

# get Involved

SEPT. 2021 - AUG. 2022

VOLUNTEER CENTRAL OKANAGAN STYLE



**OKANAGAN VOLUNTEER  
FAIR: SEPT 18, 2021**

**Parkinson Recreation Centre, 1800 Parkinson Way,  
Kelowna, 10am - 2pm**

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*Volunteering is something we do to give back to our community...*

Thank you for joining us at the Okanagan Volunteer Fair. Please enjoy meeting the staff and volunteers of non-profit organizations from Lake Country to Peachland. We hope you find a match for your passion, skills and time and that you make a connection that will change your life and the lives of so many in our communities.

Make sure you enter draw for fabulous prizes from businesses throughout the Central Okanagan that want to show their appreciation and support of volunteers! Thank you to all of our great community partners for making donations to the door prize draws and Nourishing Volunteer Managers Celebration Breakfast (due to printing deadlines, not all of the businesses may be listed, but we do appreciate all of your support).

BC Tree Fruits, Bean Scene, Bliss Bakery, Bohemian Café, Bread Company, Choices, Cobbs, Dairy Queen, Interior Savings, Kelowna Candle Factory, Lakehouse Home Store, Nature's Fare, Peter's YIG, QB Gelato & Café and Safeway.

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## Welcome to the 24th Annual Okanagan Volunteer Fair!

KCR Community Resources, the Volunteer Centre of the Central Okanagan, is proud to present the 24th Annual Okanagan Volunteer Fair. Over the past 24 years the Okanagan and the non-profit sector have seen tremendous changes, but as we all know, the last year-and-a-half and the COVID pandemic have brought monumental change to our whole world.

In September 2020, we held a virtual edition of the Fair. It was a great success despite the less than ideal situation and all of the participants made the most of the opportunity. The Fair allowed us to connect, albeit virtually, and to celebrate the spirit of volunteerism. This year, when planning the Fair, we turned to our organizational partners to see how they felt we should host the Fair: virtual, hybrid or live, in-person? Overwhelmingly, people responded with "live and in-person". In June, as vaccinations numbers were going up and case counts down, we felt very optimistic and gleefully moved forward. Our sponsors and partners came on board quickly and happily to support the amazing impact that

volunteers and non-profit organizations have in our community. Huge THANK YOUS to the Central Okanagan Foundation, Interior Savings, the City of Kelowna, the Kelowna Capital News and Black Press and to BellMedia, including Virgin 99.9, Move 101.5 and Talk AM1150. Their commitments allowed us to proceed. Non-profit organizations rallied and signed up. We are so thrilled with the support from everyone involved.

And so here we are in August, at press time, and our vaccination numbers are thankfully still climbing but unfortunately, so are the COVID numbers. At this time, we are pressing on, with the belief that we will be able to gather together in-person in mid-September. We are putting safety plans into place and will ensure a safe space for us all. Of course, if things change for the worse, or we get new health restrictions, we may need to implement "Plan B". Fingers crossed that we get to see you live, and in-person at the Fair. Thank you for being a part of the volunteerism movement so strong in our community.





604-621-2132

contact@teenchallengebc.com  
www.teenchallengebc.com

We exist to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive! If you want to volunteer at Adult & Teen Challenge, check out our website for more details. Spiritual guidance with experienced volunteers help individuals resolve questions and conflicts that they are facing.



250 Allan Brooks Way,  
Vernon  
250-260-4227  
volunteer@abnc.ca  
www.abnc.ca

Perched atop the grasslands just south of Vernon, the Allan Brooks Nature Centre is there to renew your natural curiosity and connection with the joys of nature. ABNC exists to provide a link between nature and people who appreciate nature in the Okanagan. Our volunteers enrich the nature experience through a variety of roles. Please join the team in bringing nature to life in the Okanagan.



73 Aberdeen Street SE,  
Medicine Hat  
250-864-1192  
help@animalfoodbank.org  
www.animalfoodbank.org

The Animal Food Bank is a volunteer operated organization providing pet food and supplies to no-income, low-income and homeless pet guardians in need. We operate entirely on donations with the aim of keeping loved pets with their owners.



Box 208, #113-437 Martin  
Street, Penticton  
250-809-7152  
info@alertcanada.org  
www.alertcanada.org

The Animal Lifeline Emergency Response Team (ALERT) is dedicated to animal welfare through the preparation for and the actual rescue and shelter of domestic animals and livestock during disasters (e.g. fires, floods, etc). Volunteers are mobilized when local authorities request ALERT's help and when Emergency Management BC's Emergency Support Services is activated. ALERT is 100% volunteer based. We are a registered charity and 100% of our funding comes from donations.



250-491-8443 ext 201  
volunteerBCY@redcross.ca  
www.redcross.ca

The Canadian Red Cross is dedicated to helping people and communities in Canada and around the world in times of need. We rely on volunteers from all walks of life who bring different skills and experience to the Red Cross. From helping during emergencies and disasters, to supporting health equipment loans for those who need it most, as a volunteer, you can make a big difference in your community.



(800-1188 WG) C/O 9755  
King George Boulevard,  
Surrey  
604-666-5678  
PacificRegionOutreach@  
cra-arc.gc.ca  
www.canada.ca/en/  
revenue-agency.html

The Community Volunteer Income Tax Program (CVITP) is a collaboration between community organizations and the Canada Revenue Agency. Community organizations host free tax preparation clinics and volunteers complete income tax returns for eligible individuals. Canada Revenue Agency offers free training and tax-software for the volunteers. To register to become a volunteer, or to get more information about the CVITP, go to [canada.ca/taxes-volunteer](http://canada.ca/taxes-volunteer) or call 1.800.959.8281.



#103-3402 27 Avenue, Vernon  
250-542-3114  
support@cmhavernon.ca  
www.caretospeak.ca

Care To Speak is a non-judgmental and confidential mental health support service for those working in healthcare. There is no intake process, and a user can get support in minutes. This includes facility administrators, care aids, medical office administrators, nurses, etc. Users are supported by a peer volunteer with healthcare experience. The service is free and available Monday-Friday, 5pm-9pm, and Monday-Wednesday, 10am-2pm. Call 1-866-802-7337 (PEER) or chat online at [caretospeak.ca](http://caretospeak.ca)



Central Okanagan  
Food Bank

2310 Enterprise Way,  
Kelowna  
250-763-7161  
www.cofoodbank.com

Do you enjoy working with others and making a difference in your community? Are you a friendly, outgoing person who enjoys meeting new people? Join the Central Okanagan Food Bank and help us in our cause to create a healthy, hunger-free community. With two locations, two shift options and several volunteer opportunities, you'll be sure to find a place in helping make a difference for those who need it most.



