

Volunteering

CENTRAL OKANAGAN STYLE

A FORUM FOR VOLUNTEERS IN THE OKANAGAN

FREE



BEYOND
50



Kelowna
Community
Resources

Community Foundation Means Community Support

As a Community Foundation, the Central Okanagan Foundation is committed to working with private donors, service clubs, foundations, businesses, and charitable organizations to stimulate charitable giving, establish endowment funds, and support initiatives that make an ongoing difference in our community.

We recognize that there is only one commodity as valuable as money - and that is TIME. The contribution volunteers make to our thriving charitable sector is priceless. While COF is best known for our grant making, donor service, and stewardship of entrusted funds, we are thrilled to partner with United Way and Beyond 50 in supporting this Kelowna Community Resources feature on volunteerism.

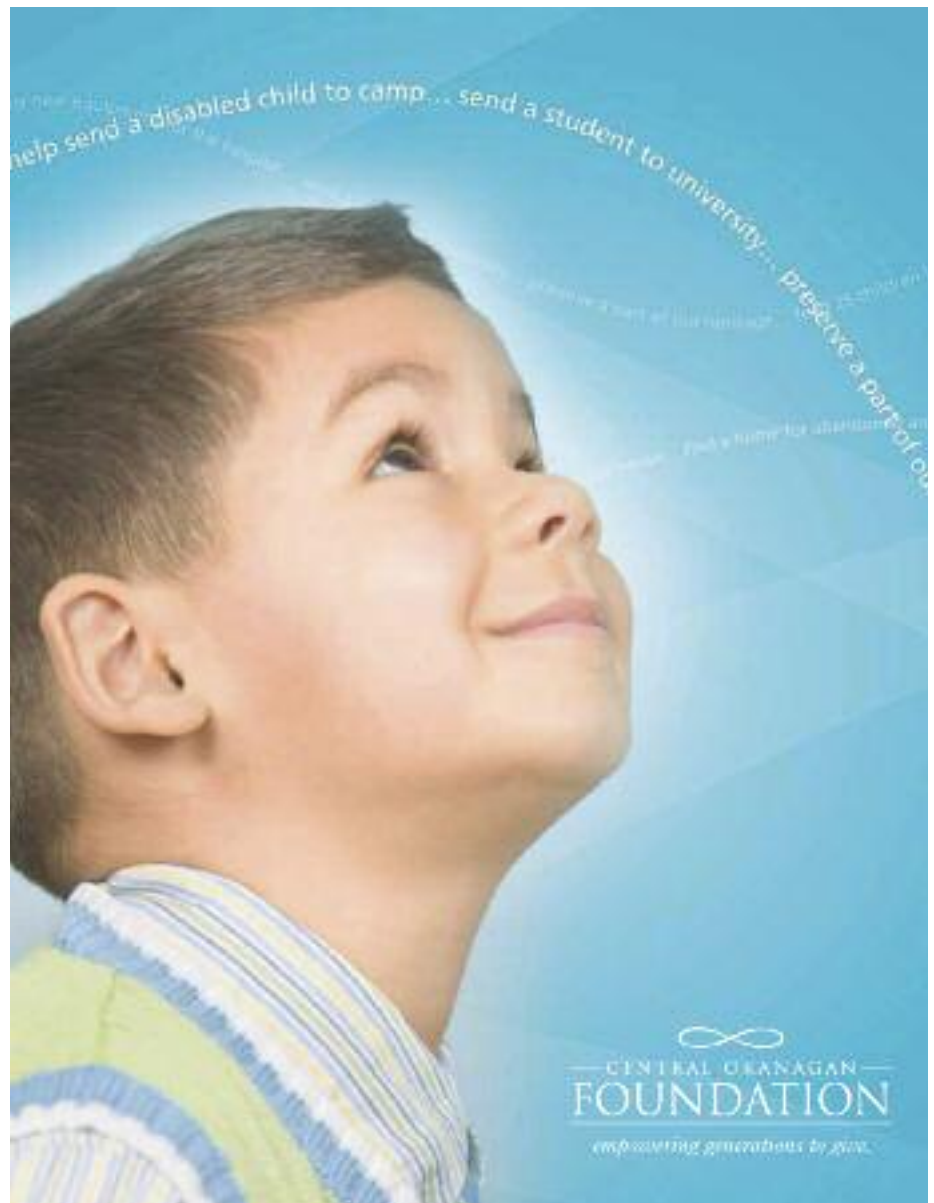
Community vitality is the unique spirit that flourishes when people believe their community holds possibilities for everyone. It's put into action by people coming together, getting involved in community issues, and providing philanthropic support for causes and organizations. It can be measured by how well people's needs are being met; from our most basic needs - sustenance, shelter, health care, safety - to those needs that give quality to life, such as places and opportunities to play, learn and create.

Did you know? • The Central Okanagan Foundation also works closely with other groups to assist them with their granting programs. Consider whether your service group, business, giving circle, or Private Foundation might benefit from the specialized skills of our granting staff and volunteer committees.

The Central Okanagan Foundation is focused on building community vitality. Our success is predicated on the strength of our donors and our volunteers. We are pleased to support

the nonprofit sector more widely through this impactful publication.

Together... we build community. We are your community foundation - today, tomorrow... forever.



#217 - 1889 Springfield Road, Kelowna, BC • 250-861-6160 • www.CentralOkanaganFoundation.org
Central Okanagan Foundation | member of Community Foundations of Canada

Message from Dawn Wilkinson,

Coordinator
Community Information & Volunteer Centre
Kelowna Community Resources

“Volunteering Central Okanagan Style” is a shining example of creative partnerships between the business and nonprofit sectors with ‘win win’ outcomes.

Business actively contributes to our community through employee volunteer programs, cash gifts and in-kind donations to support a wide variety of much needed programs and services that can be offered free of charge or at low cost by nonprofit organizations.

This special issue magazine adds value to the importance of ongoing volunteering by focusing on the common thread of sharing our time, talent and treasure to create the kind of community where we want to live, work and play.

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Volunteering Central Okanagan Style



Phone: 250-860-7553
Email: ollayphant@yahoo.ca
www.bcadoption.com

At the Adoptive Families Association of BC, our vision is a family for every child with a mission to promote and support adoption. We are looking for adults of colour who would be willing to share four hours of their time to connect with children of all ages who have been adopted trans-racially, through cultural celebrations and fun activities.



Box 1723
Summerland, BC V0H 1Z0
Phone: 250-809-7130
Email: info@agurlakecamp.ca
www.agurlakecamp.ca

Volunteers will help establish a barrier-free wilderness camp and recreational facility for children and adults with special needs and their families. with skills in marketing, fundraising, budgeting, public speaking, site planning, construction and experience working with Government Ministries may work at home, community events or camp site

- gain leadership skills and experience with accessibility issues
- may train in first aid and become site stewards



101-2303 Leckie Rd
Kelowna, BC V1X 6Y5
Phone: 250-762-6105
www.balletkelowna.ca

Ballet Kelowna is breathtakingly beautiful. Captivating audiences through the grace and athleticism of our dancers, Ballet Kelowna enhances the image of ballet, making the art form more inviting, fun and personally meaningful. Our Mission to inspire, educate and entertain through the energy and artistry of ballet is achieved through the dedication of talented, visionary Staff and Volunteers, working together. Volunteer today!



399 Royal Ave
Kelowna, BC V1Y 5L3
Phone: 250-712-3972
Email: jschumacher@bccancer.bc.ca
www.bccancer.bc.ca

Cancer treatment is not an easy road to travel; even harder without caring support. As a volunteer you'll help to make that road less bumpy with encouragement, comfort and support, greeting and assisting patients to appointments, or completing forms. With additional training, some will help patients achieve deep relaxation. Adults 18 years of age and older can volunteer Monday through Friday, 8am to 5pm.



121-1889 Springfield Rd
Kelowna, BC V1Y 5V5
Phone: 250-860-4791

Would you be interested in helping to raise funds for the Bible League of Canada so that Scripture can be placed worldwide, while working in a friendly environment? Bibles for Missions Thrift Store is a non-denominational organization that seeks to do this while also being a presence in the local community. Come volunteer with us; you'll be glad you did!



11-368 Industrial Ave
Kelowna, BC V1Y 7E8
Phone: 250-762-3233
Email: info@braintrustcanada.com
www.braintrustcanada.com

BrainTrust Canada is dedicated to being a leader in injury prevention and maximizing independence for persons with brain injury. They coordinate creative programs such as the award winning 'protectyourhead.com' marketing program. Volunteer opportunities include assistance at special events such as a golf marathon, in addition to administrative opportunities at the office in Kelowna, and also providing service to persons with brain injury in the community.

AM 1150

NEWS - TALK - SPORTS

**Salutes Volunteers
for all their countless
hours of service in
our community.**





2081 Cross Rd
Kelowna, BC V1V 2G2
Phone: 778-478-8800
Email:
bcmadmin@insiteseniorcare.com
http://insiteseniorcare.com/our-communities/about-our-communities/owned-and-operated/brandts-creek

Brandt's Creek Mews welcomes volunteers to join our team with our Vibrant Advantage and helping to make Brandt's Creek Mews home for our 102 residents. Volunteers are orientated and guided in areas of their interest. We hold volunteer appreciations twice a year. We are seeking volunteers for one to one visits, activities, neighborhood helper and special events. We look forward to hearing from you!



