

## Community Information & Volunteer Centre

### Kelowna Capital News 2011 May 27

#### **Find out where you'll be happiest**

A Happiness Monitor, that is the title used by Coca-Cola when canvassing 5,000 Canadians earlier this year. Nice title. What did they find?

Whether by giving time or money, nearly half of Canadians say they feel happy when supporting charitable causes. A total of 14% are extremely happy.

The top causes receiving gifts of time and money include providing food and nutrition for disadvantaged children, helping animals, protecting the environment, and contributing to medical research.

According to this survey, volunteering occurs most often amongst first-generation Canadians, females, and citizens who are older than 25.

I recently interviewed Beryl Itani, winner of the Anita Tozer Memorial Award given by City Council during the Civic and Community Awards ceremony this past April in recognition of extraordinary and positive contribution to the quality of life in Kelowna.

Yes, Beryl is a woman, older than 25 who agrees that volunteering adds happiness to her life. However, Beryl learned from a young age to volunteer. Her parents and grandparents were quick to help others. Giving back to the community where you live just made sense.

"I believe that volunteering is good for your health," offers Beryl. "Your life is more vibrant. You get fewer colds and your mind stays alert."

Over the years, one volunteer opportunity lead to another. The constant is working in teams with each person doing their part to make something big happen.

"I like to work behind the scenes and get things done that make a difference", explains Beryl.

As a longstanding volunteer with Kelowna Community Resources, planning the 2011 Okanagan Volunteer Opportunities Fair is one of Beryl's current projects.

She invites you to save the date. Join us at the Volunteer Fair on Saturday, September 17th, at Parkinson Recreation Centre. Visit the 80 displays and find a place to volunteer that makes you happy.

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