

## Community Information & Volunteer Centre

### Capital News: Volunteer Centre Column 2012 July 12

#### **Volunteer Centre: Get involved in Peachland or Lake Country**

Have you checked out volunteer opportunities in our region lately? Here are two of the newest ways for you to become involved.

Every Sunday, the Peachland Wellness Centre hosts hearty breakfast of pancakes, french toast, eggs anyway you like them, bacon, sausage, homemade hashbrowns, toast, coffee and orange juice.

If that made you hungry, show up between 8 and 11 am, pay your \$5.75 and share stories with other guests.

This is more than a meal. It is an opportunity for people to connect with each other and stay socially active. Feelings of loneliness and isolation are transformed into a sense wellness.

You can help make that happen. Can you cook or prep food? Use your people skills to greet guests.

Maybe your forte is balancing plates for quick service. What about the satisfaction of cleaning up and washing dishes while you chat about how well everything went well?

Contact Linda Tyreman, Breakfast Program Coordinator, at 250-767-0141 or [wellnesscentre@shaw.ca](mailto:wellnesscentre@shaw.ca).

In Lake Country, you can be part of a four-hour wandering harvest festival held at Claremont Ranch Organics. Feast of Fields brings together farmer and chef, field and table, and farm folks and city folks.

As a volunteer, you can network with the local food and wine industry and gain valuable work experience.

What can you do? You can staff the ticket table. Set up and take down are needed. There are roles such as patrol, parking, performer supervisor, food participant assistant, silent auction helper, and sign/media person, to name a few.

For more information, contact Karina Chambers, Volunteer Coordinator, Farm Folk City Folk at [okfeastvolunteers@gmail.com](mailto:okfeastvolunteers@gmail.com).

These and other volunteer opportunities are found at [kcr.ca](http://kcr.ca), 'Volunteer Opportunities Search for the Central Okanagan'.

If you have created an online volunteer profile, you might already have received an e-match about these interesting ways to get involved.



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