

# VOLUNTEER VIEW

Volunteer Calgary's update on all things volunteering

## WELCOME, VOLUNTEERS!

Everyday, countless individuals work to make Calgary a better place. They make a huge difference with everything that they do - big or little. Their names are rarely featured in headlines, but we know that they are out there making essential services available to the community. They are people like you – **volunteers**.

The **Volunteer View** is a bi-monthly e-Newsletter that Volunteer Calgary will publish for YOUR benefit. It will feature stories about volunteers, important news, community events, helpful resources, exciting volunteer opportunities and more. It will provide inspiration, motivation, and recognition.

We hope you enjoy the Volunteer View!

## THREE CHEERS FOR VOLUNTEERS!

On Monday, December 5, 2011, people from all around the world celebrated International Volunteer Day (IVD).

Volunteers are so important that in 1985, the United Nations designated December 5 as a day to celebrate and honour volunteers. For more information about this special day, click [here](#).

There are many ways for you, your family and your friends to celebrate and support the amazing work of volunteers year-round. Click [here](#) for some ideas.

For more volunteering ideas throughout the year, visit [www.volunteercalgary.ab.ca](http://www.volunteercalgary.ab.ca)

**To all volunteers out there, keep up the wonderful work and THANK YOU!**

## BE A VOLUNTEER HERO!



### Rise up and Register!

Have you ever wanted to make a difference in the world?

*Now you can!*

Be Calgary's own Volunteer Hero.

## IN THIS ISSUE

### December 2011

[Three Cheers for Volunteers](#)

[Rise up and Register](#)

[tis the Season to Do Good](#)

[Wanted: Outstanding](#)

[Volunteers](#)

[Zombies in YYC](#)

[3 Things for Calgary](#)

[Take Calgary's Pulse](#)

[Spotlight on Volunteers](#)

[Non-profit in Focus](#)

[Community Calendar](#)

## WHAT'S NEW

### Welcome to Volunteer Calgary

For over 55 years, Volunteer Calgary has played a key role in the promotion of volunteerism in the city. We have connected thousands of Calgarians to unique and meaningful volunteer opportunities within their community.

## BITS OF GOOD

**There are hundreds of ways you can make a difference - big or small. Start today!**

**CAROLING & MORE.** Love to sing & lead a group in singing? Extencare Hillcrest needs you! [bmcgregor@extencare.com](mailto:bmcgregor@extencare.com) / 403-249-8915

**DECEMBER'S HERE!** Energetic and outgoing volunteers needed to help Habitat for Humanity Calgary with special events in December.

[volunteers@habitatcalgary.ca](mailto:volunteers@habitatcalgary.ca)

### WINTER BLUES LISTENER

Creative Problem solver? Volunteer on Distress Centre's Crisis lines! Now recruiting for Jan.

**HOW?** Take these three easy steps to start.

1. **Sign up.** It's FREE!
2. **Search for volunteer positions.** You get access to hundreds of fabulous volunteer opportunities. Find one that tickles your fancy and start volunteering!
3. **Tell your friends.** Let's make volunteering viral by spreading the word.
  - Send an email.
  - Donate your Facebook status.
  - Play Twitter tag.

For more information about our Volunteer Hero campaign and how to do all of the above, click [here](#).

## 'TIS THE SEASON TO DO GOOD

Around this time of year, people usually feel the need to be nice. Could it be residual guilt from our childhood days where we make up for the entire year's misdeeds in a last-minute effort to get on a certain man in a red suit's 'Nice' list?

Whatever it is, the holidays get most people in the *mood to do good*. Our blog's statistics tell us that a lot of people Google "Christmas volunteering" or "holiday volunteer opportunities".

So in the spirit of the holidays, here's a little something we've created for everyone who has woken up today and felt the need to be nice. This advent calendar contains some ideas of things you can do to satiate your need to spread the holiday cheer and help you do something good for others.



Click the button above and start clicking the days away to a merrier and jollier holiday season for one and all!

For more volunteering ideas throughout the year, visit [www.volunteercalgary.ab.ca](http://www.volunteercalgary.ab.ca)

## WANTED: OUTSTANDING VOLUNTEERS

Volunteer Calgary is looking to recognize outstanding volunteers for the [16<sup>th</sup> Annual Leadership Awards!](#)

Do *you* know someone who you think deserves one of these [8 awards](#)?