5-1414 Hunter Ct
Kelowna, BC V1X 6E6
Phone: 250-763-1859
Email: bcsi@redcross.ca
www.redcross.ca/bcsi

The Canadian Red Cross is people helping others in need. We strive to improve the lives of vulnerable people by bringing relief, hope and dignity.

Have a passion to make a difference? Bring your skills and expertise, and join our team!

- Customer Service
- Team leaders
- Administration
- Fundraising
- Council Member

Our Volunteers ARE the Red Cross.



1633 Pandosy St
Kelowna, BC V1Y 1P6
Phone: 250-762-6381
Email: kelowna@bc.cancer.ca
www.cancervolunteer.ca

As a national, community-based organization of volunteers, our mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Volunteers in the Kelowna Unit do tasks such as:

- reception duties
- peer support
- fund raising and special events
- providing information and speaking to groups
- leadership in volunteer recruitment



437 Martin St, #113
Penticton, BC V2A 5L1
Phone: 250-493-9752
Email: info@criteraid.org
www.cdart.org

Canadian Disaster Animal Response Team is the emergency animal rescue division of Critteraid, an animal sanctuary located on 10 acres. Being 100% volunteer driven, volunteers:

- evacuate, maintain or shelter animals during small and large emergencies
- fundraise for supplies, veterinary expenses and training costs
- assist administratively with documentation & inventory control
- network with sponsors and billeting businesses and individuals



1589 Sutherland Ave
Kelowna, BC V1Y 5Y7
Phone: 250-762-9447
Email:
glenna.armstrong@diabetes.ca
www.diabetes.ca

The Canadian Diabetes Association leads the fight against diabetes by helping people with diabetes live healthy lives while working to find a cure. From promoting awareness, to educating communities in need of diabetes information, to fundraising, we need you to help us expand our reach and make an even bigger difference in the lives of Canadians.



202-1456 St. Paul St
Kelowna, BC V1Y 2E6
Phone: 250-763-5511
Email: hospice@hospicecoha.org
www.hospicecoha.org

We cooperate with health care agencies, hospitals and other community resources to provide comfort, physical, emotional and social care for those who are living with or dying from an advanced illness.

We offer bereavement support for families and friends through our many volunteers who receive extensive training. Other volunteers assist in our office, help with special events, or join a committee or our Board of Directors.

You can Always Give



Indigo, Florenda, Emerald and Angela.

Growing up I remember being disgruntled not being wealthy enough to donate lots of money to my charities of choice. However I remember my mom's response to that very clearly. She said:

"Angela, we have something far better than money to donate. We have energy, skills and talents to donate to the charities we are most passionate about."

About 25 years later, once again we were having a similar discussion only this time it was how our small retail store could support the community that supports us.

We know it is better to focus our efforts in a few key areas rather than spread ourselves thin trying to help everyone. We chose two areas to assist; Women's Shelters and new entrepreneurs who need help building their businesses.

We chose the Women's Shelter because we share a similar philoso-

phy in helping women develop the skills and resources needed to build their self esteem and be successful. Our most recent "Linked Together" Golf Tournament at Shannon Lake Golf Course raised over \$12,000 for Kelowna Women's Shelter. Thanks to all the businesses, sponsors and golfers who "Linked Together". We also have a recycle program in place for used bras and sleepwear which are donated to various shelters in the Okanagan Valley. Some of the recycled bras are sent to a post mastectomy clinic in rural Mexico. We value educated consumers so we

share our fitting and product knowledge by speaking to special interest groups throughout the valley.

Our second passion is helping entrepreneurs develop skills and become better business people. We have worked with Junior Achievement and students at Mt Boucherie High School to learn business skills. Often you will find a fellow entrepreneur having a coffee and sharing resources with us in the back room of Esteem Lingerie. Mom and I try to lift spirits in whatever we do and give to the community that gives to us.

Linked Together 2010

Thank-You

Esteem Lingerie would like to thank everyone who worked so hard to make our Linked Together Golf Tournament a success. Together we raised over \$12,000 for the Kelowna Women's Shelter WISH program.



Special Thanks to...

Shannon Lake Golf, Agostino's Restaurant, Lil Miller
The Shannon Lakes Ladies Golf Club

HOLE SPONSORS:

"Let's Play Great Golf"-
Competitive Women's League
Agostino's Restaurant
Beyond 50 Magazine
BMO - Bank of Montreal
Brenda Herrin Realty
Chances Gaming Entertainment
Denise Vines
Dr. Gary Powell
Friends Neighbourhood Pub
MAK Transport Services

Marble Slab Creamery
Mary Bates
Miller Equipment Rentals
Mr. Lube
NCF Law
Norsteel Building Systems
Okanagan Health Surgical Centre
Okanagan Map Guides
Pepper Pot Grill
Shannon Lake Ladies Club
Shannon Lake Men's Club

Shannon Lake Thursday Night Ladies
Sunday Morning Swingers & Friends
The Handsome Drivers of MAK Transport
The Point at Gellatly Bay
The UPS Store
Urban Bliss Hair Salon
Urban Links-Golf Training Centre
Western Financial Group
Wildcat Helicopters
Wine Kitz

And many many thanks to the numerous businesses and individuals who donated so generously to the silent auction and prize table.

Volunteering Central Okanagan Style



Chordial Invitation

The Kelowna Chapter - www.evg.org/chordial

4035 Gellatly Rd S, 255
West Kelowna, BC V4T 1R7
Phone: 250-707-3475
Email: guybird7@gmail.com
www.evg.org/chordial

Enjoy singing? Want to experience the joy of ringing chords, acappella style? Want to give back to the community? As part of the Chordial Invitation, Kelowna Chapter; Barbershop Harmony Society you will help Variety help kids. We partner with other organizations by performing at events to raise funds. We also bring music and harmony into senior's lives.



Box 22126 Capri Centre PO
Kelowna, BC V1Y 9N9
Phone: 250-861-5465
Email: churchserveinfo@shaw.ca
www.churchservecanada.org

We serve families and individuals under 65 dealing with medical crisis, chronic illness and/or disability with limited finances and social networks. We provide on-going, short term or one time blitz support; hamper deliveries, and a diverse range of financial, technical and administrative ministry support.

Our volunteers are individuals, couples, families or groups who provide basic house cleaning, laundry, simple food preparation, delivery of hampers and caring.



1800 Parkinson Way
Kelowna, BC V1Y 4P9
Phone: 250-469-8800
Email: wserko@kelowna.ca
www.kelowna.ca/recreation

Volunteers assist us in programs for adults with disabilities interested in cooking, arts and crafts, or fitness classes. You can work one-to-one with individuals in our aquatic and fitness centre or help out in our children's camps, sport programs, and a variety of special events. Volunteers work primarily from Parkinson Recreation Centre but other locations are also available. Training and on-going support is provided.



247 Lawrence Ave
Kelowna, BC V1Y 6L2
Phone: 250-763-1191
Email: christina.macmaster@cnib.ca
www.cnib.ca

Community-based support, knowledge and a national voice is provided to ensure that Canadians who are blind or partially sighted have the confidence, skills and opportunities to participate fully in life. With 10,000 volunteers working out of offices across the country, assistance is given with shopping, reading mail, walks, visiting and the monthly support groups. Volunteers also assist CNIB by working on our front reception desk.



110-1632 Dickson Ave
Kelowna, BC V1Y 7T2
Phone: 250-862-2132
Email: info@cfcco.bc.ca
www.cfcco.bc.ca

Serving the Central Okanagan from Lake Country to Peachland, we work to promote, coordinate and implement a variety of locally based development initiatives. Our efforts include programs for entrepreneurs, business counseling, business information and loan programs to people interested in expanding or starting their own business.

Volunteer opportunities: business mentoring, participation in committees (lending, self employment, community economic development) and board of director positions.



Phone: 250-860-2040
Email: sheridaine@shaw.ca
www.bccrns.ca

Community Response Networks are about community building to facilitate appropriate response to issues of adult abuse, neglect or self-neglect. CRNs offer the opportunity to build relationships among individuals and organizations that can offer support to a person experiencing abuse or neglect. In doing so, the community's ability to respond to abuse is strengthened. Volunteers welcome.

Create a Buzz

PHOTO • WAYNE DUCHART



At Falkins Advertising Specialties we offer the highest quality promotional products in Kelowna BC with the best selection and the most reliable delivery for those clients who want to market effectively, increase brand awareness, and promote their business.

At Falkins Advertising Specialties our specialty is in Corporate Apparel Wear, Beverage Containers, Bags, Business Gifts, Writing Instruments, Tools and Knives.