#4-1890 Ambrosi Road,  
Kelowna  
250-762-3536

resource@

childhoodconnections.ca  
www.childhoodconnections.ca

Childhood Connections supports children and anyone who cares for them. Our newest program Nourish Families Initiative delivers free meals and child development resources to our families-in-need. This program is made possible by our local meal partners, like DunnEnzies Pizza, who offer a buy-one-give-one meal choice to be purchased by community members! And to get these meals and programming delivered, we need your help: Volunteer program support and delivery drivers WANTED!



1800 Parkinson Way,  
Kelowna  
250-469-8759  
awestlund@kelowna.ca  
www.kelowna.ca/recreation

Volunteers assist adults and children participating in recreational programs, camps, or in the fitness & aquatic center. One on one volunteers can be a great asset to participants with DiverseAbilities, or children that may require that extra bit of help in programs. Positions are primarily located at Parkinson Recreation Centre, but other locations may be available. Training and ongoing support is provided.



11438 Bottom Wood Lake  
Road, Lake Country  
250-766-0017  
reggieo@connect-  
communities.ca  
connectcommunities.ca

CONNECT's Leading Practice Life Redesign Model is a coaching approach to rehab. We walk beside people we support as they work to achieve the goals they set out for themselves. CONNECT has been supporting people after brain injury and stroke for more than 27 years, helping them create lives that are meaningful to them as we support them to transition to environments of less dependence. Life at it's best re-designed.



#204-347 Leon Avenue,  
Kelowna  
250-860-3181  
connectcounselling@shaw.ca  
www.connectcounsellingsociety.ca

Connect Counselling & Therapy Society is a charitable society which has been providing free and affordable counselling for 35 years. Our services to women, children, youth, men, families, seniors and couples addresses areas such as anxiety, depression, family transition, grief, intimate partner violence, trauma, parenting and so much more!



#201-421 Cawston Avenue,  
Kelowna  
250-899-6381  
info@coolarts.ca  
www.coolarts.ca

Cool Arts Society provides fine arts opportunities for adults with developmental divers-abilities in the Central Okanagan. Everyone should have the opportunity to express themselves through the arts and that disabilities shouldn't interfere with this choice. Cool Arts offers weekly art programs in our studio at the Rotary Centre for the Arts. Visit our new website for more information about our programming & our Patron Program.



835 Bay Avenue, Kelowna  
250-979-3941  
admin@adaptiveadventures.ca  
www.adaptiveadventures.ca

"The most incredible thing I've ever done", "It opened my eyes to how much I can actually help" "I smile every time I think about the trips I've been on" Have fun, be challenged, and contribute to your community helping people who face barriers to outdoor recreation. Training provided. Join our Adaptive Adventures - cycling, hiking, paddling, mountain biking, snowshoeing, and Nordic skiing. We are CRIS. Let the adventure begin!



604-725-0943  
dominique@dfskelowna.org  
www.kelowna.  
dressforsuccess.org

Dress For Success Kelowna's mission is to empower women to achieve economic independence by providing a network of support and the developmental tools to help them thrive in work and life. Getting involved is an opportunity to make a lasting difference in the lives of women in your community. Join us as we support and encourage women who are developing their careers and striving for economic independence to thrive!



PO Box 20071 Towne  
Centre, Kelowna  
250-870-9094  
info@elevationoutdoors.ca  
www.elevationoutdoors.ca

Volunteering with us is a great way to get outside while doing activities you love and passing along your passion to youth! We provide outdoor activities for youth who may not otherwise get the opportunity to participate. You'll build relationships, become a mentor, and increase your experience working with youth from all backgrounds. We have volunteer positions in rock climbing, hiking, mountain biking, snowboarding and leadership all year round!





2255 Enterprise Way,  
Kelowna  
250-215-1789  
eoc.ess@kelowna.ca  
www.regionaldistrict.com/  
your-services/emergency-plan/  
emergency-support-services.aspx

Emergency Support Services (ESS) is a Provincial Program delivered by Local Authorities and First Nations to meet the basic needs of British Columbians impacted by disasters by providing short-term support in a compassionate manner. This includes providing temporary relief to individuals and families so they can begin to plan their next steps to recover after a disaster. Primary services include food, lodging, clothing, and family reunification.



P.O. Box 20186 RPO Towne  
Centre, Kelowna  
250-712-6213  
kelownanafr@gmail.com  
www.federalretirees.ca/  
centralokanagan

The National Association of Federal Retirees is a national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police, and retired federally appointed judges. The Central Okanagan Branch reaches from Lake Country to Peachland with about 1500 members. Our priorities are to advocate for retirement security, veterans' well-being, and pharmacare thus making a difference to members and seniors in the community.



c/o 160 Whitetail Ridge,  
Vernon  
250-503-5444  
volunteer@okanaganrailtrail.ca  
www.okanaganrailtrial.ca

Local volunteers who support the trail call themselves Friends of Okanagan Rail Trail, or FORT for short. FORT is a volunteer, non-profit organization and the official non-government partner to the rail trail owner jurisdictions. FORT programs and activities are coordinated with owner jurisdictions and include:

- Trail Ambassadors, Trail Stewards and other volunteers
- Trail Improvement and Input to Planning
- Fundraising
- Communications



gecco@bccic.ca  
www.bccic.ca/gecco  
globalcitizenevents.com

GECCO is the local Chapter of BC Council for International Cooperation. GECCO seeks to encourage local organizations in working towards the UN Sustainable Development Goals. GECCO also partners with Global Citizen Events in hosting multiple annual events which involve up to 300 volunteers! Join us! Look for specific activities on our website. Entertain, Educate, Inspire to action! Join our mailing list. Follow on Facebook, Instagram, or Twitter (@GECCOBC).



gce@bccic.ca  
www.globalcitizenevents.com  
www.  
sustainabledevelopment  
challenge.com

Global Citizen Events occur each February to promote the 17 Sustainable Development Goals. What's YOUR Number? Events include the youth Sustainable Development Challenge with \$10K project funds available, the Taste of Home ethnic food/cultural performances, Sustainability Fair for businesses, Global Music Fest, Global Schoolhouse & more! Help encourage social responsibility and inspire positive change by thinking globally and acting locally. Our website describes areas where YOU can be involved!



