



Newsletter

April 2019



FROM THE DESK OF MARY CATHERINE WILLIAMS

executive director

STARTING TODAY to BUILD OUR TOMORROW!

Volunteer Campbell River is very excited to announce the **Youth Can 20/20 Project**, starting April 2019, thanks to funding from the Government of Canada! The **Youth Can 20/20 Project** is a partnership with six communities across Vancouver Island. During the coming year, we plan to engage with at least 75 local youth, from 15 to 30 years of age, to develop and deliver 12 community service and volunteer action projects in Campbell River. This will involve more than 9000 hours of volunteer and engagement time, including training, leadership opportunities, service and having FUN! Each activity or event will be planned and managed by youth, with support from our Youth Engagement staff and mentors. Working in partnership with neighbourhoods, community groups and organizations, the project outcomes will be of great benefit to Campbell River. **Youth Can 20/20** will provide youth with employment readiness skills, connections to community, and opportunities for positive risk-taking, while building confidence and leadership skills. Leading the project will be two amazing staff, with experience in supporting youth and community engagement, and lots of energy and imagination! In the coming months we will be meeting with community partners and building connections with youth who will participate in the project during the year. We look forward to this project and the positive impacts for everyone involved! For more information about this exciting project, please call us or email Tiesha at tschmuland@volunteercr.ca.



SPECIAL EVENT VOLUNTEER: DIANA REINEKING

Did you know that Volunteer Campbell River has a Special Event Volunteer Program? When one of our member agencies has a special event in our community, they can request help from our Special Event Volunteers. Special Event Volunteers are emailed out the information, and if they would like to volunteer at the event, they sign up.

For our volunteer spotlight this month, I chatted with Diana Reineking about her experiences as a Special Event Volunteer.

Diana initially began volunteering in Campbell River after attending a volunteer fair. After her regular volunteering position was finished, she still wanted to help in the community. Special Event volunteering was a way to do that! When an email invitation from Volunteer Campbell River fits with her availability and interest, she signs up to help. Diana has volunteered at a variety of community special events, including everything from Hospital Foundation dinners to golf tournaments. Events are enjoyable to attend as volunteers, and the event organizers are appreciative of the help. Diana enjoys meeting new people, going to the fun events, and knowing that she has helped where she could.

If you would like to join our Special Event Volunteer team, come by our office and sign up, or email us at mail@volunteercr.ca



VOLUNTEER CAMPBELL RIVER

VOLUNTEER MANAGEMENT 101 LUNCH & LEARN

Screening
Recruitment
Recognition and Appreciation
Equipping and Training
Conflict Resolution

4TH THURSDAY OF EACH MONTH

Join us from noon to 1:00
Bring your bag lunch!

*Volunteer Campbell River
900 Alder Street*

info: 250-287-8111

www.volunteercr.ca

National Volunteer Week April 7-13, 2019

This month, we are celebrating the gifts and contributions of many Canadians! Can you IMAGINE a world without volunteers? A recent report from The Conference Board of Canada highlighted the incredible value of volunteers in Canada. In part, the report explains that if included in calculations of GDP, volunteer activities—which are important for the non-profit sector but not included in standard macroeconomic measures—would have added a further 55.9 billion to the economy in 2017, representing 2.6% of GDP that year. That is equivalent to **TWO BILLION HOURS** of work in our country! **\$55.9 BILLION!!! TWO BILLION HOURS OF WORK!** It leaves the question on the table - what if volunteers were NOT contributing their time, expertise, skills, and caring hearts to our communities? I am so thankful that we don't have to imagine this! We say a heartfelt **THANK YOU** to every single person who gives their time, energy and passion to others, thereby helping to build strong, healthy, safe and caring communities. **THANK YOU!! Please join us on April 4th, from 1:00 to 5:00 pm, for an Open House and Volunteer Appreciation Tea to celebrate our amazing volunteers!**



**OPEN HOUSE &
VOLUNTEER APPRECIATION TEA**


Thursday, April 4, 2019
1 pm to 5 pm


Volunteer
Campbell River

900 Alder Street
Everyone welcome!




Beachwood
Corner Cafe

Volunteer
Campbell River

NATIONAL VOLUNTEER WEEK
April 7-13, 2019
Volunteer Coffee Break



Stonhouse
Teas



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Thank you to our
generous sponsors and
coffee providers!