What is the mission of your non-profit organization? Most non-profits and not-for-profits exist to spread the word about an important issue or to raise money to meet a need. Promotional products can serve as an important part of your strategy in many different ways. The purposes of promotional products usually fall into one of the following categories:

- increase name recognition
- advertise a product or services

- thank customers or contributors
- raise funds
- increase support for a cause

Non-profit agencies often find themselves working on public awareness advertising and marketing campaigns. While radio PSAs and flyers are good ways of spreading the word, promotional items can really launch a message in a way that it can't be ignored. Whether your message is a greener Earth or cleaner lungs promotional items can help create a "buzz" for your cause.

Bruce Falkins has been very involved locally on the local boards and eventually President of the "Central Okanagan Home Based Business Association (COHBBA). Bruce was also a director of the Promotional Products Professionals of Canada (PPPC) for five years. He is also a member of the Rotary Club of Kelowna Sunrise and has held many positions on the board including President. In 2010-2011 Bruce accepted the position of Assistant District Governor for Area 4 of the Central Okanagan responsible for helping the nine local Rotary Clubs as well as two Interact clubs and one Rotaract Club. One of the main reasons I joined Rotary was its incredible scope, we can work with local organizations as well as around the world, and my contribution "does" make a difference. One of my most fulfilling local projects is our clubs "Dictionary" program where each year we deliver a dictionary to every grade three students at Pearson Road Elementary School, this dictionary is theirs to keep and use at home and school year after year.

Promotional Products

We can help you with any kind of Promotional item from, Corporate gifts, trade show giveaways, corporate apparel, embroidered and screen printed items such as caps, jackets golf shirts T shirts. Also think of us for Mugs, pens, key chains, fridge magnets etc. etc.



Sign up for our
free e newsletter
by visiting our website.



"Promotional Products
to Brand YOUR Business"

250-317-4333

EMAIL: bruce@falkinsadvertising.com
www.falkinsadvertising.com

Volunteering Central Okanagan Style



2920 Fieldstone Ct
West Kelowna, BC V4T 1S9
Phone: 250-768-5548
Email: info@coolarts.ca
www.coolarts.ca

Cool Arts is dedicated to providing fine arts opportunities for adults with developmental disabilities. The vision is to create opportunities, to make art, to take classes and learn, to be in a supportive fine arts environment, to exhibit or perform, and to be part of the larger arts community. Volunteers help in the creation of regular workshops with themes such as painting, collage, sculpture, mixed-media, music and mask-making.



PO Box 23115 Plaza 33
Kelowna, BC V1X 7K7
Phone: 250-808-1626
Email: elevation@telusplanet.net
www.elevationoutdoors.ca

Elevation Outdoors is committed to making a difference in the lives of financially or socially disadvantaged youth through outdoor experiences. We integrate positive, active experiences with life skills and learning that lasts a lifetime.

Volunteering with us can make big difference! Opportunities include: Learn to Shred, Live to Ride, community and media awareness, fundraising, events, and board of directors.



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

The Community Recreational Initiatives Society provides exciting volunteer opportunities. We strive to improve the quality of life of children and adults with physical and/or cognitive disabilities through adaptive outdoor programming in the Okanagan Valley. Volunteer opportunities include assisting on adaptive kayaking, cycling and hiking adventures that bring our participants and able-bodied volunteers together in the beautiful outdoors.



2255 Enterprise Way
Kelowna, BC V1Y 8B8
Phone: 250-469-8801
Email: ess-rdco@hotmail.com
www.pep.gov.bc.ca

This group of trained volunteers is mandated to arrange food, clothing and lodging for individuals and families required to leave their homes during an emergency for up to 72 hours. The Provincial Emergency Program and the Ministry of Public Safety and Solicitor General provide direction and support. During disasters, volunteers register and direct families. Between emergencies, volunteers update contracts with sponsors.



Kelowna Dystonia Support Group
Phone: 250-763-7733
Email: annesko@shaw.ca
www.dystoniacanada.org

Dystonia is a neurological movement disorder causing muscle contractions or spasms, involuntarily causing twisting, repetitive and patterned movement, as well as abnormal posture. It's our goal to promote awareness and provide education and support to affected individuals and families.

Volunteers are needed to help with both administrative tasks as well as for key fundraising initiatives.



1471 Highland Dr S
Kelowna, BC V1Y 3W3
Phone: 250-860-4911
Email: fatcatfestival@gmail.com
www.fatcatfestival.ca

The 2011 Interior Savings Fat Cat Children's Festival, "Where in the World is Fat Cat?", is going on an adventure exploring global cultures and diversity through stage and roaming performers, workshops and activities.

Be a part of this amazing community festival: join our Board of Directors, a Committee or help during the Festival.

Giving back to B.C.'s Communities

What started as a vision for a community garden with a unique education opportunity for school children quickly became a reality in Naramata in 2010, with support from numerous community-minded individuals and organizations including FortisBC.

The Naramata Community Garden project - which offers a central spot for community users and school kids to learn and experience the joy of growing food - is being praised as a model of co-operation between a grassroots group, the school district, and sponsors.

"Giving elementary school students the opportunity to learn and practice activities that teach social responsibility has been very rewarding for our volunteers," explained Catherine Provost, president of the Community Garden Society." One of

the key rewards has been making a connection with 85 elementary school aged students through activities that nurture their social, emotional and intellectual development."

These type of grassroots, community-focused projects are exactly the type FortisBC supports through its community investment program aimed at supporting the communities where its employees live and work.

In Kelowna, the company has been the lead sponsor for the Rotary Club of Kelowna's annual charity golf tournament for four years. Together, FortisBC and the club's volunteers have raised over \$330,000 for several local causes that make a big difference in the community, including Project Literacy, Salvation Army, Kelowna Food Bank, and scholarship programs.

Each year FortisBC supports more

than 200 initiatives that actively benefit communities. Every request is carefully evaluated to determine fit with FortisBC's community investment program. Programs must be based or active in the communities where FortisBC operates and meet a recognized community need in one of the following categories:

- Safety: projects that promote electrical safety, personal safety and accident avoidance;
- Education: projects that promote electrical trades, literacy, leadership and safety; or,
- Environment: projects that directly benefit the environment.
- Aboriginal: projects that meet the unique needs of First Nations communities.

For more information, visit our website at www.fortisbc.com.

Investing in the **communities we serve**



Energizing your community

www.fortisbc.com

FORTISBC

Volunteering Central Okanagan Style



101-3788 Bird Pl
Kelowna, BC V1W 4T3
Phone: 250-860-3863
Email: gailrose@shaw.ca
www.monasheegirlguides.com/index.html

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 on-line, on the job and in small group settings. We welcome participation working in a unit as well as helping in a support position.



1492 St. Paul St
Kelowna, BC V1Y 2E6
Phone: 250-864-0399
Email: hopeoutreach@live.ca

Homeless and sexually exploited women on Kelowna streets receive night time outreach four evenings per week. Teams of two women volunteers offer support and personal hygiene packages during 1.5 hour shifts. Ladies Pizza Nights are organized monthly for any women interested. Volunteers assist with outreach, preparing the hygiene packages, organizing pizza nights, fundraising, and promoting community awareness. Funding is solely through individual donations and community partners.



Box 25031 Mission Park PO
Kelowna, BC V1W 4P2
Phone: 250-762-7303
Email:
admin@habitatforhumanitykelowna.ca
www.habitatforhumanitykelowna.ca

As a faith-based worldwide charitable organization, we focus on homeownership as the answer to eliminating poverty housing, offering not a hand out, but a hand up. Low income families and volunteers to build simple, decent, affordable homes. Our volunteers: join in the fellowship of our builds, help with publicity and fundraising, help plan the build, interact with our partner families.



4-1551 Sutherland Ave
Kelowna, BC V1Y 9M9
Phone: 250-860-6275
Email: azylyk@hsf.bc.ca
www.heartandstroke.bc.ca

Join us in our fight to eliminate heart disease and stroke. Be a part of our dynamic office team and assist in our February Heart Month Campaign, Big Bike events, and school programs. If you have office or presentation skills and want to put your heart into it, we'd love to hear from you!



1157 Sutherland Ave
Kelowna, BC V1Y 5Y2
Phone: 250-448-6403
Email:
info@innfromthecoldkelowna.org
www.innfromthecoldkelowna.org

We operate a winter emergency shelter and year-round advocacy for persons recently housed or at risk for homelessness. We have the only low barrier co-ed shelter in Kelowna.

Our volunteers are celebrated informally and formally. Ongoing support and training in such areas as First Aid and Food Safe are offered. We are looking for vibrant individuals for: shelter support, advocates, fundraising, food preparation, and repairs.



3659 Gala View Dr
West Kelowna, BC V4T 2M3
Email: volunteer@kelowna2011.com
www.kelowna2011.com

International athletes aged 12 to 15 will compete in alpine skiing, curling, figure skating, Nordic skiing, snow boarding, hockey and speed skating for 3 days in January 2011.

Over 700 volunteers are needed as hosts for VIP lounges, opening ceremonies and sports venues; food servers; bus or van drivers and marshals, and interpreters. Uniforms will be provided and volunteers will be recognized at a appreciation evening.



Proud Sponsor of the RCA Volunteer Program

Join the Rotary Centre for the Arts volunteer team!