#206-1889 Springfield Road,  
Kelowna  
250-861-5465  
info@handsinservice.ca  
www.handsinservice.ca

Hands in Service provides free compassionate and relational in-home care, referral services, and access to food security to vulnerable clients who struggle with basic daily tasks due to disability, chronic illness, medical crises, compounded by financial and social resource limitations. We welcome volunteers to participate in home support services, weekly hamper delivery, produce delivery or our living salads program. Volunteers also needed for quarterly events.



1905 Springfield Road,  
Kelowna  
250-860-3273  
communications@helensacres.com  
www.tbclgacy.org/helens-acres

Helen's Acres is a 24-acre, non-profit, community farm, growing produce to donate to charities and social programs in the Central Okanagan. We aim to connect our community, educate them on our food system, and feed those in need. In 2020, we donated over 200,000 pounds of produce to our community. We encourage volunteers to bring their knowledge and skills, while also offering mentorship and education by our knowledgeable farmers.



#401-2750 Auburn Road,  
West Kelowna  
250-864-0399  
info@hopeokanagan.com  
www.hopeokanagan.com

A womens' organization that operates 7 nights per week, serving women who are homeless, addicted and exploited. In the Kelowna and Vernon areas, Outreach supplies, Bad Date Reports, Harm Reduction, Naloxone and services are offered. Teams of two women. Narcan Teams have men and women volunteers. Monthly Orientations and full training provided.

# Capacity Building: Strengthening the Non-Profit Sector

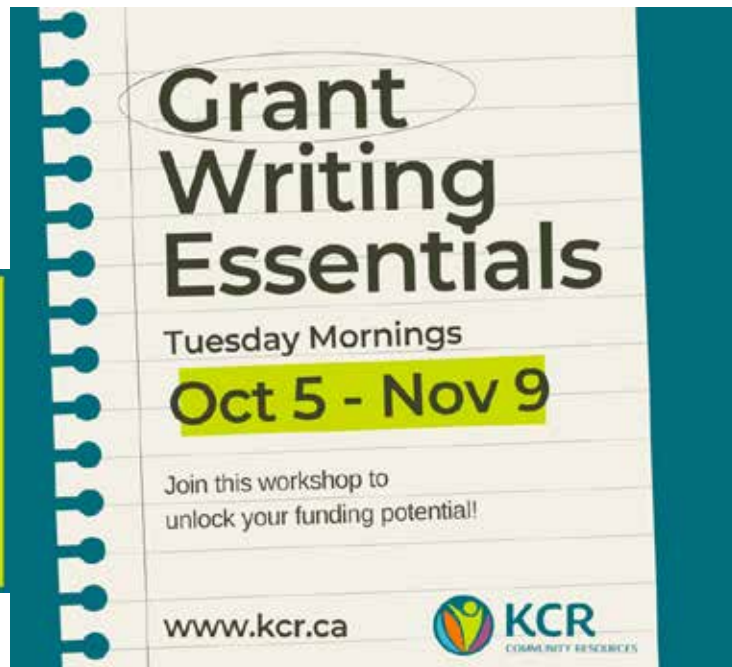
Investing in the knowledge and skills of both volunteers and staff engaged in your organization, you strengthen your team and increase the capacity of the organization to achieve its mission. KCR Community Resources excels at offering capacity-building workshops at reasonable fees, that will propel you and your organization further. Check out all of our workshops online at [www.kcr.ca](http://www.kcr.ca). Currently, we are planning to host the Fall 2021 sessions virtually. Here is a quick peek into this Fall's offerings:

## Board Boot Camp

Are you a volunteer Director on a non-profit Board? Are you a staff member and want to better understand the role of the Board? Then Board Boot Camp is for you!

We offer both community sessions, open to everyone, and private, in-service workshops that are also a great team-building opportunity. Taking part in Board Boot Camps will give you the confidence and knowledge to be strong and knowledgeable directors or staff.

**Board Boot Camp 101** – Someone has asked you to join their Board, but you are not sure what is involved and how you can help. You know you want to help but aren't sure how and what is expected of you. BBC 101 will help you understand the non-profit sector, increase your understanding of a director's role and responsibilities and helps you ask some critical questions before committing. Date: November 3 @ 4-6 pm  
**Board Boot Camp 201** - Gain a deeper understanding of Boards and especially the Executive Committee. Be the best for your organization by learning about effective qualities of leaders and your personal leadership style. Understand the separation between the Board and staff and the



relationship between the senior staff and the Chair of the Board. Learn how to run timely and effective meetings, one of the best ways to retain and attract directors. Date: November 17 @ 4-6 pm.

**In-Service** – Get your whole Board on Board! Learn together how Boards need to function, the difference between working and governance boards and how to move from one to the other. Help your Board move forward together. Date: flexible. Contact: [dorothee@kcr.ca](mailto:dorothee@kcr.ca)

## Grant Writing Essentials

Limited resources are the norm for non-profit organizations. During the pandemic, many organizations have had even less to work with to meet increased needs in the community. KCR and our team of local fund development specialists can help you during this six-module virtual workshop. Come build your skills and write your next grant during the virtual workshop! From Logic Models to Telling a Compelling Story, to Making Sense of the Dollars and Packaging a Professional Submission, this course will help you bring in the dollars for your organization. Dates: Tuesday mornings, 9-12 pm, October 5-November 9, 2021.

## Diversity, Equity and Inclusion

Our communities and organizations are increasingly diverse. Ensuring these spaces are safe, just and welcoming for all is everyone's responsibility and is also an opportunity. Participating in Diversity, Equity and Inclusion Training as a team, organization or workplace allows you to learn, connect and reflect together and also personally on these important issues. Diversity and Inclusion is critical for organizations and for us as individuals. This course introduces and explores the topics of justice, equity, diversity and inclusion and why they matter in 2021. The curriculum is relevant to those both new to and familiar with, diversity and inclusion work. For everyone there is sure to be an "Aha" moment. Participants will gain personal growth by sharing different perspectives, gaining tools and building new understanding. The DEI workshop is offered in two, 3-hour workshops either virtually or in person. We will be offering a community session virtually on October 6 & 13 (9-12 pm) and are available for private, in-service workshops for your organization or team. Contact Dorothee ([dorothee@kcr.ca](mailto:dorothee@kcr.ca)).

