Philanthropic Initiative Strives To Create Social Impacts Through

## *Creative Solutions.*

Kelowna's growing population of young professionals is home to a broad set of talents and skills.

And while many of these ambitious entrepreneurs and businesspeople have been making big, creative moves in their respective industries for quite some time, it's only in the last decade that the non-profit world has started harnessing their energy and attention and putting it to use.

The United Way initiative GenNext, a federal program that targets 25- to 35-year-old professionals, has had a chapter in Kelowna since 2009. In that time, the organization has hosted dozens of events designed to raise funds and awareness for important social causes.

The first GenNext fundraiser was El Masquerado in 2011, a sold-out masquerade night held at the Eldorado hotel.

United Way Central and South Okanagan executive director Shelley Gilmore says El Masquerado will return in November and funds raised will be added to the United Way's youth initiative grant program.

"El Masquerado is GenNext's annual gala, and it sells out in minutes every year, says Gilmore. "The theme is different every year but the goal is to raise funds to support GenNext's commitments to the United Way, like the grant for youth entrepreneurs with social impact ideas that GenNext supports." GenNext has also been involved in other fundraising and social impact initiatives, including TimeDrive, which raised 2,500 volunteer hours for local charities in 2014. Gilmore says TimeDrive was the original GenNext campaign and the event ran successfully for several years before it was put on hiatus to allow GenNext executives time to strategize about how to connect with young professionals.

But fundraisers are just one of the many ways GenNext is helping to solve social problems.

The organization's monthly meetings serve as town hall discussions where members can talk about strategic objectives.

"Every second month is a board meeting where the board discusses strategic plans and funding commitments," Gilmore says.

"And on the off months, they have a social exercise."

A guest speaker from an agency partner will often talk about the importance of the collaboration between their agency and the United Way.

"Then the GenNext executive poses a question, challenge or project to the



attendees, who brainstorm social solutions to the issue at hand – homelessness, addiction, domestic violence, or whatever it may be," adds Gilmore.

At the end of the social, any solutions that have been created are given to the United

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By MIKE STRAUS

Way in order to inform projects.

Gilmore says this collaborative approach can often generate useful solutions and create new perspectives that re-frame complex social problems. And it's this kind of flexible, high-level work that young professionals crave.

"What we're discovering with the 20- to 30-year-old demographic is they want to manage their own time, but they also want a clear line of sight to change," says Gilmore. "They want to know that they're making an impact."

In light of members' drive to create a social impact, GenNext is actively considering new operational directions and looking for new, impact-based causes to support. Gilmore says the organization's current social discussions are intended to inform the group's future direction and unite members behind a common cause.

"GenNext has been chipping away at funding youth grants, but they want to go bigger. They want to fund something that makes an impact. They want to find a catalyst that will make them say, 'this is where we're going in 2017.'"



## CENTRAL OKANAGAN FOOD BANK

#JOINTHEFOODMOVEMENT

*With great appreciation, we thank all of our volunteers throughout the central Okanagan who share their time, talents and generosity with us.*



***Volunteers are the Heart of our Community!***

To join our team, please visit us online

<http://cofoodbank.com/volunteer-information>

Kelowna | 250.763.7161 • West Kelowna | 250.768.1559



PO Box 30034, RPO Glenpark  
Kelowna, BC V1V 2M4  
250-215-1045  
info@iwencanada.com  
www.iwencanada.com

IWEN's mission is to provide for the advancement of education and relief from poverty for marginalized women and girls in Canada and abroad. We are able to provide educational scholarships to girls in Nepal through our "Empowerment through Education" fund. IWEN Volunteers can: sell scarves, help at fundraising events, as well as a number of other exciting opportunities.



Karis Support Society  
550 Rowcliffe Ave  
Kelowna, BC V1Y 5Y9  
250-860-9507  
volunteer@karis-society.org  
www.karis-society.org

We contribute to genuine social transformation in the Okanagan Valley by providing a safe home, support through recovery, and life skills development for women struggling with life-altering addictions and mental health struggles, offering individualized care and support ensuring that each participant is part of their own recovery plan. Karis exists because of the volunteer team that supports our residents. Contact us through the "get involved" tab on our website to begin your volunteer application today.