- \* Heart of Calgary
- \* Leaders of Tomorrow
- \* Leaders in Employee Volunteering
- \* Leader in Volunteer Engagement
- \* Leader in Volunteer Management
- \* Volunteer Family
- \* Volunteer in Profile
- \* Volunteer Animal



If you know someone who might be a good candidate for an award, now is your chance to show them your appreciation by giving them the recognition they deserve.

For more information or to nominate, click [here](#).

**Deadline for nominations is January 13, 2012.**

## ZOMBIES HAVE INVADED CALGARY

[chloem@distresscentre.ab.ca](mailto:chloem@distresscentre.ab.ca)

**HOME FOR CHRISTMAS?** General Help Volunteers needed at our Habitat Sunridge ReStore. Email [volunteers@habitatcalgary.ca](mailto:volunteers@habitatcalgary.ca)

**HUSH LIL' BABY.** Volunteer to do a No Crib for a Bed drive this season. Buy a crib and fill it with essential baby needs. Call LeeAnne 403-538-7314

For hundreds volunteer opportunities, [www.volunteercalgary.ab.ca](http://www.volunteercalgary.ab.ca)

## VIP

### VOLUNTEER IN PROFILE



**Arlie Ring**  
Calgary Public Library

### Do YOU know the next VIP?

Don't miss the opportunity to recognize exceptional volunteers. Nominate someone today!

[Learn more»](#)

## Last Halloween, **ZOMBIES** took over the City of Calgary!

Check out what they were up to.



[Click to watch this breaking news.](#)

### 3 THINGS FOR CALGARY

3 Things for Calgary is an initiative of the Mayor's Civic Engagement Committee. The idea is simple: get every Calgarian to do *at least* 3 things to make Calgary a better place.

1. Pick 3 things.
2. Share these with your friends and encourage them to do the same.
3. **DO IT.**



**3 good things multiplied by a million people** --that's enough to make a huge difference!

Join other Calgarians as they take action on the [3 Things for Calgary website](#).

### TAKE CALGARY'S PULSE

Take Calgary's **pulse** and find out how our city is doing.

Calgary's Vital Signs is an annual community check-up conducted by [The Calgary Foundation](#) that measures the vitality of our community. Find out in which areas we are successful and where we can improve.

View the [2011 Calgary's Vital Signs Report](#).

### SPOTLIGHT ON VOLUNTEERS

#### Real volunteers, real stories.

*Volunteers are everywhere. They are students, professionals, parents, children, neighbours, and friends. They are ordinary people who do extraordinary things for other people and the community. They often don't get the recognition they deserve, so we thought we'd profile some volunteers each month to share their inspiring stories, discover how they impact the lives of others and how volunteering impacts their own lives.*

This month, we met with two newcomers to Calgary who hail from different parts of the globe. They have made their marks in the community as volunteers. Let's get to know them and find out how volunteering has helped them feel more at home in this great city.

#### FABIAN ASIN

**How long have you been in Calgary?**

Since March 2009.

**Where are you from originally?**

Buenos Aires, Argentina. Emigrated in 2004 from Argentina to



Sherbrooke, QC

**What is your educational / professional background?**

Bachelor in Computers Science, Master degree in Business and Economics, Project Manager Professional



**What do you do now?**

I am working as Manager in the Business Services department for Hallmark Tubulars Ltd. Basically, the project manager for many projects within the company and also the manager of the IT department.

**Where do you volunteer?**

I volunteer for the Project Management Institute in Southern Alberta, [Volunteer Calgary Speakers Bureau](#), and as the current president of the Bankers Hollering Toastmasters Club.

**In what ways volunteering benefit you?**

Volunteering helps connect you with people, who know people, who know people. While volunteering, you have the opportunity to get to know people and to offer your knowledge and skills. By helping others, others are going to help you just by giving one reference, or a piece of information which opens a door for you.

The wonderful feeling of giving back to society, knowing that I may affect somebody in a positive way, learning from the differences (cultural, ages, backgrounds, etc), and networking are all perks of volunteering that I enjoy.

**What do you enjoy most about volunteering?**

Meeting fascinating people and learning from them.

**Do you have any tips or advice for other newcomers to Calgary?**

Be open to receiving help. Find an activity that is your passion. Join a volunteer association to help others. Take advantage of the programs to learn English as soon as possible. In a nutshell: take advantage of all the great programs that the city is offering. Don't wait to take action for you and your family.

**What is your favourite thing to do in Calgary?**

Biking, going to the public library, having picnics at the zoo, going to the public swimming pools (specially if there are waves!)