A graphic for Diversity, Equity & Inclusion Training. It features three overlapping circles in blue, yellow, and orange, set against a purple background. The KCR logo is in the bottom left, and the text 'Diversity, Equity & Inclusion Training' is in the bottom right. Below the text is the tagline 'Explore the topics of justice, diversity, equity and inclusion and why they matter.'/>

**Diversity,  
Equity &  
Inclusion  
Training**

Explore the topics of justice, diversity, equity and inclusion and why they matter.



2255 Ethel Street, Kelowna  
250-212-8418  
carol.white@interiorhealth.ca  
www.interiorhealth.ca

The 4 long-term care homes in the Central Okanagan have volunteers who assist in many ways. Opportunities exist no matter your age. Whether you enjoy visiting, helping with a program, special event or an outing, volunteers help to brighten the day for the people who live at Brookhaven, Cottonwoods, David Lloyd-Jones and Three Links. Call us at 250.212.8418 for more information. Be a Friend, Be a Neighbour, Be a Volunteer!



Community Care  
505 Doyle Avenue, Kelowna  
250-980-1558

Community Volunteers play an important role in supporting individuals at risk of losing their independence and providing respite to caregivers. They create a community environment in the clinical setting, assist clients with groceries, drive them to appointments and engage in socialization and recreation. Each year, our Volunteers contribute up to 8,000 hours or an in-kind equivalent of \$215,000. Join Community Volunteer Services today and make a difference in someone's life!



1440 St. Paul Street,  
Kelowna  
250-763-1331  
info@jhsok.ca  
www.johnhowardbc.ca/  
okanagan-kootenay

John Howard Okanagan & Kootenay has a strong history of assisting individuals experiencing a variety of challenges and social issues such as poverty, homelessness, mental health concerns, neurodevelopmental disabilities, and involvement in the criminal justice system. We contribute to community wellness by offering services that support clients in a number of areas, including providing supportive housing, community reintegration programs, advocacy, support with mental health and addictions.



620 Leon Avenue, Kelowna  
250-763-8008  
employmentservices@kcr.ca  
www.kcr.ca

KCR's Employment Services help unemployed and under-employed individuals identify career and educational goals, develop essential job skills, and navigate the job search process. We also collaborate with employers and community partners in the Central Okanagan to provide a range of services from labour market information, recruitment, and employer advisory panels.



620 Leon Avenue, Kelowna  
250-763-8008  
volunteer@kcr.ca  
www.kcr.ca

Volunteers are a vital part of many of KCR's programs and services. Help newcomers feel welcome in our community. Provide support and resources to assist people in crisis. Become a mentor to a young mother and connect her with community resources. Share your knowledge and expertise as a workshop facilitator. Provide practical support and connection for newcomers seeking employment. All activities are conducted with the safety of our volunteers, participants and staff in mind.



581 Gaston Avenue,  
Kelowna  
250-763-8117  
sharesociety.kd@gmail.com  
www.sharesocietykelowna.com

SHARE Society is a non-profit organization, 100% dedicated to supporting those in need. Positions within our social programs and thrift store offer great opportunities for volunteers to share their special skills and talents. Volunteers can gain a sense of community, or work towards their personal and employment goals. Whatever the reason to volunteer, together we will have a powerful impact on our community.



c/o Okanagan Regional Library,  
1430 K.L.O. Road, Kelowna  
fol4k@hotmail.com  
www.kelownafol.ca

Friends enthusiastic about libraries, reading and lifelong literacy, support Okanagan Regional Library branches. Volunteer opportunities: fundraising book sales year-round: sale set-ups, unloading, replenishing, sorting boxes (physical labour), cashiering; hosting Library activities, irregular throughout year; as volunteer co-ordinators: sale/event planning, secretarial, financial, publicity and coordinating volunteer participation. Large book donations: #114-2476 Westlake Road, West Kelowna. Kelowna drop-off donation bins: ORL Admin Centre, 1430 K.L.O. Road & Parkinson Recreation Centre, Harvey Avenue.



Kelowna General Hospital  
2268 Pandosy Street,  
Kelowna  
250-862-4492  
cdebby.kinakin@interiorhealth.ca  
www.interiorhealth.ca

Does volunteering with patients in a hospital setting appeal to you? Volunteers visit, guide, support, and provide directions and information to visitors or patients. Volunteers make a difference in the lives of patients and their families and work to complement the care that staff provides. Volunteers are on duty in a variety of shifts and departments from approximately 6:00 am - 11:00 pm, 7 days a week.





1035 Aurora Heights, West  
Kelowna  
250-769-0117  
mim3@shaw.ca  
kelownagrandmothersforafrica.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.



P.O. Box 20247 RPO Towne  
Centre, Kelowna  
778-214-9710  
khutchi59@gmail.com  
www.kelownakinsmen.ca

Kin Canada is a Canadian service organization made up of volunteers committed to service, leadership, fellowship, and personal development. Over time, the Kelowna Kinsmen has become a prominent contributor to the betterment of Kelowna by "Serving the Community's Greatest Needs". Among others, our contributions to Kelowna include funding the Parkinson Recreation Centre pool and building the Rutland Kinsmen Youth Centre. Come to the next meeting to join in the action!



923 McCartney Road, West  
Kelowna  
kdpcasociety@gmail.com

We have advocated for Reproductive Choice for over 24 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 Facebook page. Become a member.



#3089-3151 Lakeshore  
Road, Kelowna  
250-870-4103  
kelownarighttolife@  
hotmail.com  
www.lifecollective.io/  
kelowna

The Kelowna Right to Life Society believes in and promotes the dignity of all human life, from the moment of conception until the moment of natural death. We believe every human being possesses an inherent dignity and value that deserves legal and equal protection, no matter their size, age, race, ability, or location. Join us in the movement to procure the right to life for ALL human beings.