Immigrant Services  
Kelowna Community Resources  
120-1735 Dolphin Ave  
Kelowna, BC V1Y 8B1  
250-763-8008  
immigrantservices@kcr.ca

Kelowna Community Resources' Immigrants assists newcomers in their transition to Canada by providing information, referrals and support for a variety of life topics. We are always looking for volunteers in the following areas: \* Settlement Mentor: help newcomers connect to the community \* Employment Mentor: guide and support newcomers in their connection to the community in a working context \* English Conversation Club: help newcomers practice conversational English during the summer.



Kelowna & District Pro-Choice Action Society  
PO Box 22107 Capri Centre  
Kelowna, BC V1Y 9N9  
250.762.2354  
kdpccasociety@gmail.com  
www.kelownaprochoice.com

Our society supports access to all reproductive choices including reliable, safe contraception and abortion services. We provide a voice to ensure these services remain readily available. A strong membership is essential to our effectiveness in being heard. Support Choice; Check out our website; Become a member.



250-763-8109  
sharesociety.kd@gmail.com

SHARE is a neighbourhood thrift store, served by the community for the community. Our donors give to us regularly, knowing SHARE helps 650 families/year and 1500 individuals in need through referrals from 17 community agencies. Our creative team of volunteers remain loyal to us because they come to realize very quickly how loving kindness can transform the lives of the people in their community. Come help us help our community – volunteer with us!



1315 Water Street  
Kelowna, BC V1Y 9R3  
250-762-2226  
info@kelownaartgallery.com  
www.kelownaartgallery.com

Help to foster a community that values visual art as an integral part of the fabric that binds us together. Be a part of the team that hosts over 8,000 students annually, and puts on a ton of exciting events throughout the year.

JOIN US:

- Docents - leading school tours for children in grades K-7
- Special Events – assisting with exhibition opening receptions, artist's talks, and fundraisers

# *Celebrate* **CANADA'S** **150<sup>th</sup>** *Birthday*

Volunteer Ottawa has issued a national challenge.

The Central Okanagan is joining that challenge.

*Watch [KCR.ca](http://KCR.ca) for details.*

*The goal is to have Canadians give 150 hours of volunteer time in 2017 in celebration of Canada's 150th anniversary.*

In Canada, volunteers give **154** hours each year. In BC, we are a little lower at 145 hours. Here in the Central Okanagan, we can rise to this challenge.

We all have the same amount of time.

Why not use some of yours to impact others?

## Volunteer and you will...

- Become a family role model
- Gain inter-personal skills
- Share your skills
- Learn new skills
- Change a life –including yours

## Do you want more training?

- Go to [www.kcr.ca](http://www.kcr.ca)
- Click on Community Services –Workshops
- Subscribe to the mailing list

## What do you want to learn? We have:

- Overview of Volunteer Management
- Nurturing Managers of Volunteers
- Fund Development Overview
- Board Boot Camps
- Topics like: Facilitation Skills



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

email [info@kcr.ca](mailto:info@kcr.ca)

250-763-8008 ext 125





778-754-2885  
kg4africa@gmail.com  
www.kelownagrandmothersforafrica.com/

We support African grandmothers who are raising children orphaned by AIDS, carrying unimaginable responsibility for their daily necessities. Through our activities, we strive to help them nurture and raise a healthy, self-sufficient next generation. As part of the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign, monies we raise help fund grassroots initiatives in African communities identified as having the greatest need.



3151 Lakeshore Rd  
Kelowna, B.C. V1W 3S9  
250-769-3535  
kutcher@shaw.ca

The Kelowna Lioness is an all female club that contributes to local non-profits and events through fundraising and volunteering. We serve our community by helping with Seniors Bingo, Easter Seals Camp Winfield, Freedom's Door, NOW Canada, and Big Bike for Heart & Stroke, among others. We also host fundraising such as bake sales, catering, and our annual Grocery Raffle.