**CRISTINA BALAMBAN**

**How long have you been in Calgary?**

1 year and 4 months now. My 2 daughters and I came here on June 7, 2010 as landed immigrants.



**Where are you from originally?**

Originally from Los Banos, Laguna, Philippines

**What is your educational / professional background?**

I have a Masters Degree in Human Resources Management and a Bachelors degree in Psychology. I was the Sales & Marketing Manager at a food manufacturing company in the Philippines.

**What do you do now?**

I am working as the Development Assistant at Theatre Calgary, supporting the development of a new program with the aim of attracting high level donors.

I got hired after completing my practicum at t Alberta Theatre Projects as part of my 24-week Office Administration Program at the Calgary Immigrant Women's Association.

**Where do you volunteer?**

I learned about the Office Administration Program through my volunteering at CIWA. When I first arrived, I met a Filipino Coordinator who worked at CIWA in one of the newcomers orientation workshops held at the Central library. She emphasized the importance of volunteering, so I immediately signed up to volunteer.

**In what ways does volunteering benefit you?**

- It opened a lot of opportunities for me; I learned about the Office Administration Program, I got my "survival job" because of my involvement in CIWA.
- It looks good on my resume. Here in Canada, volunteering is considered as work experience so it fills in the gap of unemployment. I also got good references for employment, which is so important for someone like me who is new to this country.
- I learned so much about the benefits and services available to new immigrants e.g. food allowance, clothing and furniture allowance for six months, free IQAS assessment, free Canadian Language

Benchmark assessment, free office attire for new immigrants entering the workplace (Making Changes), legal advice, career coaching, resume and cover letter writing, interview tips and so on.

- Volunteering is the best way to fight depression and home sickness. I met a lot of people from different cultures and background and created lasting friendships.
- Volunteering is good for my soul, knowing I am able to help others. I feel important and connected not isolated.

#### What do you enjoy most about volunteering?

I'm a social being so I enjoy meeting people, communicating with them, leading and teaching them about our program - Filipino Community Development Program.

#### Do you have any tips or advice for other newcomers to Calgary?

**Preparation** is important, before and after migrating; before I came here I prepared myself and my family what to expect. I read a lot of articles, self-help books and talked to a lot of individuals. We prepared physically, emotionally, financially and mentally before coming in to Canada.

**Volunteer** – this is the best way to network with people and get out of your comfort zone and start building your confidence.

**Study** whether formal or informal – because knowledge is power. And when you go out there –**smile!**

#### What is your favourite thing to do in Calgary?

I like attending live theatre plays (Theatre Calgary and ATP); discovering new places to dine around the city; going to different libraries, visiting different parks with family and friends during summer. I also like attending yoga classes and Toastmasters Club.

## TIPS & TRICKS OF THE TRADE

### How to make the most of your volunteer experience

- **Love it.** Pick a cause that you feel passionate about. Find an organization that reflects that passion. Remember the volunteering rule of thumb: *do something you love.*
- **Share.** Put your skills, talents and time to good use. Go out into the community, find a need, and then fulfill it.
- **Discover.** Learn a new skill, take on another challenge, broaden your horizons, explore different worlds, and immerse yourself in unique situations.
- **Set goals.** Align volunteering with your life or career goals. Want to lose a few pounds? Play ball with children. Want to learn to cook? Serve dinner at a homeless shelter. Want to be a leader? Head up a board. Set your goals and then go get 'em.
- **Socialize.** Strengthen bonds, share values, and create wonderful memories doing something worthwhile. Bring family. Grab old friends. Make new ones.
- **Enjoy.** Bring your sense of humour and your enthusiasm. Go with an open mind. Most importantly, go with an open heart.

## NON-PROFIT IN FOCUS

**Volunteer Calgary has over 450 member non-profit organizations varying in mission, size, and scope. Get to know one each month and find out how you can help.**

**Organization Name:** Canadian Health, Immunization and Learning Development Foundation (CHILD)

**Mission:** CHILD's purpose is to provide basic health care and health education to underprivileged women and children in rural India.

#### Why it's cool:

Based out of Calgary, Alberta, with support of Rotary Clubs, Government of Alberta, corporations and local donors, the CHILD Foundation constructed a 6,300 square foot hospital in *rural India*. The Maya Devi Charitable Hospital officially opened its doors to serve public on October 2nd, 2011. Its first patients were a woman and a child.



