

get Involved

SEPT. 2017~AUG. 2018

VOLUNTEER CENTRAL OKANAGAN STYLE



SAVE THE DATE FOR NEXT YEAR: SEPTEMBER 15, 2018

AND **CAPITAL news**



Get Involved TABLE OF CONTENTS

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.

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**No one can do
everything ... but
everyone can do
something**

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**700 Rutland Road North
Kelowna BC, V1X 3E1
250.491.7714 ext. 1111
bsheppard@baptisthousing.org
www.baptisthousing.org**

Baptist Housing provides Senior Housing and care in BC 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. Volunteers always welcome!



**#203 - 347 Leon Avenue,
Kelowna BC, V1Y 8C7
250.868.3119
bcsskel@shaw.ca
www.bcsskelowna.org**

BCSS Kelowna offers Education, Information, and Support Programs for individuals with mental health disorders as well as family and friends of people with mental illness. We are also bringing in three new programs to educate child and youth whom have family members with mental illness. Bringing in these new programs will result in a greater need for volunteers within our organization.



**BC Cancer Agency - Sindi Ahluwalia
Hawkins Centre for the Southern
Interior
339 Royal Avenue, Kel., BC, V1Y 5L3
250.712.3900
csivolunteers@bccancer.bc.ca
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.



**#103 - 1865 Dilworth Drive
Kelowna BC, V1Y 9T1
250.859.6341
patti.kilback@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, please contact Patti Kilback, Volunteer Coordinator.



**#102 - 1433 St. Paul Street,
Kelowna BC, V1Y 2E4
250-762-6381
mgardiner@bc.cancer.ca
www.cancer.ca**

The Canadian Cancer Society makes the most impact against the most cancers in more communities than any other cancer charity. Let us help you create a meaningful volunteer experience with us and choose from canvassing, event day or administration to committee, leadership or Outreach Ambassadors. Support others with their cancer journey and learn new skills too!



**504 Sutherland Avenue
Kelowna BC, V1Y 5X1
250.861.3644
kelowna@cmha.bc.ca
www.cmhakelowna.com**

At CMHA Kelowna, we are dedicated to Mental Health in our community. We provide support for families and individuals through programs that promote positive mental health and support recovery, while championing the elimination of barriers that can prevent people from thriving. Please join us by lending your voice, volunteering, or donating toward the CMHA goal of a Mentally Healthy Kelowna.



**1265 Ellis Street
Kelowna BC, V1Y 1Z7
250.763.7161
info@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 its on our board of directors or as part of our warehouse or client services team, there is a place for you in our volunteer community.



**1800 Parkinson Way
Kelowna, BC V1Y 4P9
250.469.8467
kglackmeyer@kelowna.ca
www.kelowna.ca/city-hall/careers-volunteering**

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.



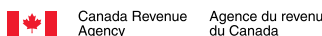
**#101 - 1456 St. Paul Street
Kelowna BC, V1Y 2E6
250.763.1191
carrie.broughton@cnib.ca
www.cnib.ca**

CNIB is changing what it means to be blind today. We offer the chance to be part of a passionate and dedicated team of people and fluffy friendly guide dogs, and an opportunity to use and develop skills and experience in client service in a health services charity. Come work with a fabulous team of people and pups in our Kelowna office!



**#205 - 421 Cawston Avenue
Kelowna BC, V1Y 9H2
250.899.6381
info@coolarts.ca
www.coolarts.ca**

Cool Arts Society is dedicated to providing fine arts opportunities for adults with developmental disabilities living in the Central Okanagan. We believe everyone should have the opportunity to express themselves through the arts and that disabilities should not interfere with this choice. Cool Arts offers 8-10 art programs per week at our supported studio at the Rotary Centre for the Arts. To learn more write to info@coolarts.ca



**9737 King George Boulevard, Surrey
BC, V3T 5W6
604.587.2963
cindie.barlow@cra-arc.gc.ca
www.canada.ca/en/revenue-agency/
services/tax/individuals/community-
volunteer-income-tax-program.html**

Want to make a difference? Volunteer to help people in your community complete and file their income tax and benefit returns to ensure they receive the credits and benefits they are entitled to. Through the Community Volunteer Income Tax Program (CVITP), the Canada Revenue Agency collaborates with local community organizations to assist Canadians with simple tax situations. Registration opens in October and volunteers will receive online training in January.



**PO Box 25141 Mission Park
Kelowna BC, V1W 3Y7
250.979.3941
general@adaptiveadventures.ca
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, snowshoeing and nordic skiing. Join our team and let the Adventures begin!



**PO Box 47147 City Square, Vancouver
BC, V5Z 4L6
1.800.513.8202
shampton@crohnsandcolitis.ca
www.crohnsandcolitis.ca**

Volunteers are making a difference in the lives of children and adults living with Crohn's disease and ulcerative colitis. Our volunteers are leaders in their communities, using the gift of time and talents to help people with inflammatory bowel disease by educating others, advocating for healthy public policy and helping to raise money so that we can continue to fund research, patient programs, advocacy and awareness initiatives.



**1589 Sutherland Avenue
Kelowna BC, V1Y 5Y7
250.762.9447
info@diabetes.ca
www.diabetes.ca**

Diabetes is an invisible epidemic - and every three minutes, another Canadian is diagnosed. Diabetes Canada is making it visible and urgent by partnering with Canadians to End Diabetes. We offer a variety of volunteer opportunities and work to match your skills, interests and availability to the right role for you.