PO Box RPO Box 29051  
Okanagan Mission  
Kelowna, BC V1W 4A7  
www.e-clubhouse.org/sites/  
kelownaokanaganmissionbc/

The Kelowna Okanagan Mission Lions Club serves our community through donations to various charities. This money is earned through our concession trailer, Christmas cake sales, and BC Gaming. As well, we volunteer at Cottonwoods, David Lloyd Jones, Three Links Manor and the Lions Easter Seal Camp Winfield. Our Club meets 2nd and 4th Monday of the month at Okanagan Mission Community Hall. Contact Sonia Ayotte at sonia.ayotte@telus.net. Our motto: "We Serve"



Kelowna RCMP Community Policing  
350 Doyle Ave  
Kelowna, BC V1Y 6V7  
Phone: 250-470-6204  
Email: colleen.cornock@rcmp-grc.gc.ca  
www.kelowna.ca

Kelowna RCMP invites you to consider joining their crime prevention programs. Candidates should possess good interpersonal/communication skills and must successfully complete an RCMP Security and Reliability Screening process prior to beginning any volunteer duties. Whether you prefer working within an office environment responding to inquiries from the public or working outdoors conducting crime prevention patrols or participating in traffic safety initiatives, we may have something that suits you.



Kelowna Right to Life Society  
241-1889 Springfield Road,  
Kelowna, BC V1Y 5V5  
250 862-8202  
krtolife@telus.net  
www.lifecollective.io/kelowna

Since 1972, the Kelowna Right to Life Society has been promoting the dignity of each human life from the moment of conception to natural death. Our goal is to build a culture of life that respects the inherent dignity of every human being and upholds the notion of the strong, stable traditional family. We hold awareness-raising events throughout the year and operate the Pro Life Thrift Shop on Sutherland Avenue.



250.859.9877  
kelownarotaractclub@gmail.com  
www.facebook.com/KelownaRotaract

Kelowna Rotaract is a community based service club that welcomes students, young professionals, and anyone who wants to make the world a better place. We volunteer at many projects and events in our community, through Rotary and other organizations. We fundraise and donate to causes locally and internationally according to the passions of our members. But most of all, we get together, meet people, and have fun!

# Long-Time Kelowna Volunteer Credits *Improved Quality Of Life To Community Involvement*

Local volunteer Beryl Itani says her decades of volunteering have given her an opportunity to give back, help people in need and have unique life experiences. When Itani moved to Kelowna 42 years ago, she started volunteering in order to feel a sense of community connection. But the single mom of two quickly found she was making a real difference in people's lives. And volunteering went from a personal expression outlet to a way of life for her.

She started volunteering with the Red Cross in the 1980s but soon found that the provincial government's Emergency Social Services program was more fulfilling and chose to volunteer with ESS full-time.

"In the 1980s, the NDP government started a program that gave people who were displaced due to natural disasters the necessities of life for 72 hours. I got involved in that program and brought it to Kelowna, and (three decades later) we're still going strong," says Itani.

She served as the Central Okanagan ESS director during the massive 2003 Okanagan Mountain Park Wildfire, which ranks as the third largest mass evacuation in Canadian history.

"At that point, the largest evacuation we'd ever done was 500 people. That was when we had to evacuate (Kelowna neighbourhood) Magic Estates in the late 1990s. But I decided that if we could look after 500 people without too much difficulty, we should practice to see if we could look after 1,000. And then, on Friday Aug. 16, 2003, we were notified of the forest fire."

Itani and her team evacuated a few dozen houses that weekend, but by mid-week the changing winds were driving the fire toward Kelowna – and 7,000 people required immediate evacuation.

"We opened up KSS and the Parkinson Recreation Centre as reception centres.

The second night we had 10,000 evacuees, and then 13,000 more on the third night. A total of 238 homes were lost (in the fire), but there were no fatalities." Itani's long-time volunteering has afforded her a number of unique life experiences that make for great stories.

As a volunteer with Sunshine Theatre, she had the privilege of meeting longtime CBC broadcaster Fred Davis, host of Front Page Challenge. In 2004, she received a volunteer medal from then senator Ross Fitzpatrick, who many locals will know as the original owner of Cedar Creek Estate Winery. Itani has also met



former prime ministers Paul Martin and Jean Chretien. But perhaps her greatest claim to fame originated with Snowfest, Kelowna's now-defunct winter festival.

"When I was a volunteer with Snowfest, I was called the anonymous and infamous Lady in Red, she says. I had the honour of dancing with (then) prime minister Pierre Trudeau."