Coupons are available in our office!

HELLO MY NAME IS:

STAFF

Mary Catherine Williams - Executive Director
Tiesha Schmuland- Coordinator

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FROM OUR FRIENDS...

Campbell River and North Island Transition Society is participating in the clothesline project on April 18th from 11 to 3 at Spirit Square to bring awareness to

Prevention Against Violence Week.

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.

Habitat for Humanity is kicking off spring with two upcoming events. "Behind the ReStore Volunteer Recognition Event" April 10th 5:30 Campbell River ReStore be sure to RSVP through our Face book site. Women Build, launching end of March 2019. for more information or to register log on to our website

www.habitatnorthisland.com

The Arthritis Society has two useful new links just launched on their website. Eating

Well: <https://arthritis.ca/support-education/online-learning/eating-well>

Bien Manger: <https://arthrite.ca/soutien-et-education/apprentissage-en-ligne-fr/bien-manger>

North Island College: Need money for college? The NIC Foundation supports hundreds of North Island College students each year through scholarships and bursaries thanks to generous donors. Only one application is required to be eligible for all awards at North Island College. Apply at foundation.nic.bc.ca/students. Don't miss the deadline of **April 24, 2019**. If you would like to explore NIC programs please feel free to reach out to us at questions@nic.bc.ca!

Campbell River and North Island Schizophrenia Society Family & Friends Mental Health Support Group, 3rd Tuesday of the Month, 6:30 p.m.

850E 12th Ave., Campbell River This group is for parents, siblings, partners, adult children and other family members and friends of those living with a mental illness. *Drop in group, no need to register.* Questions, contact us at 250-914-3059 or crss@shaw.ca.

CR Arts Council Come to the Annual Sybil Andrews Day hosted by the Arts Council and Sybil Andrews Society. April 19 from 2 to 4 at The Cottage, 2131 South Island Highway (Willow Point). Coffee, tea and cake will be served.

The Serenity Garden, located at **The Campbell River Hospice Care Centre**, is an oasis of tranquility where those with grief, or who may be facing end-of-life can come to be still, reflect, and cherish the memories of loved ones. The garden will also host many exciting events throughout the summer!

The garden is proudly maintained by our wonderful team of volunteers.

The **Black Creek Community Centre** invites families spanning across the Comox Valley and Campbell River region to attend our Woodland Spring Welcome event on Saturday April 13th from 2pm-4pm. This is our annual family-oriented event, full of interactive activities, children's entertainment and programming. Event is outdoors rain or shine, entry by donation.

The next meeting of the **CR First Open Heart Society** is April 24th at 7 PM at the CR Community Centre. Final 'Walk for Hearts' preparations will be discussed. For more info call Ken at 250-923-3466.

Campbell River & District Adult Care Society is hosting our annual volunteer tea for our volunteers on April 11th 12:30pm-1:30pm. We want to say Thank You to all of our wonderful volunteers. We really appreciate your help at Adult Care.

Radiant Life Outreach continues the great work begun by Art and Sally Van Holst from the outreach centre at 1251 Cedar Street. We served more than 1400 meals to Campbell River's most vulnerable since the leadership change last November. To find out more, contact Adrian at 250 830 0190.

Greenways Land Trust presents "*Birding for Beginners*," a course that teaches which birds you can spot in the Campbell River area, how to identify them, and where to find them. Three Saturdays in April (6th, 13th, 27th), from 9 – 11 AM. \$60 [\$50 for

members]. Registration required, BYOBinoculars. Contact info@greenwaystrust.ca

Discovery Passage Aquarium: is hosting an information night at the Explorer Lab on: Wednesday, April 17th, 6:00PM - 7:30PM At the Discovery Passage Explorer Lab. 621B Island Highway; to the left of the entrance to the Maritime Heritage Centre. Questions? Email: volunteers@discoverypassageaquarium.ca

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