We have many volunteer opportunities and encourage all of our volunteers to participate for as little, or as much time as they wish. Your involvement plays a vital role in making the arts in our community a success. Welcome to the vibrant world of the visual and performing arts!

We offer a variety of volunteer opportunities in a warm, friendly environment:

greeters | ticket takers | ushers | coat check
tour guides | decoration | information specialists

Volunteer Perks:

- free attendance to award-winning national and international performances
- assisting others
- adding valuable experiences to your portfolio
- meeting new people
- enjoying arts & culture firsthand
- giving back to the community
- being a part of major fundraisers

Some events that require volunteers:

- "Rotary Centre for the Arts Presents" concert/theatre season
- Chamber Music Kelowna concerts
- UBC Okanagan speaker series
- Okanagan Rhythm Festival
- Theatre Kelowna performances
- Salsa lessons & dances

Visit our website for more event information:
www.RotaryCentrefortheArts.com

Phone Dawn at 250-717-5304, **Email** volcoord@rotarycentreforthearts.com
OR Register online www.RotaryCentrefortheArts.com (Contact --> Volunteer with Us)

NEW! Punch pass for \$5 drop-in programs (6 classes for the price of 5)

Basement Musicians' Circle | Bellydancing | Feel The Rhythm Drum Circle | Salsa Thursdays

Volunteering Central Okanagan Style

Katimavik



202-768 Columbia St
New Westminster, BC V3M 1B4
Phone: 604-521-0555
Email: info@katimavik-bcyk.org
www.katimavik.org

Katimavik is a volunteer program for people between the ages of 17 and 21. For 6 months youth have the opportunity to travel to different communities in Canada to live and volunteer in various non profits.

It is a great way to see the country, to gain valuable work and independence skills and give back to the community.

Travel accommodation and food is included once the program starts.



238 Lake Ave
Kelowna, BC V1Y 5W5
Phone: 250-763-5287
Email: volunteer@appletriathlon.com
www.appletriathlon.com

This internationally recognized triathlon hosts races for every ability, age and experience level while promoting Kelowna and the Okanagan valley. 1200 volunteers make this event successful.

Volunteers work with equipment, transportation, swimmers, biker, runners, transition area, food services, the beer garden, set-up, take-down, water stations, security, and truck drivers. Volunteers also assist paratriathletes from the swim to the bike portion.

KDPC

Kelowna & District Pro-Choice Action Society



PO Box 22107 Capri Centre
Kelowna, BC V1Y 9N9
Phone: 250-762-2354
Email: kdpc@shaw.ca

Our Society works toward greater access to reliable, safe, contraception, sex education and supportive, non-judgmental and confidential reproductive counselling.

Volunteers are needed to serve on our board and to help with educational, social or fundraising activities from time to time.



6555 Fuller Ave
Kelowna, BC V1Y 7W8
Phone: 250-763-4484
Email: cpdv@kdscl.bc.ca
www.kdscl.bc.ca

We provide services to people with developmental disabilities.

Services provided include:

- Day Service: Opportunities for participation in community-based recreation and leisure activities, volunteer community work, contract work and work experiences
- Residential Services: Administer subsidized apartments
- Integrated Community Opportunities: Offer job-coaching programs, follow-up services, job club, and life skills development.



1315 Water St
Kelowna, BC V1Y 9R3
Phone: 250-762-2226
Email: info@kelownaartgallery.com
www.kelownaartgallery.com

The Kelowna Art Gallery invites us to be inspired, to learn, create, debate and to be challenged within a greater community that values visual art as vital to its well-being. Enthusiastic volunteers are involved in the following areas:

- Docents - lead school tours for children in grades K-7
- Special Events - exhibition openings and fundraisers
- Family Sundays - assist children with art activities



1265 Ellis St
Kelowna, BC V1Y 1Z7
Phone: 250-763-7161
Email: info@kcfb.ca
www.kelownafoodbank.com

We are a self-supporting charitable organization dedicated to the alleviation of chronic hunger and poverty in the Central Okanagan.

Volunteers are the life-blood of our organization, contributing a collective 20,000 hours annually, helping with:

- Board of Directors
- Daily food pick up, warehouse assistance
- Kitchen services
- Hamper preparation & distribution
- Special Events

Join our Volunteer Family!

MackKay in the Community

PHOTO: H. BRUST COLLECTION



Murray Bye (left) receiving the City of Kelowna's Corporate Community Award.

MacKay LLP was the recipient of the "2009 Corporate Community of the Year Award" presented by the City of Kelowna. This award reflects MacKay's ongoing commitment to the Central Okanagan Community.

"We earn our living from this community and we have a responsibility to continually contribute our time and dollars in making the Central Okanagan stronger." says Murray Bye, Managing Director of the Firm's Kelowna office. "We want all of our professional staff to be involved as leaders in one or more community organizations, and we have an annual budget for assisting financially with community causes. We have been major supporters of the United Way for many years, and we are currently assisting Habitat for Humanity achieve their next building target. We recently contributed to the YM/YWCA expansion program, have established scholarships at the Okanagan College School of Business, and we are involved in the The United Way's "Success By Six" initiative. Our people are active in a wide variety of worth-while community initiatives with a particular involvement in several of the Rotary Clubs in the Central Okanagan. While we have received recognition for our community involvement, we think we are

just doing what everyone in the business community has a responsibility to do which is support the needs of the community they earn their living in."

A walk through MacKay's office reflects the various community groups that have benefited from their time and dollars over the years. "We keep the various mementos and acknowledgements we receive visible to our staff to continually remind them of our culture and how important it is for them to continue the tradition of giving to the community" says Bye.

MacKay LLP Kelowna... a worthy recipient of the 2009 Corporate Community of the Year Award and an example for other businesses to follow in supporting their community.



Donation to the United Way Campaign in 2009.

"Your Business is Our Business"

MacKay LLP Professional Specialists

Working with the Medical and Dental Community



A'Lana Rains, CMA



Angela Bailey, CA



Debbie da Silva, CA

- Providing corporate and personal tax planning
- Specializing in working with professionals and owner-managed businesses
- Corporate re-organizations and planning strategies
- Estate, retirement and tax planning
- Providing valuable solutions beyond typical compliance reporting

mackay.ca

Chartered Accountants • Business Advisors

250-763-5021

MacKay LLP, Chartered Accountants • 500-1620 Dickson Ave., Kelowna V1Y 9Y2
TOLL FREE: 1-866-763-5021 • www.mackay.ca



The strength of a tree can be measured by the reach of its branches.

Kelowna Community Resources is a social agency passionately committed to empowering individuals through the delivery of our services and solutions, firm in the conviction that we all have a responsibility one to another and that our community is made stronger through our work.

 **Check out our “Volunteer Opportunities Search” at kcr.ca**

Volunteer Profiles:

Be the first to know. Create a confidential, personal profile and be notified of new volunteer opportunities that match your interests.

Volunteer Centre Newspaper Column:

No time to read this week’s column as seen in the Capital News? Catch up at kcr.ca. Scan other articles by events, feature agency, or volunteer issues.

Volunteer Training:

Improve your organization’s ability to attract, retain and involve volunteers of all ages. Materials include the latest research, international trends and best practices as well as sample policies, procedures and forms. A team of experienced volunteer managers teach this 4-day workshop held once each spring and fall. Ongoing monthly updates continue to keep you informed about new developments in the field of volunteer management.

Community Information:

- Online Database: lists over 1,200 programs & services
- Education Workshops: spring & fall
- Monthly Email Bulletin
- Print Materials:
 - Directory of Community Services
 - Basic Needs Resource Listing
 - Calendar of Community Events
 - Holiday Season Events Guide
 - Street Survival Guide
 - Youth Services Guide

Community Information & Volunteer Centre

At KCR our vision is a community where individuals and families are supported in leading healthy, productive and fulfilling lives. We provide community services, immigrant services, family services and adoption services.

START HERE

benefit from regular meetings for exchange of information. Responding to the challenges of single parenthood are met with a mixture of knowledge, skills, confidence and fun.

Crisis Line volunteers interact with people experiencing disappointment, isolation, loneliness, financial hardship, and even suicidal thoughts. Volunteers answer telephone calls in flexible shifts around the clock, seven days a week. Comprehensive training enables volunteers to assist callers in identifying their needs and finding solutions.



Family
Services



Community
Services

Community Information & Volunteer Centre volunteers are involved as:

- Steering Committee Members to organize the annual Okanagan Volunteer Opportunities Fair;
- Facilitators for the Overview of Volunteer Management Training; and
- Speakers for tailored presentations on a variety of volunteer topics.

The Family Friend Program volunteers are paired with single mothers in a home visiting program. Through friendship, help is offered in areas of parenting, life skills and accessing resources. A listening ear and a practical chat is often valued the most.

A Spring fling, Halloween Bash and Christmas Party are planned to involve all the volunteers and families. Volunteers

In the **Host Friendship Program for Immigrants**, volunteers help newcomers practice English and adapt to living in our community. Different climates, school systems, holiday celebrations and social expectations for child rearing can be mystifying.