## Share Your Stories

Through our partnership with the Capital News, KCR is running a weekly ad and article in the paper and online and we want to share your stories and volunteer news. Email [volunteer@kcr.ca](mailto:volunteer@kcr.ca) for a chance to be featured in the Capital News.



### KELOWNA CAPITAL NEWS

B.C. Wildfires News COVID-19 Travel National Obituaries e-Editions Classifieds Video M.

Newsletter Today's Home Autos Contests Cannabis 19+ Jobs Trending Now Business Good



### KCR: Non-profits organizations

Kelowna Community Resources shares stories of its volunteers in a weekly column

Aug. 19, 2021 5:00 a.m. / COLUMNISTS / OPINION



PO Box 22087 Capri P.O.,  
Kelowna  
250-763-3737 ext 204  
sonja@  
kelownagospelmission.ca  
www.  
kelownagospelmission.ca

For over 43 years we have cared for people experiencing homelessness and poverty in our community. You can make an impact by joining our dedicated team of volunteers, creating an environment of forwarding momentum for the people we serve. There are many diverse volunteer opportunities, working directly with people or behind the scenes, helping with a meal, helping our residents access services, or in our Thrift Stores.



442 Leon Avenue, Kelowna  
250-763-4905  
events@kfs.bc.ca  
www.kfs.bc.ca

The Ki-Low-Na Friendship Society will provide for the mental, emotional, physical and spiritual well-being of all peoples through the development of community-based services, while encouraging the community to preserve, share and promote Aboriginal cultural distinctiveness. We provide programs and services to all peoples in all four stages of life: infants/children, youth, adults, and Elders. We are always looking for volunteers to support many of our on-going programs and special events.





10356a Bottom Wood Lake  
Road, Lake Country  
250-766-1299  
manager@  
lakecountryartgallery.ca  
www.lakecountryartgallery.ca

Volunteering at Lake Country Art Gallery is a great way to meet people while hosting the gallery, welcoming visitors and encouraging meaningful conversation inspired by the exhibitions. LCAG informs and builds community through enriching and sometimes challenging exhibitions. It offers diverse and inclusive programming while giving space to artists in varied artistic practices. It is accessible, engages the local community and beyond, fulfilling its role with a strong, contemporary voice.



10080 Main Street, Lake  
Country  
778-215-5247  
www.lakecountryhealth.ca

Lake Country Health works to make a difference in the community by offering a number of support services for people in need, including seniors and youth. Want to make a difference in someone's life? We need drivers to help seniors to appointments, Tech Angels to help seniors learn how to use a tablet, or youth who want to engage on social media. We have ways to help you connect.



255 Lawrence Avenue,  
Kelowna  
778-753-5832  
info@lprc.ca  
www.lprc.ca

Our mission is to provide harm reduction, prevention and education resources, and supportive services that focus on individual and community health and wellness to anyone living with, affected by, or at risk of HIV, Hep C, or related health issues. Our programs & services here at LPRC include Harm Reduction Education, Queer Men's Health, Health and Wellness, Drug Checking, & HIV Peer Support.



#120-1889 Springfield Road,  
Kelowna  
250-860-4791  
kelowna@  
missionthriftstore.com  
www.missionthriftstore.com

Mission Thrift Store Kelowna is a friendly non-profit, volunteer driven local thrift store that is a that has been serving Kelowna since 1992. We offer high quality gently used clothing, furniture, home decor, books, toys, and housewares at affordable prices. The store supports the community and is involved in reaching into the rest of the world by supporting the Joint Ministry of BFM Foundation (Canada) and Bible League Canada.



Abilities Society

123 Franklyn Road,  
Kelowna  
250-763-4837  
ed@pathwayskelowna.ca  
www.pathwayskelowna.ca

Pathways Abilities Society is a not-for-profit organization dedicated to supporting the needs of individuals with diverse abilities in Kelowna and the surrounding areas. Formed in 1953, as the community's needs have grown, so too have Pathways' services. Today, Pathways provides a range of support for individuals, including everything from activity services, to home support to customized employment opportunities connecting individuals with businesses throughout the community.



PO Box 23129, Kelowna,  
250-469-2939  
pawsitforward@hotmail.  
com  
pawsitforward.org

Since 2011 we have rescued, rehabilitated and found homes for dogs from around the world that are neglected, abandoned or abused. We are all volunteers with no paid staff, funding or facility. Every dog lives in a loving foster home until adopted. Join our animal loving volunteers and help us fundraise to give opportunities to dogs in need and save lives. We can not do it with out your help.



4426 5th Street, Peachland  
250-767-0141  
wellnesscentre@shaw.ca  
www.peachlandwellnesscentre.ca

The Peachland Wellness Centre strives to meet the needs of the community by partnering with other organizations and the District of Peachland. We organize volunteers and support many functions in our area. We organize volunteers and support many functions in our area. Volunteers are the backbone to our operation and are respected immensely. We are honoured to walk alongside our volunteers and the citizens of Peachland, they navigate complex barriers and strive to meet the needs of many.



1635 Bertram Street,  
Kelowna  
250-762-2163  
paul@projectliteracy.ca  
www.projectliteracy.ca

Project Literacy provides free literacy support to children, families and adults. We are a volunteer-based organization with over 150 volunteers supporting our programs. If you would like to volunteer as a tutor, working 1-1 with a child or adult, please contact one of our Education Coordinators. Elaine Johnston (elaine@projectliteracy.ca) or Katia Bois (katia@projectliteracy.ca). We are thrilled to be celebrating our 35th Anniversary of supporting literacy in the Central Okanagan.

# Volunteers Grow Community Garden

KCR Community Resources and Project Literacy Central Okanagan Society partnered together again in May this year to strengthen food security, build food literacy and beautify their downtown neighborhood through the Community Care Garden Project. Volunteers from both organizations helped to plant tomatoes, cucumbers, peppers, zucchini, carrots, kale, various greens and more in the 14 raised garden beds that grew over 250 pounds of food that was distributed to vulnerable families. The garden beds are adjacent to the Project Literacy offices at 1635 Bertram Street and the KCR offices at 620 Leon Avenue and were tended by volunteers throughout the summer and early fall, with weekly fresh food deliveries being made by KCR Community's Outreach Team. "We had a bumper crop last year and were able to deliver over 145 bags of fresh veggies to vulnerable families and individuals, who felt nourished on all levels, especially during such a time of crisis," said Ellen Boelcke, executive director of KCR Community Resources. "We have learned a few lessons about what grows well and so Dianne Bonderoff, the head community gardener, has tweaked the plantings this year to grow even more veggies that can be distributed."