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By MIKE STRAUS

Itani says the community connection that volunteering offers has improved her quality of life in several different ways. "When you volunteer, you're healthier because you're thinking of others and not just yourself. Volunteering keeps you young and helps you live longer. You get to stay involved in the community." Recent studies by universities like Carnegie Mellon and Harvard confirm Itani's view and show volunteering does, indeed, improve volunteers' physical health and quality of life. That's why she says it's important to make time for volunteering.

"I think it's important to make time in your life to give to somebody else. I was involved in so many things because I was single, my family grew up, and I had nothing to do," she says.

"I understand that people are often working two jobs to keep their families together, but even if you choose just one thing, that's enough."

## Something Good

*comes from giving back.*

Building  
Homes,  
Building  
Hope

### Want to get involved?

**Over 25,000 volunteer hours  
were donated in 2015!**

#### Can you help with...

- Office & Administration
- Construction Crew
- Driver & Swamper
- Fundraising Crew
- Sales Associate
- Receiver
- Cashier



**Habitat  
for Humanity®**  
Okanagan

**ReStore**  
Okanagan

1793 Ross Road • WEST KELOWNA | #800-2092 Enterprise Way • KELOWNA

778-755-4346 • Open Monday - Saturday 9 am - 5 pm

[www.habitatforhumanityokanagan.ca](http://www.habitatforhumanityokanagan.ca) | [info@hfhokanagan.ca](mailto:info@hfhokanagan.ca)

**Get involved**

**Volunteer**

**Donate**



Kelowna Women's Shelter  
Box 20193, RPO Towne Centre  
Kelowna, BC V1Y 9H2  
778-478-7774  
community@coess.ca  
www.kelownawomensshelter.ca

Our Volunteer Program provides opportunities for people to develop and share skills, participate in the services and programs delivered by the Shelter, and together work towards a safer and healthier society for women and their children. We couldn't operate without the support of our amazing volunteers who donate their time and energy in a number of different roles like Thrift Store assistant, Events, Housekeeping, Childcare, Administration and more.



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

For over 37 years we have cared for the most vulnerable in our community. You can make an impact by joining our dedicated team of volunteers, creating an environment of forward momentum for people we serve. There are many diverse volunteer opportunities, whether you like to work directly with people or behind the scenes, helping with a meal, helping on the truck, cleaning or in our Thrift Store.



Main Floor, 2268 Pandosy St  
Kelowna, BC V1Y 1T2  
250-862-4300 ext. 7497  
nancy.wells@interiorhealth.ca  
Kghfoundation.com

The Kelowna General Hospital Foundation's volunteer operated social enterprises raise approximately \$1.4M/year. Funds are used to purchase state-of-the-art medical equipment and services for the continued CARE AND COMFORT of KGH patients. Volunteer opportunities are available at the Rutland Thrift Store; the Perking Lot, Centennial Mercantile, Royal Bistro, Engraving Emporium and the Dry Cleaning Drop-Off/ Pick-Up Service all located on-site at KGH. Volunteer opportunities are available for aged 14 - 95.



778-215-5247  
lakecountryhealthplanning@gmail.com  
www.lakecountryhealth.ca

We work to improve the lives of Lake Country citizens and offer programs, services and resources, such as Better At Home, Lake Country C.A.R.E.S, the Annual Health and Wellness Fair, our Lake Country specific Resource Directory, and the Health Hub. Traditionally focused on seniors programs and rights, LCHPS is looking to expand further into the community to include youth and families. We welcome volunteers to help us deliver our services!



9509 Main St Lake Country  
250-766-1660  
recreation@blueheronvilla.ca

Blue Heron Villa is a small community oriented Assisted Living site in Lake Country. Our goal is to build a diverse group of volunteers to share time and talents with our tenants. Whether you spend your time with one tenant or all, your volunteering makes a difference! You are invited to drop in or call to find a fit that works for you!



info@maryellenhumaneeducationsociety.org  
www.maryellenhumaneeducationsociety.org

Mary Ellen Humane Education Society offers the Shake-a-Paw program to help traumatized young people experience their character strengths in action—empathy, patience, open-mindedness, and conscience—by working with neglected dogs. Shake-a-Paw needs caring and dedicated volunteers working as a team to locate foster homes for dogs-in-training, and to do fundraising and publicity through social media. See our website for more information.



# Changes

## Introduced To Update The Blood Donation Process

Summer is a challenging time for Canadian Blood Services. People go on holidays, the sun is out and social activities are difficult to pass up. As a result, it can be tough to attract new and returning donors to help ensure hospital patients get the blood they need when they need it.