**PO 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.

Volunteers help after own home was destroyed by wildfire



Evacuation centre volunteers Murray and Debra Roed stand outside of their home on Silver Place. Their home was destroyed by wildfire in 2003.

Photo: Carli Berry/Capital News

DEBRA AND MURRAY ROED VOLUNTEERED AT THE EVACUATION CENTRE IN KELOWNA TO GIVE BACK TO THE COMMUNITY

By Carli Berry

In 2003, Debra Roed's home was on the front page of the newspaper.

Her orange flowers in the front yard were dried to a crisp in the photo, after wildfire destroyed her home.

This time around, as emergency crews battle the Joe Rich wildfire, which at its peak caused an evacuation of more than 1,000 people, Debra and her husband Murray Roed volunteered at the Willow Park Church evacuation centre to give back to the community that treated her so well when she was a wildfire evacuee.

"What drew me to do it was that I wanted to help and give back because so many people in the community did that for us, but until now I don't think I was able to emotionally," she said.

She volunteered for three days, helping evacuees register and hearing their stories.

"For me it was more of an emotional thing," she said. Hearing the stories was the hardest part for Debra, as it brought back memories of losing her home.

The constant smoke, helicopters carrying

buckets and airplanes circling nearby also caused anxiety.

"I'm sure everyone who's been through it, they see a helicopter go by, they hear it. They hear those small planes, they see the buckets.

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It really does come to the forefront of your mind, the anxiety and angst that you've gone through," said Debra.

She's not the only one, her friends also associate the helicopters with memories of previous wildfires and evacuations.

"It's the concern and worry about the people around you," she said.

Volunteering at the centre allowed Debra to talk about her experiences and share them with others.

"They've gone through what we went through," she said. "It's heartbreaking."

She lived in her home in Crawford Estates for a year-and-a-half with Murray and her two young daughters, nine and 11 at the time, before it was ravaged by wildfire.

When she received help from the evacuation centre, she said "everybody we spoke with were awesome. They were genuine and they cared."

Debra wanted to thank all the volunteers at the evacuation centre who have been working tirelessly to provide evacuees with resources.

She now lives with Murray in their home on Silver Place in Glenmore.



**CENTRAL OKANAGAN
FOOD BANK**

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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



**1279 Centennial Crescent
Kelowna BC, V1Y 6K3
250.717.0472
freedomdoor@shaw.ca
www.freedomdoorkelowna.com**

Freedom's Door is a local community, not for profit, 50 bed residential men's recovery program brining 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 Place
Kelowna BC, V1W 4T3
250.860.3863
gailrose47@telus.net
www.girlguides.ca**

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.



**250.861.1379
kelowna.globalcitizen@gmail.com
www.globalcitizenkelowna.org**

Every February, the Okanagan goes Global! 300+ volunteers create major events to celebrate local cultural diversity & promote global interconnections. The Taste of Home, Global Schoolhouse, An Artist's Eye on the World, Global Speaker Series, Global Marketplace, Global Childrens Villages, and new in 2018 the Sustainable Development Challenge. All events target specific age/ interest groups & include the support & participation of local artists & artisans. Come touch the world!



**gecco2016@gmail.com
www.bccic.ca/gecco**

GECCO is a local chapter of the BC Council for International Cooperation. Our mission is to foster empowerment through networking Knowledge sharing, and capacity building to support sustainable local and global change. We welcome community members interested in helping to raise awareness and support local efforts to achieve the UN Sustainable Development Goals. Look for GECCO events on the BCCIC Chapter page, or follow us on Facebook or Twitter (@GECCOBC)!



**3070 Burtch Road
Kelowna BC, V1W 5G2
250.717.4005
alachaine@gss.org
www.gss.org**

We provide assisted living and complex care residential services for seniors and young adults with disabilities. Volunteer opportunities include assisting with recreation programs such as group social and music programs, 1:1 visiting, memory care, playing an instrument for worship services, outings, and pet therapy; also assistance with mealtimes. For more information, contact Annette Lachaine at 250.717.4005 or alachaine@gss.org.



**1793 Ross Road
Kelowna BC, V1Z 3E7
778.755.4346 #207
volunteer@hfhokanagan.ca
www.hfhokanagan.ca**

Security and stability matter. Habitat for Humanity seeks to strengthen families with a partnership in home ownership, one home, one family at a time. We partner with businesses and volunteers to provide decent, affordable homes to Okanagan families. We have two ReStore locations where you can donate, shop and volunteer: 1793 Ross Road West Kelowna and 2092 Enterprise Way Kelowna. Together, we make the world better. Will you join us?



**#222 - 1889 Springfield Road
Kelowna BC, V1W 2X7
250.712.2007
admin@hopeforthenations.com
www.hopeforthenations.com**

Hope for the Nations was founded in Kelowna twenty-three years ago. We work in a variety of cultural contexts serving in approximately 25 countries with over 47 different agents. We serve children at risk regardless of their race, religion, gender or ethnicity through offering education, feeding programs, shelter and HOPE. Join us and help make a difference in the lives of children at risk.