The project was the idea of Paul Zuurbier, executive director of Project Literacy Central Okanagan Society, who had been wanting to offer a program around food literacy for immigrant families who may not be aware of what vegetables are available in the Central Okanagan and how to use them and so when he recognized the food security concerns raised through the pandemic, he thought it was a great way to address both of these issues. Over 24 volunteers quickly stepped up to build the planters last year and also



to plant, maintain and harvest the crops, committing to over 144 hours of their time. "Project Literacy is thrilled to have partnered with KCR Community Resources on the continuation of the Community Care Garden," said Paul Zuurbier. "We hope families in need will benefit from the Garden, and learn more about local, easily grown vegetables. We also thank all the volunteers for making this possible."

To support the literacy portion of the project, info sheets on how to grow, keep and cook a variety of vegetables were created and used by Project Literacy participants and tutors. Each weekly vegetable delivery included a new recipe card to inspire the recipients. New this year to the Garden was the support of FortisBC, who came on board to proudly sponsor the initiative.

"We are very grateful to FortisBC for their commitment to addressing food security and helping with food literacy for newcomers," adds Ellen Boelcke. "Their financial support has allowed us to buy seeds and young plants, tools to maintain the garden and to help with the delivery of food through the Outreach Team. Their community support is so appreciated and is making a big difference with both family and individual participants."



Tomatoes in the garden

A close up look at Tomatoes

## How to Cook and Grow TOMATOES

Tomatoes are a delicious plant that grows well in the warm summer of the Okanagan. This sweet, tangy, and mild vegetable can be eaten:

- Raw! Tomatoes are delicious raw, by themselves, in salads, and on sandwiches.
- Cooked, in many ways like in a soup or grilled.

Tomatoes are good for you! Tomatoes are low in calories and have many healthy vitamins. They have a lot of: Vitamin C, Vitamin K, and Potassium.

There are many different colours and shapes of tomato, more than only red and round. Tomatoes are good to eat raw, just remove the green stem on top.

**How to Cook Tomatoes:**

**Roasted Tomatoes:**  
Place tomatoes in oven with oil for 30 minutes at 450 degrees Fahrenheit (232 Celsius)

You can cook tomatoes other ways to your taste such as fried or grilled, or in soup.

Tomatoes are the main part of red sauces like pasta sauce.



## Volunteer Spirit Scholarship Award

The Central Okanagan Foundation offers financial support to a current resident of the Central Okanagan region who is or has recently been engaged in substantial volunteering either in a Canadian community or internationally. The purpose of the scholarship is to assist with qualified post-secondary education. Each year, there is one scholarship of \$1,500 awarded to a resident from each of the four Central Okanagan Municipalities:

- Peachland
- West Kelowna
- Kelowna
- Lake Country

About the Central Okanagan Foundation. Our mission is to contribute to the quality of life in the Central Okanagan through the raising and stewardship of entrusted funds, innovative and diverse granting, and active community leadership. To learn more about the Central Okanagan Foundation and view the application form, visit [www.centralokanaganfoundation.org](http://www.centralokanaganfoundation.org).

### Application Deadline: March 18, 2022

The recipients of the 2021 Volunteer Spirit Scholarship have shown incredible leadership, and dedication to their community. Congratulations to the recipients!



Emily



Helene



Samantha



Ashley

## Ode to Volunteer Managers

Volunteers share one of the most precious things we have: time. Ensuring that that time is well spent and that the volunteer has a positive experience, is one of the key responsibilities that the Volunteer Manager (be they volunteers themselves, or part of the staff team) has. In addition to recruiting, screening, training and supporting the volunteers, the Volunteer Manager is also responsible for ensuring that the volunteer programs are effective and efficient and help to further the mandate of the organization. Many Volunteer Managers started in their roles having been volunteers themselves, so they understand the positive engagement and impact that volunteers desire. The International Volunteer Managers Day organization defines a Volunteer Manager as someone who "has the skills and knowledge to help people be part of the solution in meeting community needs. Even in cynical times, the practice the art of the possible." Generally Volunteer Managers are real 'people people' who love to connect and so during the pandemic, the Volunteer Managers have

really been challenged. They have had to tell volunteers that they couldn't continue in their roles for safety reasons. They have had to ensure the mission of the organization was able to continue when their trusted volunteer work force couldn't come to help (and this during a time where many organizations were trying to meet an increased need). They have had to create new safety procedures for volunteers and staff teams and they have had to be creative about how to keep volunteers engaged and safe. For 'people people', not being able to connect must have been hard for many Volunteer Managers but even during these cynical times, they still practiced "the art of the possible". So, as part of the Okanagan Volunteer Fair, we want to say thank you to all of the Volunteer Managers for the incredible work they do each and every day. On Friday, September 17, we will host the first ever Nourishing Volunteer Managers Celebration Breakfast sponsored by Interior Savings. We will gather for a fun morning of connecting and learning together and celebrating these amazing individuals for the joy, skills, experience and commitment they bring to their roles. Thank you to our sponsors for generously making this celebration possible. Interior Savings stepped up right away to show their

  
**Nourishing Volunteer Managers  
Celebration Breakfast**  
  
  




commitment to volunteerism and to "local good". We thank you for the community support and for valuing the difference that volunteers and non-profit organizations make in our community. Thank you also to the wonderful community partners who will be sharing their delicious goodies to make the breakfast memorable, including QB Gelato & Cafe, the Bohemian Café & Catering Company and the Bean Scene Coffee Works. Thank you so much to all of you for making this event possible.