Volunteer hosts offer time, conversation and encouragement. In return, volunteers gain a fresh perspective and deeper understanding of multicultural issues. Individual adults or youth, families or groups are carefully screened, trained and matched as hosts. Many of our host matches evolve into close, lasting friendships.



Immigrant
Services

Volunteering Central Okanagan Style



728 Dehart Ave
Kelowna, BC V1Y 6A1
Phone: 250-860-1737
Email:
info@kelownacommunitymusicschool.ca
www.kelownacommunitymusicschool.ca

Dedicated to excellence in music education and joyfulness of musical expression in all genres. Private lessons and group classes offer the highest level of music instruction and a strong sense of community through musical collaboration and performance.

Volunteers assist or are required in the following areas: office assistance, concerts, building maintenance, fundraising and board members.



Main Floor, 2268 Pandosy St
Kelowna, BC V1Y 1T2
Phone: 250-862-4300 ext. 7497
Email: nancy.wells@interiorhealth.ca
www.KGHauxiliary.org

Funds are raised to purchase equipment that enhances the care of patients at Kelowna General Hospital and other care facilities. We do this through businesses owned and operated by the Auxiliary: Perking Lot, Snackery, and Gift Shoppe. Most are open seven days a week with three shifts needing volunteers each day! Volunteers also work as schedulers, receivers and reconcilers.



Kelowna Crime Prevention Assoc.
PO Box 22033 Capri PO
Kelowna, BC V1Y 9N9
Phone: 250-862-2789
Email: info@kcpa.ca
www.kcpa.ca

Community-minded volunteers foster and support safe homes, streets and communities within the City. An informed, active and engaged community is a more crime resistant community. Kelowna Crime Prevention Association works collaboratively with the RCMP by funding crucial equipment and supplies to volunteer-operated Community Policing Programs. Leadership, expertise, community partnerships, grants, and fund-raising opportunities are pursued to fulfill our safe communities mandate.



3151 Lakeshore Rd, 9
Kelowna, BC V1W 3S9
Phone: 250-862-8766
Email: barbbartee@shaw.ca

The Kelowna Lioness is a ladies club sponsored by Okanagan Mission Lions. We are a service club that serves our community by helping with the Senior and Summer Games, Canada Day Celebrations, and Big Bike Heart & Stroke. We also host fund raising projects such as bake sales, bingos, rose sales and catering. Profits go to Camp Winfield, Food Bank, Salvation Army, Women's Shelter, B.C. Cancer.



1630 Water St
Kelowna, BC V1Y 1J9
Phone: 250-717-3473
Email: info@firemuseum.ca
www.firemuseum.ca

Our Centre showcases local fire history, programs to prevent unintentional injury, and the Firehouse Kitchen Coffee Shop.

By volunteering with us, you give back to the community, socialize, use your skills and knowledge, explore various positions, and feel good! Learn about fire department history and help us preserve it.

Positions available: Tour Captains, Special Events, Archiving, and Coffee Shop Personnel.

Kelowna Museums
Alive With Our History



470 Queensway Ave
Kelowna, BC V1Y 6S7
Phone: 250-763-2417
Email: info@kelownamuseums.ca
www.KelownaMuseums.ca

Five museums promote a greater interest and awareness of the natural, cultural, agricultural, and military heritages of the Okanagan region. Volunteers fill vital roles such as website maintenance and touring visitors through each museum. Student projects on Canadian history are judged by volunteers during the annual Okanagan Regional History Fair. Event volunteers have fun at the annual Cherry Fair and Apple Fair.

Building Community Development Industry Gives Back

When you love your work, and you love your community, eventually the two intersect. Rather than keeping their work and their livelihoods separated, Rob Anderson and Gino Dal Ponte decided to integrate the two.

What started as an idea, a dream, and an ambitious plan became a reality. "Project Build" was the idea of local developer Derek Trethewey. After Derek and partners donated a beautiful Lot in The Lakes development, and made a large cash donation to get the project started they laid down the challenge to the building industry to make the rest a reality.

That's where Rob Anderson of Built-Rite Homes and Gino Dal Ponte of The Property Source Group

stepped in. Between Rob's ability to recruit skilled volunteer labour and Gino's marketing finesse, Project Build took shape. As Rob Anderson said as he accepted his Silver Tommie Award for his involvement in this ground breaking charitable project, "It is rewarding to know that our efforts today will support so many charitable initiatives in our community for years to come."

When the Project Build Home sold in late 2008 it left a legacy of over \$700,000 to the Central Okanagan Foundation. The grateful community foundation split the money into a variety of named endowment funds, and flowed some funds straight through its community granting cycles. In a time when the



Some members of the Project Build I team: from left, Tammy Moore, Rob Anderson, Shannon Styles, Leanne Hammond Komori, Mary Jo Schnepf, Kathe Mackenzie, Travis Erdely, Sean Roberts.

economy was on a sharp downturn, this funding was a welcome shot in the arm for our charitable sector.

Since then, Rob Anderson and Gino Dal Ponte have continued to find creative ways to support our community. For a peek at what they've been up to lately check out Gino's website: www.thepropertysource.ca. Project Build II... Too good to be true? We think not!

Reputation Earned!

The Built-Rite Homes name defines **QUALITY, WORKMANSHIP and CUSTOMER SERVICE!** Our homes have earned us the reputation for quality construction, innovative design and unmatched customer service. We understand that building a new home is the largest single investment many people will make throughout their lifetime. Therefore, we will do whatever it takes to deliver your project **ON-SCHEDULE and ON-BUDGET.** We strive to make the process of building your home stress-free and enjoyable. You will not be disappointed.

Ask us about Project Build II Attainable Housing.



Built-Rite Homes
We Build for Everyone.



Ask about our **BuiltGreen™**
High Performance Homes and
Energy Efficient Renovations!

250-317-3638

www.builtritehomes.ca



Cindy Gardner
250.317.4111



Gino Dal Ponte
250.317.2757

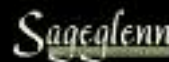


Dal Anderson
250.878.5874



Gordon Keith
250.317.9900

The Property Source Group



H 1.888.861.4434
P 250.860.4300

Looking for a real estate team you can trust? The Property Source Group has the expertise and diversity to meet your unique real estate goals and objectives. Whether you're buying, selling or investing, our specialized team can guide you in making decisions best suited to you.

Trouble with the down payment? Find out about our innovative Project Build Attainable Housing Initiative. Home ownership can be more than a dream — it can be a reality!

Sustainability important to you? Broker and Certified Sustainable Building Advisor, Dal Anderson, can guide you through the elements of sustainable building in both the residential and commercial sectors.

Call for a complimentary consultation and get the expertise and innovation of The Property Source Group working for you!

www.thepropertysource.ca

Volunteering Central Okanagan Style



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

Our volunteer-based programs appeal to a variety of skills and interests. Whether you prefer working within an office responding to public inquiries or working outdoors in one of the RCMP Community Policing vehicles conducting crime prevention patrols or participating in traffic safety initiatives, we may have something that suits you. Learn more about community policing, earn volunteer awards and recognition, and gain personal satisfaction from serving.



527 Lawrence Ave
Kelowna, BC V1Y 6L7
Phone: 250-763-1040
Email: admin@coess.ca
www.kelownawomensshelter.ca

Volunteers are a crucial part of making the Thrift Store successful at raising funds for Shelter services. Volunteers receive, sort, price, tag and display donated items. Volunteers also assist staff with tidying the store and stock, cashiering, and responding to customer and donor relations.

The Store maintains free bins of clothing, offers free Cobbs bread on Fridays and features a seniors discount on Tuesdays.



241-1889 Springfield Rd
Kelowna, BC V1Y 5V5
Phone: 250-862-8202
Email: kelownarighttolife@telus.net
www.prolifekelowna.com

The inherent dignity and value of each human life from the moment of conception to natural death is promoted. Becoming a part of our movement brings rewards that come from standing up for what is right. Volunteer opportunities include:

- event organizing and promotion
- public speaking
- media relations
- office duties



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

Kelowna's Gospel Mission aims to end the cycle of loneliness, destitution and despair - and replace that with fellowship, prosperity and hope. We are Every volunteer contributing time and talent means more resources can be directed to leading people from homelessness into wholeness. Volunteer opportunities include: Hostel staff support, Housekeeping, Clothing Bank, Thrift Store, Truck Helper, Kitchen, and Special Events.



Kelowna Women's Resource Centre
1492 St Paul St
Kelowna, BC V1Y 2E6
Phone: 250-762-2355
Email: volcoordinator@kwrc.net
www.kwrc.net

Our purpose is to improve the status of women. We are a safe space for women providing information, referrals, emotional/practical support, educational workshops, equipment access, income tax preparation, a resource library, advocacy support, awareness, computer training, special projects and volunteer training.

Volunteer opportunities include: fundraising, special projects, reception, office administrative, special events, committees, board members.



Ki-Low-Na Friendship Society
442 Leon Ave
Kelowna, BC V1Y 6J3
Phone: 250-763-4905
Email: volunteer@kfs.bc.ca
www.kfs.bc.ca

Volunteering is a work of heart!
Come join our team.