**#118 - 715 Beaver Lake Road,
Lake Country BC, V4V 1E6
hope.okanagan@gmail.com
www.hope-outreach.com**

HOPE Outreach are trained women volunteers, doing night outreach on the streets of Kelowna. Outreach supplies, harm reduction, taking bad date reports and letting know of resources. The House of HOPE is a safe house, allowing women a safe environment as they journey thru recovery.



**1157 Sutherland Avenue
Kelowna BC, V1Y 5Y2
778.363.6404
vanessa@innfromthecoldkelowna.org
www.innfromthecoldkelowna.org**

Inn from the Cold - Kelowna is a volunteer-based, non-profit organization that provides support to people who are or are at risk of experiencing homelessness. Volunteers can get involved in a variety of ways: by volunteering in the Emergency Shelter, organizing events, or acting as an advocate in their mentoring program, Inn Home Support. Visit their website or call them to find out more.

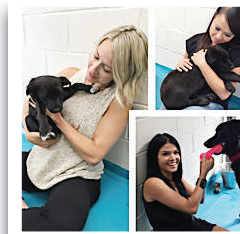


**934 Bernard Avenue
Kelowna BC, V1Y 6P8
250.862.4047
doloress.rudnicki@interiorhealth.ca
www.interiorhealth.ca**

The 4 residential care homes in the Central Okanagan have volunteers who assist in many ways. Opportunities exist whether you're 13 or 73. Whether you enjoy visiting, helping with a program or an outing, you can help brighten the day for the people who live at Brookhaven, Cottonwoods, David Lloyd-Jones and Three Links. Call us at 250-862-4047 or 250-862-4102 for more information. Be a Friend, Be a Volunteer!

Kelowna SPCA seeking volunteers for animal care, community projects

VOLUNTEER COORDINATOR ENJULIE BEDI SAYS THAT THE SPCA IS ACTIVELY SEEKING OUT NEW VOLUNTEERS TO TAKE IN FOSTER ANIMALS OF ALL KINDS. THE SPCA RELIES EXTENSIVELY ON VOLUNTEER SUPPORT TO PROTECT LOCAL ANIMALS



By Mike Straus

The Kelowna SPCA is struggling to find foster homes for local animals, says Volunteer Coordinator Enjulie Bedi, and the organization is looking for volunteers to offer their homes for local cats in the SPCA's care.

"Right now we have our ideal number of in-care volunteers, but we can always use more fosters," Bedi says. "We have about 40 foster volunteers for cats and 10 for dogs, and to be honest, that's not enough. We need a lot more for cats, especially considering that we have several feral cat colonies in Kelowna."

Bedi says that the SPCA's foster program is one of its most important out-of-shelter programs, and that foster care for the SPCA's animals is an essential element for fulfilling the SPCA's mission.

However, finding and engaging these volunteers can be a challenge, and Bedi says that much of her job involves increasing enrolment in the volunteer program to offset volunteer attrition.

"Kelowna is a transient community. We have a large student population as well as a large snowbird population.

That's why I'm so thankful to have a lot of people who are interested in volunteering – I'm currently coordinating over 300 accepted volunteers, and I have 293 applicants. We try to keep the program as open as possible."

115 of these volunteers are active in the SPCA's cat-related initiatives, while 125 are helping the organization care for injured dogs. Bedi notes that most of these volunteers are active two to four times per month and assisting with in-care initiatives.

The Kelowna SPCA provides training for all volunteers, which includes orientation, hands-on training, and a tour of the SPCA facilities. Training covers the SPCA's history and procedures, tactics for assessing situations involving animals, and resources for further training.

"I always train volunteers on how to handle situations that could escalate and how to assess animal behaviour – for instance, what does a cat look like before it gets mad and bites you? I also try to schedule new volunteers with an experienced volunteer who has already been through the process."

Bedi says the most

important qualification she looks for in volunteers is a willingness to learn. The SPCA relies on head veterinarian Amelia Gordon to advise on animal interactions and train care team volunteers on the proper handling of animals.

The SPCA also asks for a specific time commitment from volunteers, and greatly prefers volunteers who can commit to at least two hours per week for at least four months.

Bedi's most urgent volunteering needs right now are for animal foster homes and animal care transporters.

Says Bedi: "We need people who can show up in the

morning and drive animals to vet clinics, as well as drivers who will drive as far away as Kamloops to do wildlife transfers. We do take wildlife here, but we can only hold wildlife for 24 hours before our permit expires."

Another opportunity for volunteers is in small animal care. The SPCA receives a number of turtles, rabbits, guinea pigs, and bearded dragons, all of which require care from a team of volunteers.

Interested parties can learn more about the SPCA and view current volunteer opportunities at www.spc.bc.ca.



5 WAYS TO VOLUNTEER WITH CROHN'S AND COLITIS CANADA

- 1 Lend your personal and professional skills to a cause.
- 2 Be a fearless leader of change-makers.
- 3 Join a team at home, make your mark across the country.
- 4 Help out at an event (and have fun in the process).
- 5 Write better lists for us.

crohnsandcolitis.ca/volunteer5



**PO Box 30034 RPO Glenpark
Kelowna BC, V1V 2M4
info@iwencanada.com
www.iwencanada.com**

IWEN offers educational opportunities to marginalized women and girls in Canada and Nepal. Overseas we send impoverished girls to school, offer literacy and life skills courses, and run microcredit groups. In Canada we partner with local organizations to support disadvantaged populations. IWEN volunteers can fundraise by selling Nepali scarves, volunteering at events, launching a fundraising campaign, writing and contributing to our social media campaigns, or offering their own unique expertise.