The good news is that thousands more people may now be eligible to donate blood thanks to recent changes to a number of Canadian Blood Services' deferral policies and donor restrictions.

The changes are an important step being taken to broaden the pool of eligible donors in the country. This year alone, about 100,000 new blood donors are needed to support the national blood supply.

The changes, now in effect across the country, include:

- The upper age limit for donating has been eliminated. Further, donors over the age of 71 no longer need to have their physician fill out an assessment form before donating blood.
- Donors who have a history of most cancers (such as breast cancer, thyroid cancer, and prostate cancer) are now be eligible to donate if they have been cancer-free for five years. This change does not apply to those with a history of hematological cancers (such as lymphomas, leukemia or melanoma).
- Donors who have recently received most vaccines, such as a flu shot, will no longer need to wait two days before donating blood.
- Donors who were born in or lived in some African countries (Central African Republic, Chad, Congo, Equatorial Guinea, Gabon, Niger, and Nigeria) are now eligible to donate blood. HIV testing performed on blood donors can now detect HIV strains found in these countries.
- Geographic deferrals affecting Western Europe have been revised based on scientific evidence

that indicates the risk of variant Creutzfeldt-Jakob Disease (vCJD), or mad cow disease, has decreased since January 2008. Donors who



spent five years or more in Western Europe since 1980 are deferred from donating blood, but we are now including an end date of 2007. Donors who reached the five-year

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**Canadian Blood Services**  
*it's in you to give*

limit in Western Europe after 2007 will now be eligible to donate blood. Canadian patients routinely count on fellow Canadians to roll up their sleeves and do their part to help meet the demand for blood. Canadian Blood Services hopes that these changes will contribute to bringing more donors to clinics, enabling more Canadians to save lives.

The complete policy changes are available at [www.blood.ca/en/blood/recent-changes-donation-criteria](http://www.blood.ca/en/blood/recent-changes-donation-criteria). If you've never given blood or haven't in some time, now is a great time to visit a blood donor clinic near you to help save a life. Canadians can visit [blood.ca](http://blood.ca) or download the GiveBlood app to discover multiple ways they can give life, assess their eligibility and to book an appointment. Be sure to bring a friend or family member to donate with you.



**YOU CAN USE YOUR POWER  
TO GIVE TIME**  
BLOOD.CA

At Canadian Blood Services, volunteers give differently. While donors Give Life through blood donation, volunteers Give Time which, in turn, Gives Life to thousands of Canadians. There are many ways you can give. When we all do, our combined power saves patients.

Looking for an opportunity to join the movement? **Become a volunteer today at [blood.ca](http://blood.ca)**



  
**Canadian Blood Services**  
*it's in you to give*



347 Leon Ave, Ste 203  
Kelowna, BC V1Y 8C7  
250.868.3119  
bcsskel@shaw.ca  
www.bcsskelowna.org

BCSS Kelowna currently offers programs that support and educate both individuals with mental illness and family members. We fight stigma through engaging and educating our community in dialogue about what mental illness is and how to help.



### Miss Kelowna Lady of the Lake

Website: [www.misskelowna.com](http://www.misskelowna.com)  
[kelownaladyofthelake@live.ca](mailto:kelownaladyofthelake@live.ca)  
<http://www.misskelowna.com/>

Miss Kelowna Lady of the Lake Society is the program through which our City of Kelowna youth ambassadors are chosen. Volunteering opportunities are diverse based on your interest - skill coaching, public speaking, event planning, decorating, chaperoning, public relations, advertising, and graphic design to name a few. Come be a part of developing young leaders. How much time you commit is flexible. We welcome you to join our team!



9-3151 Lakeshore Road, Suite 251,  
Kelowna, BC V1W 3S9  
250-317-9877  
[infomaddokanagan@gmail.com](mailto:infomaddokanagan@gmail.com)  
[www.madd.ca](http://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.



Office of the Seniors Advocate  
Jessica Kleissen, Regional  
Engagement Lead  
250-863-1242  
[jkleissen@providencehealth.bc.ca](mailto:jkleissen@providencehealth.bc.ca)  
[www.surveyBCseniors.org](http://www.surveyBCseniors.org)

We are looking for volunteers to offer their time and talents to engage in meaningful conversations with seniors in residential care! A commitment of at least 30 hours over approximately a 6-8 week period is required and will include 8-hours of training. Suitable volunteers will participate in a one-day training session and schedule their own shifts at their designated facility for the remaining time commitment. Volunteers are being accepted until November 2016.