Website: [www.childfoundation.ca](http://www.childfoundation.ca)

**How you can help:** Check Child Foundation's [posting](#) on the Volunteer Calgary website for available volunteer opportunities.

## COMMUNITY CALENDAR

**Make your days count. Here are some upcoming events in the community that can use your time and support.**

### DECEMBER 17, 2011

Run Santa Run! Calling all Santas! The Third Academy is hosting its second annual Run Santa Run 5K/10K run and 1K walk at 10:00 am, Eau Claire Market on December 17, 2011. The Third Academy is a non-profit fully accredited private special needs school. [More information.](#)

### TILL DECEMBER 18, 2011

Once Upon A Christmas is a classic holiday tradition with festive activities for the whole family. Once Upon A Christmas returns to Heritage Park Historical Village Saturdays and Sundays November 19 until December 18 from 9:30 a.m. until 4:00 p.m. For more information call 403-268-8500 or visit [www.HeritagePark.ca](http://www.HeritagePark.ca)

### DECEMBER 31, 2011

Join the Calgary Zoo for Zoo Year's Eve 2011! Enjoy the amazing Zoolights, plus live entertainment and a spectacular fireworks display. The fireworks show starts at 8:30 p.m., but Zoolights activities, fire pits and special entertainment will be going all night from 6:00 p.m. to 9:00 p.m. It all takes place Saturday December 31st, 2011 at the Calgary Zoo. Tickets can be purchased at [www.calgaryzoo.com](http://www.calgaryzoo.com).

### TILL JANUARY 7, 2012

The Calgary Zoo presents ZOO LIGHTS. Witness 1.5 million Christmas lights in their most glorious state at the Calgary Zoo. From November 25th to January 7th(excluding Christmas Day and December 31st) you can experience one of Calgary's favourite holiday traditions. Gates open at 6:00 until 9:00 pm nightly. For tickets and more information call (403)232-9300.

### JANUARY 20, 2012

The 14<sup>th</sup> Annual Bill Brooks Prostate Cancer Benefit will be taking place at Hotel Arts. Join Bill Brooks and friends for one of Calgary's most anticipated social events and charity fundraisers of the year for the Calgary Health Trust in support of prostate cancer care. This year's theme is "Bill in Wonderland". Purchase tickets at [www.calgaryhealthtrust.ca](http://www.calgaryhealthtrust.ca)

### JANUARY 24, 2012

Curling with a twist! Olympic Plaza will be transformed into a giant human curling rink where the people become the rocks and hurtle themselves down the ice! Partial proceeds to KidSport Calgary. [More information.](#)

### JANUARY 30, 2012

The Mayors' Excellence Awards will be held at the Fairmont Palliser. These awards recognize and celebrate the efforts of business, community and education, working together to improve the quality of public education in Alberta communities. For tickets, call 403-457-5821.

**Do you have a community event?** Email [communications@volunteercalgary.ab.ca](mailto:communications@volunteercalgary.ab.ca) to submit information to be included in the next issue of Volunteer View.

### TWEETED

#### @NeighbourLink

Our oldest volunteer and one of our youngest - Howard (VolunteerCal award winner) and the lovely Micah :) <http://twitpic.com/6ic67e>

#### @FRANCOMEDIA

My #YYCVolunteerHero is Christina Greenway. RT and follow [volunteercal](http://volunteercal)

#### @kimrobyn

Adorable! "VolunteerCal: This looks like a potential nominee for the Volunteer Animal

### BLOG BYTES

Check out these hot topics from our blog!

- [Celebrate International Volunteer Day: December 5](#)
- [The Holiday Season: A Time to Give Time](#)
- ['Tis the season! Employee Volunteering for the Holidays](#)
- [Link your volunteer experience to boost your CV.](#)

Bookmark our blog:  
[www.volunteercalgary.wordpress.com](http://www.volunteercalgary.wordpress.com)

### DOSE OF INSPIRATION

"Small acts, when multiplied by millions of people, can transform the world."

~ Howard Zinn

We're all trying to make a big difference, not realizing the small difference we make for each other every day.

Connect with us:



**Leading, promoting, connecting  
and strengthening volunteerism.**

Volunteer View is published monthly for the benefit  
of Calgarians.

For comments, story ideas, or to contribute, send  
an email to Amy Baquir, Communications  
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[communications@volunteercalgary.ab.ca](mailto:communications@volunteercalgary.ab.ca)

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