

VOLUNTEER CR NEWSLETTER



Working together to build strong and healthy communities through volunteerism.

December 2017

Get organized in the New Year!

Join us for a Zero Email Workshop with Garland Coulson

**Wednesday, January 24th, 9 a.m. to 11 a.m. at the
Enterprise Centre East Boardroom, 900 Alder Street**

About the workshop: The email inbox is one of the biggest causes of poor productivity and one of the biggest stresses for most people. Garland has helped hundreds of people learn how to use their email more effectively. The Zero Email Inbox technique works for any email system: Outlook, Gmail, Outlook Express, etc. it doesn't matter. It takes less than 20 minutes per day.

In this workshop you will learn:

- How to stop unneeded emails BEFORE your inbox
- How to ensure your priority emails won't get missed
- How to do email "triage" (quickly sorting emails by priorities)
- How to insert common letters, resources and replies in a few keystrokes
- How to write your emails to reduce unnecessary replies

About the facilitator: Garland Coulson (Captain Time) has spent over 25 years mastering time management. At first, he was determined to learn time management for his own career, but soon found himself helping others wherever he worked. For the last 15 years. He has been a time management speaker, trainer, and coach, helping thousands of people get more done in less time.



Registration: \$35.00 per person for Volunteer CR members, \$50. per person for non-members. Email mail@volunteercr.ca or call 250-287-8111 with your agency and contact information. Then, follow up with payment by **cash or cheque** before January 22nd to Volunteer Campbell River. Seats are limited and confirmed with payment. Please note: no refunds.

Don't miss out! Register today!



Our office will be closed for the holiday season starting Dec. 22nd and will reopen on Jan. 2nd.

See you in 2018!

IN THIS ISSUE

- **Gaming Grant Workshop, Pg. 2**
- **Free Equipment, Pg. 2**
- **Youth & Volunteering, Pg. 2**
- **Member News, Pg. 3**

Thankyou!

As this year comes to a close, we would like to take this opportunity to thank all of our members, sponsors and volunteers for your invaluable partnership and support! We look forward to working with you in 2018!

Did you know?

We have online resource templates and samples on Volunteer Management, Non-Profit Management and Board Development for your organization to utilize!

Check them out on our website under Resources/Templates. Register online to access the templates or email mail@volunteercr.ca for more information.

Community Gaming Grant Information Workshop with David Sheach

Tues, Feb. 6th, 2018 1-4 p.m. @ the Enterprise Centre East
Boardroom, 900 Alder Street.

About the workshop: The BC Association for Charitable Gaming (BCACG) is a non-profit society that represents and supports community groups who are applying for a Community Gaming Grant.

Our workshops review the eligibility requirements, program description and details, budget, in-kind support, volunteers and key considerations when accounting for activities. Hear about new updates to the guidelines and join us for an interactive session with community groups and learn from the facilitator with the opportunity to ask questions and hear feedback from each other.

About the facilitator: David Sheach is the Executive Director of the BCACG and is presenting a 3 hour Gaming Grant workshop to help you prepare an accurate application and manage the funding according to the conditions of the grant.



Registration:

The is a free event for members of Volunteer Campbell River!

\$10 per person for non-members.

Space is limited. Pre-book your seat early to avoid disappointment!

Email mail@volunteercr.ca or call 250-287-8111 with your name, email, and agency contact information.

For non-members: Please follow up with payment of cash or cheque to 900 Alder Street, Campbell River, BC, V9W 2P6. Please note: no refunds.



bcacg

A voice for B.C. charities
and non-profits

Partners:

Youth and Volunteering by Volunteer Canada

For more than a decade, Canadian youth have volunteered more than any other age group. In fact, 53% of Canadians aged 15–24 are involved in volunteering. This puts youth well above the national average of 44%.

Statistics from: [2013 General Social Survey—Giving, Volunteering and Participating](#)

To read more about this article and to see some available resources, click [here!](#)

2018 – Save the Date!

April 15-21: National Volunteer Week

Who We Are Staff

Louise Howes, Executive Director
Aolani Delorme, Admin Coordinator

Board

Marcia McKay, President
Brett Woodside, Vice-President
Cynthia Bendickson, Secretary
Trish Whiteside, Treasurer
Carly Pisterzi, Director
Shardae Scott, Director
Thomas Nowak, Director
Fernanda Cruz, Director

New VCR Board Member

We welcome Fernanda to our board!
Fernanda brings experience in fundraising
and public relations to Volunteer CR.

Welcome to the team!



Free Equipment

A Sharp Ux-P115 Fax Machine is available free to a Volunteer Campbell River member agency. It comes with an instruction book and 2 extra fax ribbons!

Pickup at our office, 900 Alder Street,
Monday to Thursday 10 a.m. to 4 p.m.

First come, first serve.



MEMBER NEWS

CR Emergency Support Services Team (CRESST): We are trained emergency response volunteers who help evacuees in an emergency. CRESST meets on the last Monday of each month upstairs at the Search and Rescue Building located at 261 Larwood Road at 7pm. Please call 250 203-1972 for information.

CR Art Gallery: The Artisan market has a wide array of work created by regional artisans and artists. The market will be open Mon-Sat 10 a.m. to 5 p.m. until Dec 23rd and Sun, Dec 24th from 10 a.m. to 2 p.m.

The Arthritis Society: Arthritis Connects Symposium—Navigation of Arthritis Care on Vancouver Island. Sat. Jan. 27th, 2018, 2-4 p.m. at the Victoria Conference Centre, 720 Douglas St, or online via webinar. Improve your knowledge of symptoms, treatment, and availability of community based resources on Vancouver Island. To register call 1.866.414.7766 or email registration@bcarthritis.ca. Weblink: bit.ly/2A17q7g Event #: 666042657 Password: arthritis

Greenways Land Trust: We invite everyone to take part in our fundraiser! The centre of our online auction is a stunning 8'x4'x4" [driftwood mural](#) custom built by Alex Witcombe of Drifted Creations. Find more details [here](#) or on Facebook [[@GreenwaysTrust](#)]. All proceeds will support our local conservation projects. We wish everyone a happy holiday!

Museum at Campbell River – Come see the Festival of Trees at the Museum at Campbell River! Open daily from 10 a.m. to 5 p.m. For more information go to www.crmuseum.ca, or follow us on Facebook or Instagram.

CR Hospital Auxiliary: Brigitte Cudmore, Auxiliary member since 2014, is stepping down as Hospital Thrift Store Manager and President. We are fortunate to have Louise Bingham, Auxiliary member since 2013, as Thrift Store Manager and Shelly Morton, Auxiliary member since 2012, as the new President. Thank you to Brigitte for all of your hard work; and all the best to Louise and Shelly!



Thank you to our Sponsors and Supporters



We acknowledge the financial support of the Province of BC



Contact Us!

900 Alder Street,
Campbell River, BC V9W 2P6
Enterprise Centre (beside the mural)

Phone: 250-287-8111

Email: mail@volunteer-cr.ca

Web: www.volunteer-cr.ca

FB: [Volunteer Campbell River Page](#)

HOURS: Monday to Thursday
10 a.m. to 4 p.m.



Follow us on Facebook to get information on events, volunteer opportunities, workshops, member updates, and more!