102-285 Aurora Cres  
Kelowna, BC V1X 7N6  
1-800-739-7367 (1-800-SEX-SENSE)  
[kelownaopt@gmail.com](mailto:kelownaopt@gmail.com)  
[www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)

Options for Sexual Health clinics are staffed by nurses, doctors and trained volunteers across the province and provide sexual and reproductive health services for all genders, orientations and ages. Opt clinicians are committed to providing confidential, non-judgmental, youth-friendly, pro-choice and sex-positive services including low-cost contraception, STI care, PAP screening, pregnancy testing and options based pregnancy counseling.



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](mailto:kelowna@osteoporosis.ca)  
[www.osteoporosis.ca](http://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.





**Sunshine Dreams**



**Sunshine DreamLifts**

The Sunshine Foundation of Canada makes dreams come true for children living with severe physical disabilities or life-threatening illnesses.



## Volunteer with Sunshine

*Support an Event Near You*

Volunteers are the heart of Sunshine, impacting the lives of Sunshine dreamers.



- **Be a member of the Sunshine Spirit Squad**
- **Support local fundraising events**
- **Participate in Sunshine national events**
- **Spread awareness of Sunshine**

**Opportunities available now!**

Contact Sandra Gowdy at 1-800-461-7935 ext. 240 | [volunteer@sunshine.ca](mailto:volunteer@sunshine.ca)



**[www.sunshine.ca](http://www.sunshine.ca)**





778.516.3308  
 cstathers@bcpsqc.ca  
 www.bcpsqc.ca

The Patient Voices Network is a community of BC patients, families, caregivers and health care providers working together to improve our health care system. We recruit and support patient and caregiver volunteers, while working with health care partners to identify and promote local, regional and provincial opportunities for engaging the patient perspective in positive health care transformation.



9-1351 Lakeshore Rd, Ste 211  
 Kelowna, BC V1W 3S9  
 Phone: 250-769-4028  
 Email: 250-769-4028  
 www.petsandpeople.ca

Pets and People Visiting Society members come from all walks of life, but they all have one thing in common... a desire to share with others the joy their pets have given them. Most of our visiting pets are dogs, but we also welcome cats and rabbits of friendly disposition. Together with our pets we provide over 3000 hrs in community volunteer time annually with the Kelowna area.



1635 Bertram Street  
 Kelowna, BC V1Y 2G5  
 Phone: 250-762-2163  
 Email: christine@projectliteracykelowna.org  
 www.projectliteracykelowna.org

Project Literacy's mission is to provide free high-quality tutoring support for adults who need to improve their language or math skills in order to achieve their full potential at work, at home and in the community. Project Literacy tutors are knowledgeable, have good communication skills, and are flexible in responding to individual learner needs. To learn more about us, please call or visit our website.



Regional District of Central Okanagan  
 Waste Reduction Office  
 250.469.6250  
 recycle@cord.bc.ca

If you're handy with repairs, would like to volunteer a few hours of your time, and share your special skills with others, the Regional Waste Reduction Office wants to hear from you as we gear up to host our next Repair Café, November 5th in the Okanagan College Trades Building. This is a fun, free event that celebrates reuse and recycling, and you get to hang out with like minded volunteer fixers.



## Seniors Outreach & RESOURCE CENTRE

**Are you looking to meet new people?**

**Help a lonely senior?**

**Then we are the organization for you!**

**We have amazing opportunities to connect with seniors in Kelowna!**

These opportunities are perfect for students, the newly retired, or anyone wanting to make a difference in the life of an older adult in Kelowna:

- Friendly Visiting** - Visit isolated seniors in their homes, weekly
- Handyman** - Assist Seniors with simple home repairs and upkeep
- Driving** - Transport seniors to appointments or shopping
- Computer Mentoring** - Help seniors learn to use the computer, tablet or smart phones

**Apply now!**

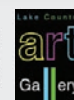
Email [volunteer@seniorsoutreach.ca](mailto:volunteer@seniorsoutreach.ca) or call 250.861.6180

Discover. Study. Explore. Converse. Reflect. Imagine. Connect. Share.