# Volunteer55 Program Raises Quality of Life

In April 2021, KCR Community Resources launched Volunteer55. Volunteer55 focuses on raising the quality of life for both individuals and the community-at-large by encouraging those ages 55 and better to share their skills and time through volunteerism and by encouraging non-profit organizations to actively recruit and enlist the help of older adults to achieve their missions. The project was funded by the Government of Canada under the New Horizons for Seniors grant. As part of this initiative, dedicated volunteers in the Central Okanagan signed on to become Volunteer55 Ambassadors. They are all aged 55+ and want to encourage others to get involved by volunteering in the community. Some of these Ambassadors have been donating their time for over 75 years, and some have just started this past year! We wanted to recognize them for their commitment to their roles, their passion for making a difference, and their tireless dedication to organizations throughout the Central Okanagan. Some of the organizations that they volunteer for are the Kelowna Gospel Mission, Kelowna General Hospital, the Salvation Army, the Canadian Red Cross, the YMCA, Helen's Acres Farm, and Habitat for Humanity – all of which are actively seeking volunteers.

These amazing volunteers contribute their time by driving folks to doctors appointments, shopping for those who cannot do it themselves, teaching newcomers about Canadian culture, instructing fitness classes, making and serving food, mentoring, providing safe spaces for those in need, repairing buildings, hosting events, fundraising, and so much more. It is incredible to think about the impact that has been made on our community through volunteerism by these individuals and the thousands of other volunteers in the community that they represent. Imagine if you joined them! We encourage you to volunteer and join this amazing group of individuals in making an impact on our community!

Check out their interviews at [www.kcr.ca/volunteer](http://www.kcr.ca/volunteer) and look for their stories, and stories of non-profit organizations in the Central Okanagan and the volunteer opportunities they offer, in the Kelowna Capital News every Thursday.

Thank you to all of our Volunteer55 Ambassadors, most of whom are pictured on the right.



# Resources for your Volunteer Program

As the Volunteer Centre of the Central Okanagan, KCR Community Resources is committed to supporting both volunteers and non-profit organizations in their missions to make an impact in our community. As such, we have created resources to help support your volunteer journey. Go to [www.kcr.ca/volunteer/resources](http://www.kcr.ca/volunteer/resources) to find information, tutorials, publications, templates, and more to help you make all of your volunteer-related dreams come true!

Some things you will find on the resource page include:

## For Volunteers

- Tutorial videos on the VolunteerConnector, including how to make an account, find relevant opportunities, and get notified when an organization you like posts a new position!
- Printable Info pages on the VolunteerConnector.
- The Get Involved Magazine

## For Organizations

- Information sheets on subjects such as recruiting virtual volunteers, managing virtual volunteers, and bringing volunteers back in person.
- Video tutorials on how to create a VolunteerConnector account and use it to effectively recruit volunteers.
- Volunteer Recruitment Social Media Templates
- Upcoming workshop information including Overview of Volunteer Management, Grant Writing Essentials, and more!



## Find Your Perfect Match on the VolunteerConnector

In September 2020, we introduced the VolunteerConnector – a platform that helps you find your ideal volunteer opportunity and helps organizations connect with the volunteers that are so critical to helping them achieve their mission. It's a win-win when there is a perfect match! With over 130 local organizations already on the site, and more signing up on an ongoing basis, you are bound to find an opportunity that suits your skills and interests.

Here are some interesting things to know about the VolunteerConnector:

- You can tailor your search results based on causes you are interested in, the types of activities you want to do, location, time commitment, if it has flexible hours, if it's good for groups, families, or youth, if it has flexible hours, if you can volunteer remotely, if it is accessible by public transit, and more!

- It was created with the volunteer in mind, meaning that the platform is easy to navigate, you can follow organizations and be notified when they post a new opportunity, and the volunteer opportunities on the site don't get out of date (they have to be updated every three months by the organization).
- When you sign up, there is an opportunity to consent to being contacted in emergency situations. For example, if there were an evacuation notice due to a wildfire and people needed food, we could contact you to see if you were available to help prepare meals for the evacuees!
- When you make an account, you can fill out your profile and apply directly on the site. You don't have to fill something out every time you and apply and you can keep track of your applications all in one place.
- You can follow organizations on the platform and get notified when they have a new opportunity available.
- You can select which shifts work best for you, keep track of your volunteer hours, and keep track of your volunteer commitments.

Benefits of the VolunteerConnector for organizations include:

- Ability to recruit your volunteers quickly and easily
- Volunteers can apply to your posting seamlessly
- Use your dashboard to see your team at a glance
- Communicate directly with your volunteers
- Assign volunteer roles within your organization
- Grab your volunteer list for offline use at any time (.CSV download)
- Upload your current volunteers so you have all of their information in one place, and so that your volunteer list never gets lost
- The option for organizations to have multiple log ins for each team member managing postings and volunteers.
- An 'Apply Now' button for volunteers to directly apply.
- One-step uploading of documents.
- Access to an optional, cost-friendly (\$10/month) management software featuring simple scheduling, tracking, reporting, and recognizing

Go to [www.VolunteerConnector.org](http://www.VolunteerConnector.org) to get direct access to the VolunteerConnector. If you have any questions, please contact [volunteer@kcr.ca](mailto:volunteer@kcr.ca) or call us at 250.763.8008 ext. 141.





# Bringing Volunteers Back In-Person

Exciting times are ahead. As we invite volunteers back to in-person activities, it is important to recognize that things will likely look different for our volunteer programs. Bringing volunteers back safely and effectively and keeping them engaged moving forward, will require new systems and additional work. There will be new challenges, but we know there are many new opportunities as well. Below are a few things to consider. Check our online resources for more information at [www.kcr.ca](http://www.kcr.ca).

## Planning:

Before welcoming volunteers back in-person, make sure you have thought out each stage of their return and that you are prepared to answer questions. Remember that as restrictions change, your plan may have to change again. As we have learned, navigating this pandemic is not a straight course!

## Risk Management:

Risk management procedures are in place to assess, manage and mitigate potential risks to your volunteers, organization, clients, staff and members. Bringing back your volunteers offers additional risks. Some questions to consider:

- What if your volunteers don't feel comfortable returning?
- What if they choose to volunteer with another organization?
- What if their previous position is no longer a role you can offer volunteers?
- How will volunteers respond to new restrictions? What if they don't adhere to new safety procedures?

Effective Communication is going to help you with some of these points and a mandatory Re-Orientation for everyone that details new policies and procedures is critical.



## Re-orientation:

Re-opening after COVID is a perfect opportunity to make sure that all returning volunteers are reminded of their duties, understand new policies and procedures that have been created, and re-sign forms, committing to uphold these policies and procedures. It is also a great way to remind everyone of your Mission, Vision and Values and for people to re-connect with each other and with you. You are all part of a team!