**1440 St. Paul Street
Kelowna BC, V1Y 2E6
250.763.1331 ext.206
michelle.laboucane@jhsco.bc.ca
www.johnhowardbc.ca**

The John Howard Society of the Central and South Okanagan provides Restorative Justice as an alternative to the criminal justice system for individuals who have caused harm in their community. Volunteers are integral for the program and training is provided. It is an excellent opportunity to get involved, learn new skills, and help others. Volunteers support the program in several different capacities including conducting intakes, community education, or facilitating/co-facilitating forums.



**PO Box 22107 Capri Centre,
Kelowna BC, V1Y 9N9
250.762.2354
kdpcasociety@gmail.com
www.kelownaprochoice.com**

Advocates for Reproductive Choice for over 20 years. 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.



**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 6,000 students annually, and puts on a ton of exciting events throughout the year.

JOIN US:
Docents – lead school tours for children in grades K-12
Special Events - assist with exhibition opening receptions, artist's talks, and fundraisers



**PO Box 22102
Kelowna BC, V1Y 9N9
250.861.5599
secretary@bahai-kelowna.org
www.bahai-kelowna.org**

Do you want make a difference in your community through community building activities? The Baha'i community is looking for youth (15-30) to animators of junior youth groups helping them develop their powers of expression, capacities for moral reasoning, & an ethic of service to others. To teach Children's Classes nurturing the hearts & minds of children. Helping them learn to reflect on & apply spiritual principles.



**718 Dehart Avenue
Kelowna BC, V1Y 6A1
250.860.1737
execdir.kcms@shaw.ca
kelownacommunitymusicschool.ca**

We serve over 400 families in the Kelowna area, offering private lessons and group programs in pre-school music, youth choir, string ensembles and theory. We have been operating since 1976, and could not have done so without the support and dedication of our volunteers. By joining us on our dynamic Board, or in a more hands-on way, give the gift of music to our community for the next forty years!



**620 Leon Avenue, Kelowna BC,
V1Y 9T2
250.763.8008
info@kcr.ca
www.kcr.ca**

We welcome volunteers as part of our staff. We jointly serve with respect, integrity, inclusiveness and to empower. KCR volunteers are trained as family friends, life book creators, crisis line staff, settlement mentors, English conversationalists, administrative staff, employment mentors, workshop facilitators, and event assistants. Help us foster diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs.



**PO Box 21029 Orchard
Park Outlet
Kelowna BC, V1Y 9N8
250.878.5029
kelownafarmersmarket@shaw.ca
www.kelownafarmersand-craftersmarket.com**

The Kelowna Farmers' and Crafters' Market is a Non-profit society and a vibrant part of our community. We strive to create a pleasant shopping experience with local products from local vendors. Our busy schedule of Festivals and activities round out the Market experience. There are several ways Volunteers can assist us, from joining our Festival committee, becoming part of our information team to planning and implementing Festivals and activities.



**PO Box 20165 TC
Kelowna BC, V1Y 9H2
fol4k@hotmail.com
www.kelownafol.ca**

Friends, with enthusiasm for the value of libraries, reading 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, unloading trucks, replenishing (physical labour), cashiering; sorting house handling of boxes (physical labour); helping host Library activities, irregular throughout the year; and as directors, executive planning, secretarial, financial book-keeping, publicity.



**778.754.2885
kg4africa@gmail.com
www.kelownagrandmothers-forafrica.com**

We support African grandmothers, carrying overwhelming responsibility for raising children orphaned by AIDS. We strive to help them nurture and raise a healthy, self-sufficient next generation. Affiliated with the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign, our activities help fund grassroots initiatives in African communities identified as having the greatest need.

Emergency operations a smooth running machine

By Kevin Parnell

When it comes to a volunteer force, the Emergency Operations Centre run by the Central Okanagan Regional District has been running pretty steady since early May.

With the early season floods, followed by the forest fire season, emergency operations has been utilizing volunteers throughout the process, helping at its emergency operations as well in helping evacuees.

For people who have been evacuated, Catherine Williams has been in charge of the Emergency Support Services, helping to organize volunteers.

The last rush for ESS was in the Philpott Road fire where hundreds of people needed their support on the day of the fire and more people continued to use

the service as more evacuations took place. The ESS was set up at Willow Park Church in that case.

"Everyone hears about us with one of these fires but we've been open since May 5 between the floods and the fires," said Williams. "So far we are doing pretty well. We rotate our volunteers as much as we can. I think our supervisors might be getting a bit tired," she added with a laugh.

Williams was one of about 30 volunteers working at the ESS in August when the Capital News spoke to her. They were handing out toothpaste and other necessities to people who had been evacuated from the Joe Rich fire.

Volunteers working for ESS meet every month to go over a set program for responding to



Catherine Williams is the director for Emergency Support Services in the Central Okanagan.

emergencies as well as to provide training to the various volunteers.

"Most of our volunteers are with us all the time, we have a set program and we meet once a month for training," said Williams, who noted that the spirit of the people who are using the services is usually shining through.

"I don't know if it's that Kelowna has had a lot of these, but I'm always surprised by the resiliency of the people in the Okanagan," she said. "People are taking it in stride. It's hard on some but I would say the majority are taking it in stride. They are being patient and waiting."