- Learn about aboriginal culture.
- Gain knowledge about our programs.
- Mentor children of all ages and become a role model.
- Learn organizational skills.
- Serve our Elders.
- Meet new friends and have fun.

All applicants must complete an application and a Criminal Record Check form.

Okanagan Volunteer Opportunities Fair



Kelowna
Community
Resources

The annual Okanagan Volunteer Opportunities Fair is our premier event for showcasing volunteerism in a family friendly atmosphere. It brings together about 80 nonprofit organizations and invites the public to check out ways to volunteer in our community.

Volunteer Speed Matching is a new twist for 2010. Similar to speed dating, ten organizations are each given three minutes to pitch their cause and volunteer openings to ten potential volunteers. Each first date is rated as yes, no or maybe by both sides and contact information is selectively exchanged for possible 'second dates'.

"Volunteer Speed Matching is a fresh way to engage people in playing the field of volunteering," says Councillor Michele Rule, honorary chair of the volunteer fair.

Kelowna Community Resources takes the lead in coordinating the Volunteer Fair with a nine member

steering committee representing the nonprofit sector. Ongoing sponsors include: Beyond 50 Magazine, Central Okanagan Foundation, City of Kelowna, and United Way. Astral Media and Investors Group also support the fair.

The Okanagan Volunteer Opportunities Fair is now featured in a series of new web pages by Kelowna Community Resources. Each page is interactive to assist both the public and nonprofit sector gain information about the upcoming fair.

"Launching these new pages is in keeping with KCR's 'start here' approach to providing community and volunteer information," said Bill Downie, Executive Director.

For more information, contact: Dawn Wilkinson at 250-763-8008 ext. 24 or 25 or email us at informkelowna@kcr.ca or visit our website at kcr.ca.



Free Parking, Concession.

Sign up for Volunteer Speed Matching.

Contribute to our community. Support the cause of your choice.

Use skills and experience. Network or volunteer with friends.

Develop interpersonal skills. Gain organizational skills.

The 2010 13th Annual
Okanagan Volunteer
Opportunities Fair



SATURDAY  September 18th  10am - 3pm
Parkinson Recreation Centre, 1800 Parkinson Way

Get active! Get involved! Volunteer!

Community Information & Volunteer Centre ☎ 250.763.8008 ext 25 ✉ info@kcr.ca 🌐 www.kcr.ca

Volunteering Central Okanagan Style



The foundation
of kidney care.

British Columbia Branch 4940
Canada Way, 200
Burnaby, BC V5G 4K6
Phone: 1-800-567-8112
Email: interior@kidney.bc.ca
www.kidney.bc.ca

Become a kidney hero by participating in our Recycle For Life campaigns and sharing the importance of kidney health and organ donation... You will save a life.

- Kidney Health in March: recruit, distribute supplies, or canvas
- Kidney Walk in August: walk with us
- Kidney Car or Kidney Metals: donate your old car or scrap metal
- Kidney Garage Sale recycle your stuff.



Capri PO Box 22095
Kelowna, BC V1Y 9N9
Email: mctrs@telus.net
www.myratrestles.com

In 1993, members of the community recognized that the Myra Canyon trestles and trail had become unsafe due to acts of destruction and vandalism. A small group decided to save the trestles from further destruction. Volunteers are history buffs who enjoy the outdoors, hiking, doing restoration etc. If you can swing a hammer like to be out in the open we would love to have you!



1035 Bernard Ave, 312
Kelowna, BC V1Y 6P7
Phone: 250-448-9631
Email: vickitravis@shaw.ca
www.madd.ca

Mothers Against Drunk Driving is looking for volunteers to help raise awareness impaired driving, with two campaigns, Red Ribbon Campaign and Campaign 911.

Red Ribbon is a fundraiser, with volunteers distributing donation boxes to businesses in November. Campaign 911 promotes awareness of the 10 warning signs of impaired driving and encourages people to phone 911 to report suspected impaired drivers.



Phone: 250-763-9191
Email: info@oktosay.ca
www.oktosay.ca

OK to Say is a community-based protocol that supports those experiencing racism. The purpose of the protocol is to promote equity, compassion, and respect for all members of the Central Okanagan community and to defend actively the rights of all members through individual awareness, education and community support. The project was developed by a group of diverse and representative community members.



1959 Kirschner Rd
Kelowna, BC V1Y 4N7
Phone: 250-762-5850
Email: info.okanagan@mssociety.ca
www.mssociety.ca/okanagan

Volunteers are the heart and soul of the MS Society of Canada. If you are interested in volunteering one day a year for a special event or on an ongoing basis, we want to meet you! We have diverse opportunities in many areas of the organization such as public relations and marketing, fundraising events, office work and committee or Board of Directors positions.



Okanagan
Boys & Girls Clubs
A good place to be

1434 Graham St
Kelowna, BC V1Y 9H2
Phone: 250-762-3989
Email: info@boysandgirlsclubs.ca
www.boysandgirlsclubs.ca

Our mission is to provide a safe, supportive place where children, youth and families can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.

Our volunteers develop personally and professionally. Volunteer opportunities include: teaching/assisting programs, special events and fundraisers, food preparation, recreation leaders/assistants, and board members.

Be Socially Responsible

PHOTO • WAYNE DUCHART



Tammy lee Abrahamse, recipient Kathy Wiebe owner of Rosebud's, Jo-Ann L. Brazeau recipient

toward bursaries for women in need in the Central Okanagan. Any woman between the ages of 18 and 88 may apply to receive a bursary.

Kathy also provides young women who may not have the financial resources for a Prom dress. They can apply to receive a free dress for their special day. Kathy also assists women when they need assistance with business attire for job interviews. Just call and ask for Kathy.

How can you help?

- Drop your donations off at 150 - 1855 Kirschner Rd, in Kelowna
 - Please bring your laundered items, on hangers and be sure they are in season.
 - Best day for drop off is Mondays.
- Tell your friends and family to help support this worthwhile cause by donating items or by shopping at Rosebuds.

How to apply for the Cinderella (Funds are geared towards women with limited financial resources)

- Drop by Rosebuds and pick up an application, or get it from their website: www.rosebudsconsignment.com
- Bursaries are given out once a year. Deadline for applications is May 30th. Winning recipients will be contacted by June 15th.

Rosebuds Designer Consignment Boutique has been around for over 20 years.

They specialize in high quality brand name ladies apparel, new and consigned. Rosebuds offer a wide variety of brand name clothing and accessories for women of all shapes and sizes.

Owner Kathy Wiebe has always believed social responsibility is a way of life at Rosebuds.

It means investing in and enriching our communities. It means encouraging employee volunteerism and to Kathy it means much more. Kathy wanted to create something where she supported local women and also gave her clients the opportunity to help as well.

Hence the Cinderella Fund was established. Kathy's goal: to set up a fund for women who were reinvented themselves by providing yearly bursaries. The bursaries can be used for text books and/or tuition.

Funds for the bursaries come from clothing donations. Any seasonal clothing that you no longer want and don't want to consign for yourself can be brought down to Rosebuds. The monies from those items go directly



IN BUSINESS 20 YEARS

OPEN:
Monday to Friday
10am - 5:30pm
Saturday 10am - 5pm

NOW OPEN
Sundays 12 - 4pm

“You CAN always afford to look beautiful”

Rosebuds Designer Consignment Boutique

Acrombie & fitch • Roxy • Groggy • True Religion • Joe's • Baby Phat • Juicy couture, and more...
And not to leave mom out: Ribkoff • Stills •

Not just your Daughters Jeans • Chico • Coldwater Creek
Always the place to shop for that one of a kind piece.

Over 800 BRAND NEW items on the floor this fall, coats, boots, shoes, dress's all high quality. Your favorite labels with prices starting at ½ and less off regular retail.

UPSACLE LABELS FOR LOWSCALE PRICES!

Large Jewelry Buyout. Half Price! All New.

DESIGNER CONSIGNMENT BOUTIQUE

Ask us about our

Let's help the ladies in our community.
150-1855 Kirschner Rd. Kelowna
250-861-1911
www.rosebudsconsignment.com

Volunteering Central Okanagan Style



ORGANAGAN SYMPHONNY ORCHESTRA

239-1889 Springfield Rd
Kelowna, BC V1Y 5V5
Phone: 250-763-7544

Email:
admin@okanagansymphony.com
www.okanagansymphony.com

We connect the passion of classical music to our community as we educate, entertain and reach out to all generations. Volunteers participate in such vital areas as:

- IT: data base, e-newsletters, website, and social media
- Brochures and concert programs
- Photography
- Logistics
- Marketing and promotion
- Merchandising
- Sponsor and donor stewardship
- School concert program



280-1855 Kirschner Rd
Kelowna, BC V1Y 4N7
Phone: 250-861-3302
Email: info@pimbc.ca
www.pimbc.ca.ca

People in Motion is dedicated to the inclusion and equality of children and adults with disabilities throughout the city of Kelowna, the Okanagan Valley and to visitors from around the world.

We are volunteer driven. Opportunities exist with our Best of Ski Canada Big White Powder Hound program, our Power Wheelchair Soccer program, and our transportation program. Our members incorporate all disabilities both physical and sensory.