EXPERIENCE ART JOIN CLASSES & WORKSHOPS  
 MEET UP AT COMMUNITY EVENTS SEE ARTISTS AT WORK  
 BUY ORIGINAL ART & GIFTS PARTICIPATE THROUGH VOLUNTEERING

UPDATES, EXHIBITIONS, EVENTS, WORKSHOPS  
 >>>WWW.LAKECOUNTRYARTGALLERY.COM<<<

10356A Bottom Wood Lake Rd  
 Lake Country, B.C.  
 V4V 1T9



lakecountryartgallery@shaw.ca  
 Open: 10-4PM Wed-Sun  
 250 766 1299



Be part of the  
team behind the  
scenes at Kelowna's  
awesome year-round  
outdoor events.

Meet incredible people and get in on  
the action at some of Kelowna's favorite  
events including the Apple Triathlon, Dragon Boat  
Festival, Fat Cat Children's Festival, TriKids,  
Cherry Blossom Half Marathon and more!

Email [outdoorevents@kelowna.ca](mailto:outdoorevents@kelowna.ca) or visit:  
[volinspire.com/u/cityofkelowna](http://volinspire.com/u/cityofkelowna)







The Central Okanagan Family Hub  
Pearson Road Elementary  
700 Pearson Rd, Kelowna,  
BC V1X 5H8  
250.826.6264  
debbie@cofh.ca or rich@cofh.ca

Central Okanagan Family Hub is a network of local agencies that connects families with young children to community services. Located in Pearson Elementary school, the centre offers a one-stop "family hub" where parents and caregivers can drop-in for information and programs. The staff help families access services they need, such as parenting information, early learning programs, emergency shelter or food information, health services and other supports available in the community.



1480 Sutherland Ave  
Kelowna, BC V1Y 5Y5  
250-860-2329  
office@kelsa.ca  
www.kelownasalvationarmy.ca

Being the hands that help the community is what The Salvation Army volunteers are all about. In our multi-faceted ministries at a variety of locations here are some of the ways you can be involved: Food Support, Food Bank, Community Life Centres, Thrift Stores, Administrative, Emergency Disaster Relief, and helping at events that support The Salvation Army Christmas Program. Experience the joy found from helping others transform their lives by volunteering with us!



202-1456 St Paul St,  
Kelowna, BC V1Y 2E6  
250.860.2356  
jeremy@unitedwaycso.com  
www.unitedwaycso.com

For 65 years, the United Way of the Central and South Okanagan/Similkameen has served the region from Lake Country in the North, to Osoyoos and Princeton in the South. Our Community Impact mission captures the essence of what we do: We improve lives and build community by engaging individuals and mobilizing collective action. The United Way community fund is invested in three focus areas that support all that kids can be, move people from poverty to possibility and builds strong communities.



375 Hartman Road  
Kelowna, BC V1X 2M9  
Phone: 250-491-9622  
info@ymcaokanagan.ca  
www.ymcaokanagan.ca/  
Volunteer

At the YMCA of Okanagan, volunteers are vital to reaching our mission of; building healthy communities. The inclusion of volunteers' skills, knowledge and energy allows us to offer a high quality breadth and depth of programming and services for members. Join our YMCA volunteer team and share your time, talent and treasure. A variety of positions are available within our Health, Fitness and Aquatics, Childcare, and Employment program areas.

Thanks to the army of volunteers who support United Way and our community!



Behind every changed life is someone who made it happen.



United Way  
Central & South  
Okanagan Similkameen

Together, we are possibility.  
unitedwaycso.com



VOLUNTEER  
TO SHARE YOUR  
TIME AND TALENTS



[crohnsandcolitis.ca/volunteer](http://crohnsandcolitis.ca/volunteer)



# 42ND ANNUAL *Civic & Community* AWARDS GALA



## Civic and Community Awards Call for Nominations

It's time to start thinking about the people in our community who are making significant contributions to the community in 2016. They're the volunteers, athletes, artists, businesses, organizations and community leaders who shine a positive light on our city.



The City of Kelowna will be accepting nominations up until **February 17, 2017** for the award gala at the Kelowna Community Theatre on Wednesday, May 10, 2017.

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

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