City of
Kelowna

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250.868.0876
viviannetc@gmail.com

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



RPO Box 29051, Okanagan Mission
Kelowna BC, V1W 4A7
sonia.ayotte@telus.net
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 every 2nd and 4th Monday of the month at Okanagan Mission Community Hall. Our motto: "We Serve"



#241 - 1889 Springfield Road
Kelowna BC, V1Y 5V5
250.862.8202
krtolife@telus.net
www.lifecollective.io

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.



721 Renshaw Road
Kelowna BC, V1X 5Y7
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!



Box 20193, RPO Towne Centre
Kelowna BC, V1Y 9H2
250.763.1040
community@kelownawomensshelter.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.



#103 - 1606 Findlay Road
Kelowna BC, V1X 6B8
250.215.7398
rutlandlions@shawcable.com
www.e-clubhouse.org/sites/kelowna_rutland

A small Service Club making big things happen. Always looking for new members. Lions Clubs are non-political, non-religious and 100% service. We donate to a variety of causes: *Easter Seals Camp Winfield *Diabetes *Heart & Stroke *Kelowna Food Bank *Salvation Army *High School Bursaries *Sight & Hearing *And many others. We meet at 5:30 pm, on 1st & 3rd Thursdays at the A.N.A.F. Club at 270 Dougall Road N.



PO Box 22087 Capri PO
Kelowna BC, V1Y 9N9
250.763.3737
sonja@kelownagospelmission.ca
www.kelownagospelmission.ca

For over 39 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 our guests access services, or in our Thrift Store.



2268 Pandosy Street
Kelowna BC, V1Y 1T2
250.862.4300 ext. 7497
nancy.wells@interiorhealth.ca
www.kghfoundation.com

The Kelowna Hospital Foundation's volunteer operated social enterprises raise approximately 1.6M/ 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 Rutland Thrift Store; the Perking Lot, Centennial Mercantile, Royal Bistro and Garmentology - Drycleaning drop off and pick up - all located on-site at KGH. Volunteer opportunities are available for those ages 15 & up!



442 Leon Avenue
Kelowna BC, V1Y 6J3
250.763.4905
eventassistance@kfs.bc.ca
www.kfs.bc.ca

Ki-Low-Na Friendship Society (KFS) serves over 30 programs and services to the public. Outreach program, elder program, parenting programs, culture program, family and children activities are a few to name that KFS provides. KFS welcomes anyone who is interested in volunteering and being part of our amazing team. If you are looking for a fun, dynamic volunteer environment come see us and ask questions!



9509 Main Street,
Lake Country BC, V4V 2N3
250.766.1660
recreation@blueheronvilla.ca
http://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!

H.O.P.E. Outreach Expands Volunteer Efforts to Vernon

LOCAL SUPPORT ORGANIZATION FOR HOMELESS AND EXPLOITED WOMEN SEEKING VOLUNTEERS FOR MULTIPLE INITIATIVES AS WELL AS CLOTHING DONATIONS FOR THE COMING WINTER.

By Mike Straus

H.O.P.E. Outreach President and cofounder Angie Lohr started the local organization in 2008 after moving to Kelowna and seeing firsthand the challenges before local women in need.

Says Lohr:

"I got involved with Inn From the Cold, and I started walking around downtown with a friend to see what resources were available to local women. We went out on Friday nights and saw an overwhelming number of women in need. The shelters were full, the waiting periods for detox and recovery programs were too long, and a lot of women were giving up hope."

Lohr started with just a handful of volunteers, and the group patrolled the streets of downtown Kelowna, providing local women in need with basic personal hygiene supplies once a week. Soon after, the organization saw an opportunity to contribute to solving the opioid crisis, and started handing out naloxone kits to both women and men.

Eventually, Lohr chose to rent a house for women in need – the first step in helping street women access recovery services.

"Unfortunately we had to close the house when my husband fell ill. He passed away last year. The house is back up and running this year. There was a young woman who died (of an overdose) this past April, and that's when I decided that the need is still there. So I've reopened the House of H.O.P.E. and I applied for non-profit status."

The House of H.O.P.E. has seen significant demand this year for its recovery services. The house is currently at full capacity, with 10 women currently living there and 8 women on the waiting list.

Lohr says her housing-first approach is the reason for the increase in demand – she says that the House of H.O.P.E. is the only recovery facility in Kelowna that accepts women who are active methadone users. She says that without a transitional home to live in, women in recovery are quite simply unable to restart their lives.

"When they don't have a transitional home, they're stuck. They're not able to recover, either physically or mentally. When you live in a shelter and you have an addiction, it's hard to keep appointments. And it's nearly impossible to be clean and sober when you live on the street. But it's not like everyone doesn't already know this. That's why we try to be as flexible as we can."

H.O.P.E. Outreach volunteers play a variety of important roles in the organization, with one significant role involving distribution of naloxone kits. Volunteers work in 2-hour shifts around the dusk hours, giving Naloxone kits to women in need, educating women on the proper use of a Naloxone kit, and reloading used kits.

All volunteers receive full training

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FOUNDATION
empowering generations to give.



in the use of Naloxone kits at the organization's monthly orientations.

H.O.P.E. Outreach is currently expanding its initiatives to Vernon, starting with weekend night patrols. The organization is hosting a volunteer orientation in Vernon on October 1 at 1:30 PM at People Place.