591 Bernard Ave, Suite 101
Kelowna, BC V1Y 6N9
Phone: 250-763-9002
Email: info@opendoorgroup.org
www.opendoorgroup.org

Need help finding a volunteer job? Open Door Group can help. We support persons with disabilities and other barriers to gain volunteer and paid employment. We also work with local businesses and organizations around diversity hiring by providing information and connecting them with qualified candidates. Are services are free of charge. Contact us today.



9-3151 Lakeshore Rd, Suite 211
Kelowna, BC V1W 3S9
Phone: 250-860-2572
Email: pap12@shaw.ca
www.petsandpeople.ca

We provide the opportunity for patients and residents of care facilities to spend some time with friendly pets and their owners. Visits form volunteers and their pets can bring a few warm and cheerful moments into otherwise dull days. The simple pleasure of interacting with a clean and healthy pet and chatting with its owner has helped to change the outlook of many a shut-in from gray to sunny.



Osteoporosis Canada

Ostéoporose Canada

PO Box 21072 Orchard Park PO
Kelowna, BC V1Y 9N8
Phone: 250-861-6880
Email: kelowna@osteoporosis.ca
www.osteoporosis.ca

Our mandate is to educate our community about risk reduction and treatment of osteoporosis, a debilitating disease affecting over 2 million women and men by silently stealing bone mass.

Please join us in sharing your skills and experience in: Volunteer Coordination to build a strong Chapter, fundraising to facilitate our growth, delivering talks on bone health, and assisting at health fairs. Training is provided.



205-591 Bernard Ave
Kelowna, BC V1Y 6N9
Phone: 250-762-2163

Email:
admin@projectliteracykelowna.org
www.projectliteracykelowna.org

Join our team of volunteer tutors. Help adults Improve reading, writing and math skills, prepare for GED and other exams or learn English as a second language. Volunteers come from all backgrounds and do not require a teaching degree. Contribute You will receive excellent training by educational professionals, on-going support, and access to extensive literacy resources. Contribute to a rewarding community mission.

Volunteer Organization of the Year in 2010!

PHOTO • WAYNE DUCHART



ROTARY FACTS:

- The total number of active members for 2010 was over 350
- The combined total of volunteer's hours supporting local causes was an overwhelming 24,000 hours
- The dollars contributed to our communities was over \$350,000



What would it take to change the world? Rotary International is the world's first service club organization, with more than 1.2 million members in 33,000 clubs worldwide. Rotary club members are volunteers who work locally, regionally, and internationally to combat hunger, improve health and sanitation, provide education and job training, promote peace, and eradicate polio under the motto "Service above Self."

The Central Okanagan has nine clubs, eleven if you include Interact and Rotaract.

Interact is Rotary International's service club for young people ages 14 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are either community or university based, and they're sponsored by a local Rotary club. This makes them true "partners in service" and key members of the family of Rotary.

There has been a misconception

that Rotarians are old businessmen who support international causes. This could not be further from the truth, Rotarians do come in all shapes, sizes, male, female, business owners, blue collar, white collar, and youth. We take pride in all that we do especially when it comes to local projects. We support a lot of causes

in our community both with dollars and by volunteering. Did you know that for every dollar spent internationally five dollars are spent locally?

We are always looking for new members, the more members we have the bigger the impact we can make. Rotary is a great place to network your business while you are giving back and supporting community initiatives.

This theme for 2010 is simple: Building Communities Bridging Continents... We encourage you join us to make it happen!

Please join us at one of our meetings:

DAY & TIME	LOCATION	CLUB
Monday 5:45pm	Manteo Resort 3766 Lakeshore Rd	Kelowna Okanagan Mission
Monday 5:45pm	Westbank Yacht Club 4111 Gellatly Rd	Westbank
Tuesday 12:10pm	Coast Capri Hotel 1171 Harvey Ave	Kelowna
Wednesday 7:15am	Kelowna Yacht Club 1414 Water St	Kelowna Ogoopogo
Thursday 7:00am	Holiday Park Resort 61 - 415 Commonwealth Rd	Lake Country
Thursday 7:00am	Two Eagles Golf Course 3509 Carrington Rd	West Kelowna Daybreak
Thursday 5:45pm	Coast Capri Hotel 1171 Harvey Ave	Kelowna Capri
Thursday 7:15am	Kelowna Yacht Club 1414 Water St	Kelowna Morningside
Friday 7:01am	Kelowna Yacht Club 1414 Water St	Kelowna Sunrise

For meeting times and dates email: kelownarotaract@live.com - Rotaract Club

Volunteering Central Okanagan Style



403 Wallace Rd
Kelowna, BC V1X 4Y4
Phone: 250-864-7535
Email: ken@hruschak.net
www.pep-air.org

We are the air division of Search and Rescue. As one of many areas in the province, Kelowna has positions for pilots, spotters, navigators, search headquarters staff and other support services. We work with other Provincial Emergency Programs and agencies to respond to emergencies 24/7. All training is provided, and other positions are available based on training.



421 Cawston Ave
Kelowna, BC V1Y 6Z1
Phone: 250-717-5304
Email:
volcoord@rotarycentreforthearts.com
www.RotaryCentrefortheArts.com

Volunteer within the vibrant world of the visual and performing arts! What are the benefits from volunteering with us? Add experiences to your portfolio. Attend free shows. Belong to the cultural district community. Keep active. Receive random gifts of gratitude and attend the annual appreciation party. Listen to the latest lectures. View the newest artistic work.



130 Gerstmar Rd
Kelowna, BC V1X 4A7
Phone: 250-860-5096
Email: thelma-davis@shaw.ca
www.rutlandadventist.ca

We operate a store front that receives and gives away donated, good quality clothing and household necessities. We respond to about 80 phone requests weekly from people experiencing disasters such as fires, financial difficulties, unemployment and homelessness. Volunteers sort, organize and display items to their best advantage and staff the store. Assistance answering and filling phone requests is another fulfilling volunteer opportunity.



1889 Springfield Rd, Unit 202
Kelowna, BC V1Y 5V5
Phone: 250-861-6180
Email: info@seniorsoutreach.ca
www.seniorsoutreach.ca

In partnership with volunteers and other organizations, we help seniors enhance their quality of life.

Our Volunteer Programs:

- Friendly Visitor: Connect with a senior for home visits or outings.
- Computer Mentor: Teach basic computer skills.
- Handyperson: Help with simple repair jobs.
- "Coffee Break" Hosts: Co-host a drop-in, socializing group.
- Income Tax Preparation: Prepare simple income tax forms.



Main Street - Brandt's Creek Mews
2081 Cross Rd
Kelowna, BC V1V 2G2
Phone: 778-821-1211
Email: silvertsunamiofbc@gmail.com

Using a holistic approach to serving seniors living with needs attributable to old age, chronic illness, or other mental or physical disadvantage is our priority.

Volunteers help with a café bistro, general store, hairdressing salon, chapel and library. Other opportunities include fundraising, special events and becoming a board member. Volunteers receive one to one training and an orientation to the facility.



Phone: 250-762-0935
Email: registration@ski2sea.ca
www.ski2sea.ca

The Ski2Sea is a not-for-profit society that sponsors a seven legged race from Big White to Kelowna City Park. Funds are raised and donated to related organizations. The Board of Directors needs several volunteers, including a President. Directors receive a Ski2Sea jacket, t-shirt and post event volunteer appreciation. This year the race takes place on Sunday, April 10, 2011.

Speedpro Providing Solutions



Solution providers: Mike, Anne, Elly, Brian, Brian S, Justin, and Cheryl.

Since 1996 Speedpro Signs has been an integral part of the volunteer and fund raising landscape of Kelowna. Over the years they have worked with hundreds of volunteer and not for profit groups in their efforts to raise both awareness for their cause and funds for continued operations or research.

One of the greatest struggles that volunteer and not for profit groups face is how to properly promote and publicize their events and maintain a professional appearance in trade-shows without spending money that could otherwise help their cause.

By working closely with an organization's team Speedpro can use their extensive product lines and some creativity to help match and exceed their promotional goals. From simple things like making sure that marketing materials are designed so that they can be reused year after year with minimal cost to update.

Our objective is to make you stand out in a crowd with a vibrant, exciting and positive image display.

Our expertise with indoor and outdoor signage, vehicle wraps, decals and lettering, banner stands, tradeshow booths, posters, and graphic design gives us all the solutions to meet your particular needs. As solution providers to businesses daily, Speedpro Signs will use that expertise to help any organization achieve the best results possible.

We are proud of the organizations

that we choose to support and the work that they do. Community spirit is alive and well in the Okanagan and we value all the people who give back to causes that are near and dear to their hearts. If each and every one of us spent one day a month giving back to a worthwhile cause the impact would be huge. We celebrate the many men and women in this community who donate their time, resources and expertise.