## Reach Out:

Keep in touch with your volunteers. Let them know what is happening at your organization and inform them about plans. Here are some things to share in an email:

- Acknowledge and appreciate their past contributions (remember, a simple thanks is the number one thing most volunteers want)
- Outline the impact of COVID-19 on volunteers, clients and your organization. Identify the need for their safe return in order for your organization to continue making the impact in the community
- Share existing plans for the return of volunteers
- Outline volunteer work expectations
- Request their input
- Ask if they plan to return
- Include a call to action

## Ongoing Support:

Now that you have your plan in place and reached out to re-engage your volunteers, it

is time to consider how best to support and retain them once they return.

Keep in mind that most of us will still be feeling a bit uncertain. We have all been through some significant changes and we can count on more changes to come. It is okay to admit that we don't have all the answer and that we are counting on the knowledge of our volunteer as we move through this time of change and rebuilding. Communication around new plans and roles should be done with care. Some tips include:

- A gentle, compassionate approach
- Use personal, one-to-one discussions wherever possible
- Remind them that the safety of everyone is paramount

Check in with your volunteers on an ongoing basis. Ask for their feedback and answer questions they have. Listen carefully and respect their ideas, decisions and fears. Ask them how they are feeling and give them the support they need.

And remember, we are here for you as well. KCR is here to help and we have so much to learn from each other. Join us for our Nourishing Volunteer Managers Lunch and Learns this fall. It will be the third Tuesday of every month 11:30 -1:00 pm and everyone is most welcome.







1450 K.L.O. Road, Kelowna  
250-469-6232  
parks@rdco.com  
www.regionaldistrict.com

If you enjoy nature and care about our natural environment, consider becoming a Volunteer-In-Parks (VIP). As valued VIP team members, volunteers participate in projects throughout the Regional Parks system that are intended to conserve, protect and enhance our regional landscapes, biodiversity and the syilx/Okanagan culture. There are many opportunities; something for everyone to feel welcome and be part of what Regional Parks has to offer. For information check our website: [www.regionaldistrict.com/your-services/parks-services](http://www.regionaldistrict.com/your-services/parks-services)



421 Cawston Avenue,  
Kelowna  
250-717-5304  
director@  
rotarycentreforthearts.com  
www.  
rotarycentreforthearts.com

The RCA is a multidisciplinary visual and performing arts centre seeking new volunteers 18-30 years old for theatre usher and security roles year-round. We continually strive to improve the economic, cultural, and social quality of life in the community by fostering participation in, and appreciation of the arts. We bring individuals of all ages and backgrounds together to share in the excitement of strengthening art and culture in the Okanagan.



1941 Kent Road, Kelowna,  
250-762-2840  
recruit.officer.div740@  
sjabcy.ca

St. John Ambulance is Canada's leading First Aid Charity providing first aid education and services to the public. The Kelowna Branch provides first aid at charity, community, emergency, and public service events. Through these events volunteers are able to improve their communication skills while providing hands on First Aid Services. All volunteers receive free training in advanced First Aid and CPR for health care providers. Contact: recruit.officer.div740@sjabcy.ca.



**RENEW CHURCH  
MINISTRIES**  
GIVING • HOPE • TODAY  
Serving Westbank, West Kelowna, Peachland

#101-3531 Old Okanagan  
Highway, Westbank  
778-484-9790  
sharon.harder@  
salvationarmy.ca

The Westside Salvation Army is a ministry serving Westbank, West Kelowna and Peachland. We host a welcoming faith community called Renew Church, a gorgeous Thrift Store, and support individuals and families through our Community Life Centre. We also have a Volunteer Program, and we would like you to join our team. Please call Sharon at 778-484-9790 for more information. We look forward to hearing from you!



**Giving Hope Today**

1480 Sutherland Avenue,  
Kelowna  
250-860-2329  
volunteer@kelsa.ca  
www.kelownasalvationarmy.ca

Volunteers make it possible to expand the range and enhance the quality of services that a ministry unit or program can offer. Volunteers bridge between the ministry unit or program and its community. Volunteers also receive as they give – they become part of the ministry unit or program, and we compensate those who volunteer with a gratitude discount. Consider being part of the Salvation Army and let's Give Hope Together.



#8-2604 Enterprise Way,  
Kelowna  
250-763-0456  
info@thebridgeservices.ca  
www.thebridgeservices.ca

The Bridge works with new parents and their infants, counsels families who are struggling with their role, and supports young people in our community who are the most marginalized, street entrenched and disenfranchised. We are also the largest provider of recovery and addiction services for Interior Health. We provide Supported Recovery Housing, Intensive Live-In Treatment (youth and adults), naloxone training, Outreach Overdose Prevention, and Withdrawal Management – detox – (youth and adults).



238 Queensway, Kelowna  
250-861-1515  
info@tourismkelowna.com  
www.tourismkelowna.com

Tourism Kelowna is a not-for-profit society and the destination marketing organization for the Central Okanagan. Visitor Experience volunteers service visitors in our downtown, airport, and mobile visitor centre locations with the highest levels of customer service. Volunteers assist with answering questions, 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  
250-491-9622  
work@ymcaokanagan.ca  
www.ymcaokanagan.ca

The YMCA of Okanagan is a charity devoted to building healthier communities for all. They do this by promoting healthy living, nurturing young minds and strengthening the foundations of the communities they serve. From subsidized services and free programs in health & fitness, child care, kids programming, employment services and more, the Y is here to help everyone access vital services to realize their full potential.

# VOLUNTEERING

*makes our community better*



**NORM LETNICK**  
MLA | KELOWNA-LAKE COUNTRY

250-765-8516

Norm.Letnick.MLA@leg.bc.ca

 /normletnickBC



**BEN STEWART**  
MLA | KELOWNA-WEST

250-768-8426

Ben.Stewart.MLA@leg.bc.ca

 /benstewartBC



**RENEE MERRIFIELD**  
MLA | KELOWNA-MISSION

250-712-3620

Renee.Merrifield.MLA@leg.bc.ca

 /renee4kelownamission

*A message from your local MLAs*



**BC LIBERAL CAUCUS**