The Central Okanagan Foundation acknowledges the important and meaningful ways volunteers contribute to our community's vitality. We provide an ongoing contribution to the quality of life in our community through **building endowments, grant making, and community leadership.**

www.centralokanaganfoundation.org • 250-861-6160



Mailing Address
9-3151 Lakeshore Road,
Suite 251
Kelowna, BC V1W 3S9
(250) 317-9877
infomaddokanagan@
gmail.com
www.maddokanagan.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.



Miss Kelowna
Lady of the Lake

Box 21157
Kelowna BC, V1Y 9N8
250.215.2180
kelownaladyofthelake@live.ca
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 youth leaders. How much time you commit is flexible. We welcome you to join our team!



MS Society
#1 - 275 Seymour Street,
Kamloops BC, V2C 2E7
1.800.268.7582
luella.cousins@mssociety.ca
www.mssociety.ca

The MS Society of Canada provides support and services to people who are living with MS or an MS allied disease or close to a person with the disease, such as family, friends, caregivers, healthcare professionals, employers, institutions and students. The MS Society offers a variety of programs and services to help people affected by multiple sclerosis effectively manage and cope with the disease.



Okanagan
Boys & Girls Clubs

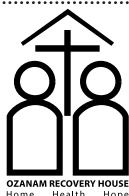
1434 Graham Street, Kelowna
BC, V1Y 3A8
250.762.3989
bvanos@obgc.ca
http://okanagan.bgccan.com

Okanagan Boys and Girls Clubs is a leading provider of programs to children and youth that support the healthy physical, educational, and social development of more than 7,000 young people and their families each year. We offer programs in recreation, technology, arts, and personal growth. Many Clubs also provide meals, shelter, family programs, and other resources. We have volunteer opportunities that can be modified to suit individual's interests and skills.

Okanagan Halfway House Society

1862 Chandler Street
Kelowna BC, V1Y 3Z4
250.860.5820
kelownahouse@yahoo.com

Join the Volunteer Program with Okanagan Halfway House Society and help those individuals that are involved with the criminal justice system and Corrections Service Canada reintegrate back into society.



PO Box 2214 Capri Post Office
Kelowna BC, V1Y 9N9
250.762.4673
hope1@recoverykelowna.ca
www.recoverykelowna.ca

Ozanam Recovery House is a 19-bed transition home located in Kelowna, BC for adult men who are struggling with addictions, mental health issues, or both. By providing professional treatment resources and stable housing all under one roof, we have created a unique environment where residents can fully focus on their recovery and personal development while living in a safe and supportive community setting.



123 Franklyn Road
Kelowna BC, V1Y 6X9
250.763.4837
ed@pathwayskelowna.ca
www.pathwayskelowna.ca

Since 1953, Pathways has been an integral part our community supporting people with diverse-abilities and their families to work, live and participate in the Central Okanagan. We welcome volunteers to assist with activities, aid in our social enterprises, and to help build bridges to community. Whatever your skills, whatever your interests, Pathways has a niche for you. Help us create a community that values the diverse abilities of all people.



778.516.3308
cstathers@bcpsqc.ca
www.patientvoicesbc.ca

PVN is a community of BC patients, families, caregivers, and friends who are collaborating with health care providers to bring change and improvement to the health care system. PVN connects health care organizations and initiatives looking for a patient perspective with volunteers who have lived experience to share.



4426 5th Street, Peachland
BC, V0H 1X6
250.767.0141
christina.pwc@outlook.com
www.peachlandwellnesscentre.ca

The Peachland Wellness Centre (PWC) is a community-based organization that reflects community interests and addresses community needs in collaboration with other community organizations. PWC provides programs and services that connect people through support, education, information, referral and outreach. PWC is inclusive in nature, embracing all groups regardless of age, sex, race, or economic standing. PWC values volunteers who are citizens wanting to make a difference in their community.



#9 - 1351 Lakeshore Road,
Kelowna BC, V1W 3S9
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 4600 hrs in community volunteer time annually within the Kelowna area.

How to make your volunteering efforts a success

Volunteering is a great way for charitable men and women to give back to their communities. Many nonprofit organizations rely on the unsung contributions of volunteers to meet their

available to volunteer? Answering these questions in advance will ensure you find a volunteering opportunity that won't prove too much, or too little, to handle.

- **FIND SOMETHING YOU WANT TO DO.**

As previously noted, sometimes the volunteers who get the most out of their experiences are those who offer their expertise in a given area. But it's perfectly alright to look for a volunteering opportunity that is a stark departure from your professional life. Determine what you want to do, whether it's tutoring youths, raising funds or anything else you may have a passion for, and then find an opportunity that allows you to do that.

- **INVESTIGATE THE ORGANIZATION.**

You will likely take your volunteering

the organization you ultimately work with is serious about its mission. Ask each organization you speak with about their programs and how those programs relate to the charity's mission. Ask about the success rate of each program as well as the challenges those programs face. Avoid any organizations that hesitate to share information about their finances and programs.

- **KEEP YOUR WORD.**

Upon committing to volunteer with an organization, many volunteers initially feel uncomfortable or hesitant to offer their input. That compels many to abandon their efforts entirely. But organizations truly rely on their volunteers to help them meet their goals, so keep your word and stay committed to the charity even if you feel some beginner's anxiety. Arrive on time and do your best to live up to the commitment you made. Before you know it, you will feel right at home in your new role.