Speedpro Signs
Signs & Digital Imaging

- TRADE SHOW
- VEHICLE GRAPHICS
- BANNERS
- BUSINESS IDENTIFICATION
- SITE SIGNAGE

103-2307 Enterprise Way
250-861-1897
kelowna@speedpro.com
Visit our Website for
Examples & Ideas

www.SpeedproSignsKelowna.com

Volunteering Central Okanagan Style



SOROPTIMIST

Best for Women

Contact: Cindy Brewster
Email: cinbrewster@gmail.com
www.sorooptimist.org

Sorooptimist means "best for women." We are business and professional women at our best volunteering to help other women to be their best. We give back to our communities in an atmosphere of fun and friendship.

Through international partnerships, Sorooptimists help advocate for equity, create safe and healthy environments, increase access to education, and develop leadership and practical skills.



3063 Bridlehill Dr
West Kelowna, BC V4T 2W1
Phone: 250-768-1404
Email: info@sasfy.ca
www.sasfy.ca

We offer a unique annual inter-connection of the arts summer arts school workshops program for local youth, primarily in 9-15 years. We encourage, enhance and inspire young artists and performers through valuable and rewarding arts and cultural opportunities in our community. Looking for passionate arts advocates and committed individuals to join our team and Board to help us promote, grow and develop our educational arts opportunities.



Special Olympics

British Columbia

Kelowna

1226 Oswell Dr
Kelowna, BC V1P 1L7
Phone: 250-765-7152
Email: s.grills@shaw.ca
www.specialolympics.bc.ca

Our mission is to provide individuals with an intellectual disability the opportunity to enhance their life and celebrate personal achievement through positive sport experiences!

Volunteers are our most valuable resource. Help us coach, organize, chaperone, train, transport, motivate and raise funds for the athletes. Highly motivated and enthusiastic volunteers are our backbone. Special Olympics also have positions on our board.



1-800-461-7935
Email: volunteer@sunshine.ca
www.sunshine.ca

Become a Dream-Maker with Sunshine!

The Sunshine Foundation is a national charitable organization that makes dreams come true for children with severe physical disabilities or life-threatening illnesses.

Sunshine Chapters need volunteers to help:

- Spread awareness .
- Present a dream to a Sunshine child.
- Organize/help with fundraising events.



St. John Ambulance

1941 Kent Rd
Kelowna, BC V1Y 7S6
Phone: 250-762-2840
Email: kelowna@bc.sja.ca
www.sja.ca/bc

St. John Ambulance is the oldest known charitable organization in the world, with a history of over 900 years of community service.

We annually volunteer over 3,000 hours, providing first aid at a variety of community events, as well as emergency service during crises and disasters.

Our Therapy Dog program bring "first aid of the heart" to the elderly in their homes.



150A-1855 Kirschner Rd
Kelowna, BC V1Y 4N7
Phone: 250-868-8643
Email: info@bc.arthritis.ca
www.arthritis.ca

Did you know there are 120 different types of arthritis? Arthritis affects more than 20,000 people in our community.

Become a volunteer and join us in the fight to help those living with arthritis. Volunteers help us promote awareness, provide educational and support programs, advocate for better services, and raise desperately needed funds. Orientation and training is provided for all positions.

We give where we live.



We're committed to our communities.

At TELUS, our team members and retirees give back to the communities where they live, work and serve. Since 2000, the TELUS community ambassadors have contributed 2.6 million volunteer hours to local organizations, and in 2009 donated 52,782 care items such as comfort kits for the homeless, backpacks for children, and heart and lung pillows for patients.

To learn more about the TELUS community ambassadors and why TELUS was named the most outstanding philanthropic company in the world visit telus.com/community



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Volunteering Central Okanagan Style



a place of mind

3333 University Way
Kelowna, BC V1V 1V7
Phone: 250-807-9223
Email: shawn.swallow@ubc.ca
web.ubc.ca/okanagan/welcome.html

UBC Career Services has partnered with Kelowna Community Resources to help local community organizations get connected with our students through the UBC Student Volunteer Centre.

We will:

- Provide students an opportunity to gain relevant real world experience, develop personal and professional skills, as well as contribute to our community.
- Provide local organizations access to talented and engaged students.



*It's your business.
Start. Grow. Succeed.*

Kelowna | Victoria | Vancouver
Phone: 1-800-643-7014
Email:
inquiry@womensenterprise.ca
www.womensenterprise.ca

Women's Enterprise Centre is BC's leading resource for women who are starting, purchasing or growing a small business. Our volunteer Mentors support women in the first 3 years of self-employment through a 3 part Mentoring Program. If you are a woman in business for 5+ years and would like to help another entrepreneur succeed, then mentoring could be for you. Visit our website and become a Mentor today!



United Way
of the Central & South
Okanagan/Similkameen

249 Lawrence Ave
Kelowna, BC V1Y 6L2
Phone: 250-860-2356
Email: info@unitedwaycso.com
www.unitedwaycso.com

Together, united, we can inspire hope and create opportunities for a better tomorrow by focusing on children, vulnerable adults, and seniors.

Volunteer 'hands-on' during a Day of Caring. Promote a United Way campaign in your workplace. Host event that raises funds. Provide administrative support. Work with Gen Next to develop leadership. Our board and fundraising committee welcome volunteers.

GIVE - ADVOCATE - VOLUNTEER



World Vision

Phone: 1-888-307-4641
Email:
christina_lima@worldvision.ca
www.worldvision.ca

Change a Life, Change Your Own!
World Vision is a Christian relief, development and advocacy organization dedicated to working with children, families and communities to overcome poverty and injustice.

For over 50 years we have worked with precious volunteers across Canada who raise funds to help poor children and build awareness about poverty issues.

We invite you to join us in the rewarding mission!



160-2300 Carrington Rd
West Kelowna, BC V4T 2N6
Phone: 250-768-3305
Email: whns@telus.net
www.westsidehealthnetwork.com

Our Mission is to enhance seniors' wellness through volunteerism, education, referral and social programs in the West Kelowna and Peachland.

Volunteers are able to use their diverse skills in a number of our programs and services:

- Board member.
- Volunteer Visitor.
- Volunteer Driver/Grocery Shopping.
- Physical Activity Assistant.
- Event Assistant.



205-2000 Enterprise Way
Kelowna, BC V1Y 9S9
Phone: 250-764-9621
Email: info@ymca-ywca.com
www.ymca-ywca.com

We are dedicated to building strong kids, families and communities. Regardless of age, gender, background, abilities or financial circumstances - everyone has a place at the Y.

As a Y Volunteer, you may help a child swim, mentor a youth, lead a fitness class, or welcome our members. Volunteer at the H20 Adventure and Fitness Centre, Kelowna Family Y, Career Contact Centre for Youth, and Child Care centre's.

HOW TO LIVE UNITED:

JOIN HANDS.
OPEN YOUR HEART.
LEND YOUR MUSCLE.
FIND YOUR VOICE.

GIVE 10% GIVE 100%
GIVE 110%.
GIVE AN HOUR.
THINK OF WE BEFORE ME.

REACH OUT A HAND TO ONE AND
INFLUENCE
THE CONDITION OF ALL.

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED™

Want to make a difference? United Way is creating lasting change by focusing on children, vulnerable adults and seniors. That's what it means to Live United. WWW.UNITEDWAYCSO.COM



36TH ANNUAL Civic & Community AWARDS



Call for Nominations

This is your chance to nominate an outstanding volunteer, artist, business, athlete or athletic team who helped make Kelowna an extraordinary place to live in the year 2010!

Nominations commence January 10th.
Deadline is Noon, February 18th 2011.

Award Categories

Bob Giordano Memorial Award

LAST YEAR'S WINNER: Arnar Bernhardtsson

Bryan Couling Memorial Athletic Team of the Year Award

LAST YEAR'S WINNER: UBCO Women's Volleyball Team

Female and Male Athlete of the Year Awards

LAST YEAR'S FEMALE WINNER: Samantha Richdale

LAST YEAR'S MALE WINNER: Daniel Brown

Young Female and Young Male Citizen of the Year Awards

LAST YEAR'S FEMALE WINNER: Jessica LeNoble

LAST YEAR'S MALE WINNER: Cody O'Neill

Teen Honour in the Arts Award

LAST YEAR'S WINNER: Haley Blais

Honour in the Arts Award

LAST YEAR'S WINNER: Randy Leslie

Central Okanagan Foundation -

Volunteer Organization of the Year

LAST YEAR'S WINNER: The Rotary Clubs of Kelowna

Woman of the Year -

Sarah Donald - Treadgold Memorial Award

LAST YEAR'S WINNER: Mohini Singh

Man of the Year - Fred Macklin Memorial Award

LAST YEAR'S WINNER: Vern Nielsen

Corporate Community Award

LAST YEAR'S WINNER: Mackay LLP Chartered Accountants

Nomination forms are available January 4, 2011 at
Parkinson Rec. Centre, Kelowna City Hall, Kelowna
Chamber of Commerce, Volunteer Kelowna, Kelowna
Family YMCA-YWCA, and all Libraries.

For more information contact:

Amber Gilbert 250-469-8967

kelowna.ca/recreation

36TH ANNUAL Civic & Community AWARDS GALA

Wednesday April 27th, 2011
Kelowna Community Theatre