



SPRING 2022

# VOLUNTEER KAMLOOPS

The official e-newsletter of Volunteer Kamloops



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[www.volunteerkamloops.org](http://www.volunteerkamloops.org)



#NVW2022

## LET'S ALL CELEBRATE CANADA'S VOLUNTEERS



NATIONAL VOLUNTEER WEEK  
APRIL 24-30, 2022



### EVENT CALENDAR:



April 15-18:  
Easter at Eden's  
Way Farm  
Sanctuary



April 25:  
Boogie the  
Bridge



April 30:  
VOLUNTEER FAIR  
at Aberdeen Mall

## LINK PROGRAM UPDATE

The Link Program has continued to provide referrals and recruitment to our member agencies. Winter brought an increase in volunteer opportunities and we welcomed the following new/returning members: **Eden's Way Farm Sanctuary, Parent Support Services Society of BC, Kamloops Partner Assisted Learning, Elderdog, Boogie the Bridge Society, Western Canada Theatre and Parkinson Society of British Columbia.**

Our office currently remains accessible by appointment on an as needed basis. The Link Program continues to offer virtual meetings with volunteers to assist them with volunteer placement. All current and new volunteer postings can be found at

<https://www.volunteerkamloops.org/volunteer-opportunities/>

We are very excited to announce our upcoming **Volunteer Fair** in conjunction with Karen Knight Consulting. This will take place as a wrap up to **National Volunteer Week on Saturday April 30 from 11am-3pm at Aberdeen Mall**. If your organization is interested in attending or is in need of volunteers please contact our **Link Coordinator Ainsley at [program@volunteerkamloops.org](mailto:program@volunteerkamloops.org)** to find out all the ways Volunteer Kamloops can help recruit volunteers.

We are excited to welcome back the re-start of events and all the new opportunities for volunteers!



## FEATURED LINK MEMBER: Kamloops Food Policy Council

**The Kamloops Food Policy Council** is the longest-standing independent food policy council in Canada: pollinating community food projects, developing partnerships, and contributing to public policy since 1995!

In the early 1990s, our founder Laura Kalina - a public health dietitian with Interior Health - saw many in our community going hungry. After pulling together a group of concerned, dedicated people from business, government, non-profits, and the farming community, the Kamloops Food Policy Council was formed to work collectively on solutions to food insecurity.

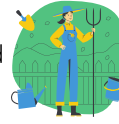
The KFPC continues to inspire and establish food security work by building grassroots community capacity around food through our programs, policy advocacy, education, and partnerships. While there are a number of incredible and inspiring partnerships and programs currently overseen and/or run by the KFPC, we wanted to highlight our Gleaning Abundance Program and Butler Urban Farm; 2 community food action programs that work towards a regenerative, sovereign, and just local food system. The Gleaning Abundance Program (GAP) brings people from all over our city together to harvest and share our local abundance of fruit and vegetables. Produce from fruit trees, farms, and gardens that might have gone to waste becomes a welcome source of fresh food for many who might otherwise go without. Participants of the program keep 1/3 of the pick, volunteers receive the other 1/3 in exchange for their help, and local community organizations serving Kamloops' most vulnerable and food insecure populations receive the other 1/3 to use in their food programming. Since the program's inception, we have gleaned over 140,000 lbs of fruit and vegetables! Over half of that amount has been donated and shared across our city.

## FEATURED LINK VOLUNTEER POSTINGS:

### Animal Care Volunteers- Eden's Way Farm Sanctuary

Volunteers are needed for a variety of animal care and general farm tasks.

Contact **Jaye Dueck**  
[edensfarmsanctuary@gmail.com](mailto:edensfarmsanctuary@gmail.com)



### Adult Literacy Volunteers- KPAL

Volunteers provide one-to-one tutoring for adults and seniors wanting to improve their literacy or digital skills.

Contact **Nakita Gideon-Syme**  
[kamloopspal@gmail.com](mailto:kamloopspal@gmail.com)



### Timeraiser Committee Volunteers - Volunteer Kamloops

Volunteers will assist with planning Timeraiser; an event that is part volunteer fair, part art auction and a night on the town.

Contact **Terri Hadwin**  
[secretary@volunteerkamloops.org](mailto:secretary@volunteerkamloops.org)





GAP is a substantial and fun program aimed at increasing our city's level of food security. The GAP is always looking for volunteers to help pick and glean Kamloops' abundance of fresh fruit and vegetables! If you're interested in attending some harvests, whether to meet new people, reduce Kamloops' food waste, or take home some fresh produce, sign-up as a volunteer today at [www.kamloopsfoodpolicycouncil.com/gleaningabundance](http://www.kamloopsfoodpolicycouncil.com/gleaningabundance) or contact our **Gleaning Abundance Coordinator, Mariana Guerra:** [mariana@kamloopsfoodpolicycouncil.com](mailto:mariana@kamloopsfoodpolicycouncil.com). If you have a fruit tree or garden you would like to register with the program, you can do so as well on our website.

The Butler Urban Farm is our community farm initiative on Kamloops' Northshore. The farm was started in 2015 by an organization known as JUMP Kamloops (Jubilee Urban Movement and Partners), and was passed into the management of the Kamloops Food Policy Council (KFPC) in 2020.

Supporting the larger vision of a local food system that is regenerative, sovereign, and just, the BUF seeks to grow food accessible for all individuals and organizations within our community, without a monetary barrier. The farm increases local food production and community resilience to climate change and global crises. It is a volunteer and community driven program that provides opportunities for people to engage to build community and share knowledge while growing food.

The motto at the BUF is simple: anybody can come in to work and anybody can come in to harvest. Nobody leaves the BUF empty handed!