Volunteering is a great way to give back, and prospective volunteers can employ several strategies to find opportunities that combine their skills and experience with their passion for giving back.



mission statements, which may otherwise never be realized.

When seeking volunteer opportunities, men and women can quickly become overwhelmed by the volume of options available to them. But not all volunteering opportunities are equal, so prospective volunteers who want to be certain their efforts make a difference can take the following steps as they search for the right situation.

- **DETERMINE WHAT YOU CAN OFFER.**

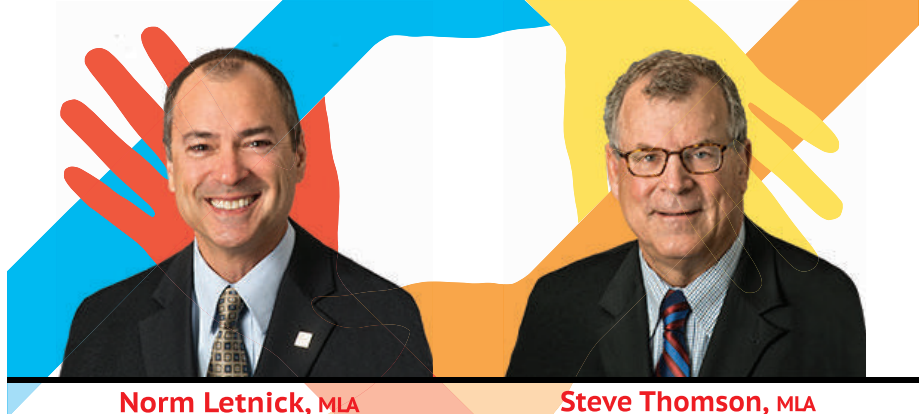
Before beginning your search for a volunteering opportunity, determine what you have to offer and what you hope to offer. Prospective volunteers with extensive business experience may serve best by offering their professional expertise to a fledgling nonprofit organization, while athletic men and women may find coaching provides the best chance to combine their skillset and experience with their desire to give back.

- **DETERMINE HOW MUCH TIME YOU CAN OFFER.**

Some volunteer opportunities are more demanding than others, so figure out in advance how much of your time you can realistically devote to volunteering. Can you volunteer on weeknights or just weekends? Which times of day are you

efforts seriously, so you want to be sure

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



A MESSAGE FROM YOUR LOCAL MLAS

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



**1635 Bertram Street
Kelowna BC, V1Y 2G5
250.762.2163
admin@projectliteracykelowna.org
www.projectliteracykelowna.org**

Project Literacy's mission is to provide support services for those seeking to improve their literacy in order to achieve their full potential at work, at home and in the community. Project Literacy matches learners with tutors for one-on-one learning. 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.



**1450 KLO Road
Kelowna BC, V1W 3Z4
250.469.6232
park.volunteers@cord.bc.ca
www.regionaldistrict.com/parksvip**

There are numerous opportunities for volunteering in Regional Parks and we are developing more! If you enjoy getting out in nature and care about protecting the natural environment, consider becoming a Volunteer-In-Parks (VIP). Some of our VIP opportunities include: various Ambassador Programs, Event Assistants, Stewardship Activities or joining a "Friends of" group! Something for everyone to feel welcome, be a part of, and enjoy what Regional Parks have to offer!



**421 Cawston Avenue
Kelowna BC, V1Y 6Z1
250.717.5304
programs@rotarycentreforthearts.com
www.rotarycentreforthearts.com**

Volunteer with 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.



**#115 - 2065 Benvoulin Court
Kelowna BC, V1W 0A5
250.861.6180
volunteer@seniorsoutreach.ca
www.seniorsoutreach.ca**

Are you looking to help a lonely senior? Then we are the organization for you! We have 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 a senior: Friendly Visiting - Visit isolated seniors. Handyman - Assist seniors with simple home repairs. Snow Shoveling - Help a senior in your area.



**#103 - 1223 Water Street
Kelowna BC, V1Y 9V1
250.979.6540
shawtv.okanagan@sjrb.ca
www.shawtv.com**

Get involved in community television! Learn how to be in front of or behind the camera, edit video, or set up a studio. You can also be a part of our many exciting mobile production opportunities or even work toward having your own show about something that matters to you in the Okanagan! Full training provided by our Shaw TV staff at Prospera Place. Flexible opportunities for all ages.



Giving Hope Today

**1480 Sutherland Avenue
Kelowna BC, V1Y 5Y5
250.212.1025**

Why volunteer? Sara one of our volunteers states, "I volunteer because, not only do I get to see lives changing firsthand, I meet the most amazing people along the way." At The Salvation Army there are dozens of ways to volunteer—Food Bank, Thrift Stores, Administrative Work, Emergency Disaster Relief and working at events. Volunteering enables people to experience the joy of helping, meeting amazing friends and Giving Hope Today.



**544 Harvey Avenue
Kelowna BC, V1Y 6C9
250.861.1515
info@tourismkelowna.com
www.tourismkelowna.com**

Tourism Kelowna is a not for profit society and the destination marketing organization for Kelowna and Lake Country. Volunteer Visitor Sales and Services Counsellors service visitors in our downtown and airport locations with the highest levels of customer service. Volunteers assist with answering phones, restocking/organizing brochures, and working on various projects. Tourism Kelowna would also like to use this opportunity to thank our existing group of incredible volunteers!



**375 Hartman Road
Kelowna BC, V1X 5H1
250.491.9622
www.ymcaokanagan.ca**

The YMCA of Okanagan relies on the dedication given by our volunteers to reach our mission of building healthy communities. The inclusion of volunteers' skills Knowledge and energy helps us offer high quality and a diversity of programs and services and helps reduce costs for our members. Join the YMCA and share your time and talent. A variety of positions available within our health, fitness, aquatics, childcare, and employment programs.

VOLUNTEERING AS AN OLDER ADULT:

How to find the right fit for your new lifestyle

Many parents feel involving their children in volunteering at an early age can have a profound, long-lasting impact on their kids. But youngsters are not the only ones who can reap great rewards from volunteering, as studies show that men and women at, beyond or approaching retirement age also benefit greatly from volunteer work.

Research from the Corporation for National and Community Service found that more than 20 million older adults contributed in excess of three billion hours of community service time each year from 2011 to 2013. The reasons why older adults volunteer are varied, but in its 2014 survey the AARP's Experience Corps found that 97 percent of its volunteers indicated that their volunteer work with the organization gave them a sense of purpose.

Older adults who want to volunteer but have little or no history with volunteering might not know where to begin with regard to finding the right opportunity. The right fit can make all the difference for volunteers and the people they help, and the following tips might help older adults as they look for an opportunity that best utilizes their skills and experience.

- Know your schedule. Older adults who are still working but want to volunteer may have a firm grasp on their schedules, but even retirees should not overestimate how much time they have to volunteer. Before you begin to look for an opportunity, write down your commitments and daily schedule, using this list to determine how much free time you have to volunteer. Some opportunities require greater time commitments than others, so make sure you know just how much time you can devote to an opportunity before signing up.

- Give due consideration to your experience. Older adults who have retired or are on the cusp of retirement have a lifetime of experience they can use to help others. Imparting wisdom learned in your professional life can provide a sense of purpose and even make you feel as though you are still actively involved in the industry where you built your professional reputation. But life experience can also prove invaluable in volunteering opportunities. Mentoring programs give volunteers the chance to help young people, and such opportunities can involve more than just offering professional advice.

- Don't downplay the significance of certain opportunities. Volunteering opportunities come in many variations, and each is significant in its own right. Coaching a grandchild's soccer team can have as significant an impact on the people you help as other volunteering opportunities. Volunteers offer their time because they have a passion to help others, and that help can be given in a myriad of ways.


- Leave time for the rest of your life. Volunteering is a selfless act, and volunteers are the backbone of many successful charitable



Finding the right volunteer opportunity can make all the difference for older men and women who want to give back to their communities.

organizations. But older men and women should leave time for the rest of their lives as well. Retirement should be fulfilling but also include time for recreation, so don't downplay how important hobbies are to you in an attempt to find more time to volunteer. No retiree wants to grow resentful of his or her volunteer work because it leaves little time for other pursuits, so do your best to balance your charitable endeavors with the other things in life that matter to you.





CENTRAL OKANAGAN HERITAGE SOCIETY

The Central Okanagan Heritage Society promotes conservation of the diverse heritage places of the Central Okanagan through stewardship, education and collaboration for the benefit of current and future generations.

We welcome volunteers and new members who love heritage places and spaces, with opportunities in restoration work, conservation, educational tours and programs, and community events. Make a difference in your community as a volunteer to preserve our heritage sites!

1060 Cameron Avenue, Kelowna, BC V1Y 8V3
Office: #3 - 537 Bernard Avenue, Kelowna, BC | 250.861.7177
cohs@telus.net | www.okheritagesociety.com



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Civic & Community

AWARDS GALA

It's time to recognize the artists, athletes, volunteers, businesses, organizations & community leaders who helped to shine a positive light on our city in 2017.

43rd Annual Civic & Community Awards

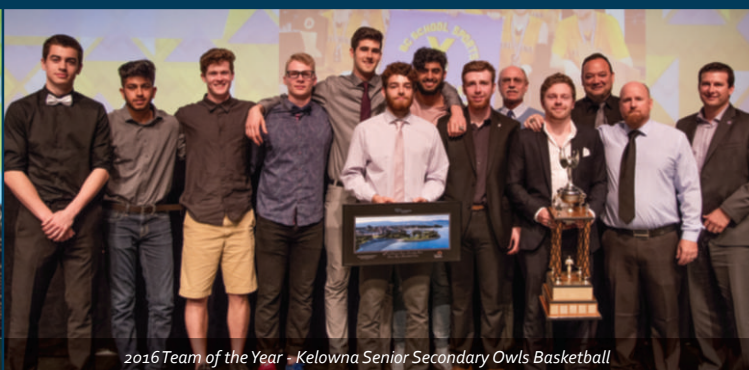
April 26, 2018

Kelowna Community Theatre

Nomination forms will be accepted until January 26, 2018.
Finalists will be announced at City Council on March 5, 2018.
Find online nomination forms at kelowna.ca/our-community.



2016 Volunteer Organization - Kelowna Gospel Mission



2016 Team of the Year - Kelowna Senior Secondary Owls Basketball



2016 Coach of the Year - Kendall Grass

Thank you to our sponsors for their continued support:



kelowna.ca/our-community