If you'd like to volunteer at the BUF, whether to help with garden maintenance, harvests, or participate in hands-on learning, connect with our **Farm Community Organizer Caitlin Quist** today: [caitlin@kamloopsfoodpolicycouncil.com](mailto:caitlin@kamloopsfoodpolicycouncil.com)

Interested in the KFPC and more of the work we do? Head to our website to read up on current programs and initiatives: <https://kamloopsfoodpolicycouncil.com>. Follow our Facebook or Instagram to hear about more food programs and volunteer opportunities. Or join us at our monthly networking event!

## SNOW ANGELS PROGRAM WRAP UP

Happy Spring everyone! What a successful year we have had with the Snow Angels program, and it is all due to our amazing volunteers!

We had **67 volunteers help 133 clients this year**. That means 133 seniors or those with mobility issues did not have to worry about trying to clear their driveways and walkways of snow, allowing them safe access to and from their homes. As many of our clients rely on care aides and the Handi-dart bus, or need to be able to shop and get to medical appointments, this is such an important service.

Our clients were so happy to have help dealing with the significant snow fall that we had this year, and I received many positive phone calls. One senior was so happy with her Snow Angels that she called the mayor's office to let him know how great they were and what a wonderful program we had! We cannot thank you enough for your dedication and caring for your community. Our Snow Angels are the heart and soul of our program.

Alongside our volunteers, we had **PIZZA NOW** as our sponsor this year again. They donated an 8" pizza to each snow angel every time they cleared snow plus also provided 2 families meals each month for our volunteer draw. Thank you so much to Rocky and Tarzan, your generosity was so appreciated by so many.

Enjoy your spring and summer and look out for an email in the Fall for news about our next Snow Angels program.

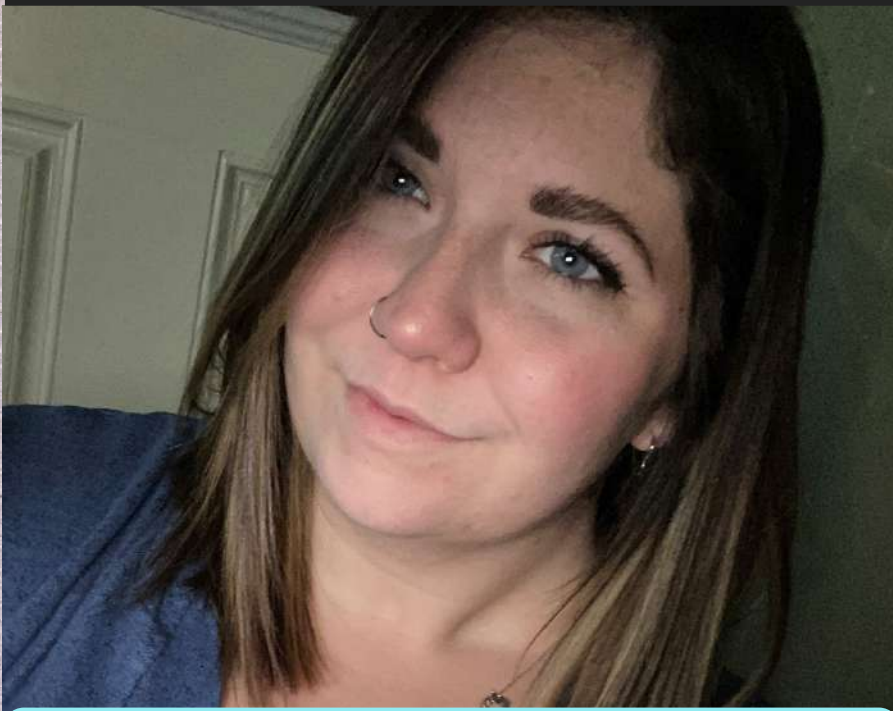
- **Anita Jacobsen, Snow Angels Coordinator**



## FOCUS PROGRAM UPDATE

Welcome! My name is **Alysia**. I am the new FOCUS program coordinator with Volunteer Kamloops. I have worked and grown in the social services field for 8 years. I've had the opportunity to work with many local organizations in the community and look forward to growing more with Volunteer Kamloops. My goal for the FOCUS program is to help individuals who identify with mental health find volunteer placements and explore their talents. I want to continue working towards a future where mental health is normalized and recognized. I look forward to connecting with you all!

**Mental  
health  
matters**



**Alysia Smith- Focus Program**

- **Interior Crisis Line Network (ICLN) 1.888.353.2273 (CARE)**[www.interiorcrisisline.com](http://www.interiorcrisisline.com)
- **Canadian Suicide Prevention Service (1.888.456.4566)**
- **First Nations and Aboriginal specific 24/7 crisis line** based in Port Alberni and serving the entire province. **Toll-free: 1-800-588-8717 - Youth Line: 250-723-2040 - Adult Line: 250-723-4050.**
- **Native Youth Crisis Hotline - 1-877-209-1266**
- **Trans Lifeline - 1-877-330-6366** [www.translifeline.org](http://www.translifeline.org)
- **Mental Health Information Line 310-6789**
- **For Healthcare workers: Care to Speak** is a peer support service that provides emotional and psychological help to healthcare workers. It's free and confidential. **Monday to Friday, 5pm to 9pm, and Monday, Tuesday, and Wednesday from 10:00am to 2:00pm. 1-866-802-7337 (PEER)**







Volunteer Kamloops

&



Karen Knight Consulting

Presents:

## Kamloops Volunteer Fair

# April 30

Want to help but  
don't know where  
to start?

**FREE ENTRY**

**Saturday April 30,  
11am-3 pm at  
Aberdeen Mall.**

