

## Board of Directors 2015

**President**—Leslie Vaala

**Vice-President**—Marnie Brown

**Treasurer**—Beverly Thomson

**Secretary**—Emily Bryce

### **Directors:**

Blair Kellington

Joyce D'Andrea

Aaron Roth

Cheri Pokarney

Stacy Chief-Body (Interim)

## Staff 2015

Diana Sim—Executive Director  
(start April 2012)

Lynn McLennan—Bookkeeper  
(start February 2012)

Shelley Ducheminsky— Administrative Assistant (start July 2013)

Bill Ginther—Outreach Coordinator ( February 2014-February 2015)

Courtney Sopko— Volunteer Coordinator (Start August 2014)

Joan Kent—Executive Assistant (October 2014-April 2015)

Scott Weber—Project Paintbrush Advisor (May -September 2015)

Theodore Unsworth—Project Paintbrush Coordinator (May -August 2015)

Genna Bouchier—Project Paintbrush Assistant (June-August 2015)

Alex Drapeau—UVolunteer Program Coordinator (January-August 2015)

Tiffany Herrell—UVolunteer Program Coordinator (start September 2015)

Chelsea Sherbut—Development Coordinator (start September 2015)

***“Alone we can do so little; together we can do so much.” - Helen Keller***

***Volunteerism benefits people served, organizations, the community overall and the volunteer themselves. Volunteerism makes a difference.***

**Thank You**

**To Our 694**

**2015 Volunteers**

Measuring the impact of Volunteer Lethbridge volunteers shows the value of the diversity that your contributions make to all that Volunteer Lethbridge accomplished this last year.

**YOU impact  
change  
through  
growth.**



Volunteer Lethbridge



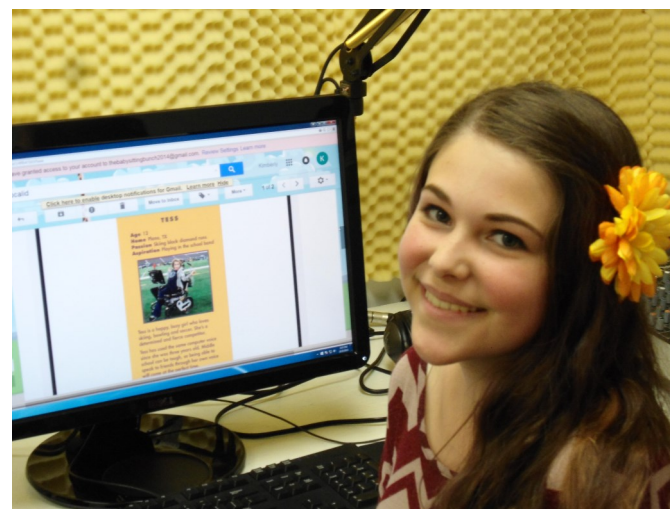
## Annual General Report 2015

### **Vision:**

Volunteer Lethbridge strengthens and sustains a healthy, vibrant community through support and advancement of volunteer excellence.

### **Mission:**

Volunteer Lethbridge builds connections and empowers individuals and organizations to enhance volunteerism and grow volunteer capacity.



**Kimberly's voice has been matched with Tess!**

## President and Executive Director Report – Leslie Vaala and Diana Sim

A year at a glance brings the opportunity to reflect on the activity that demonstrates change.

### Development

Providing group and short-term volunteer opportunities, new in 2015 include:

Human Voice Drive – in partnership with VocaliD, volunteers have the opportunity to donate their voice in the studio at Volunteer Lethbridge. Assistive communication powered by humans, empowering humans. Crafting unique vocal identities by blending voices through technology, combining the voices of real people to create personalized vocal personas for those who need them.

Hoarding, Outreach, Management, Education (HOME) has the opportunities for the Busy Bee and Support Volunteer to assist to de-clutter homes and to support a family by following up with one-year of scheduled support.

Lethbridge Rotary Dragon Boat Festival volunteers – Volunteer Lethbridge D.O.E.S. and D.O.E.S. Light volunteers organized and coordinated the ATB Financial KidZone, welcoming numerous community volunteers to join in the festivities as well.

Volunteer Lethbridge participated on the Cheers 4 Lethbridge planning community. A great initiative to engage community members in making a healthier, stronger community.

D.O.E.S. Light – volunteer group for 13-18 year olds formed, with a kick-off of an activity to recognize International Youth Day

UVolunteer was launched! Connecting students to volunteer opportunities within the University of Lethbridge, the City of Lethbridge and area communities. Experiential learning is a positive way to gain new skills and an excellent way for students to share their motivation and innovative initiatives with the community.

### Governance

The Board reviewed the Strategic Plan of 2012-2015 and revised the goals, strategies and initiatives for 2016-2018.

## Thank you to our Donors and Funders (Cont.)

University of Lethbridge  
University of Lethbridge Student's Union  
Volunteer Alberta  
Water Pure and Simple  
Weber Handyman & Maintenance  
Westech Portable Sanitation  
Western One Rentals & Sales  
Wolsey Incorporated

Aaltje Reitsma & Dorothy Gierulski  
Ann Beers  
Beverly Ann Thomson  
Beverly Burton  
Christine & Dennis Burton  
Courtney Sopko  
Cynthia Sisk -Edgar  
Diana Sim  
Douglas Van Belle  
Jerry Pokarney  
Joanne Perrett  
Joyce D'Andrea  
Kendall & Terry Jenson  
Laurie Reid-Brown  
Leslie Vaala  
Lewis Mills & Diane Duffy  
Lynn McLennan  
Marilyn Eyre  
Nikki Oldenburger  
Peter & Betty Wiens  
Polly Ducheminsky  
Roy Pogorzelski  
Sandy & Bernadette Lyons  
Thomas & Irene Mckenna  
Tracy Burton



*Inspiring people to discover ways they can impact their community through volunteerism often creates an awareness of how the volunteer reaps health benefits, advances their career, builds new and meaningful relationships, boosts their own happiness and impacts change.*

*“Donors do not give to organizations because organizations have needs; they give because organizations meet needs.”*

*- Kay Sprinkel Grace*

## ***Thank you to our Donors and Funders.....***

|                                     |                                        |
|-------------------------------------|----------------------------------------|
| 107.7 The River                     | Lethbridge Herald                      |
| 94.1 CJOC                           | Lethbridge Journal                     |
| AO Shirley Memorial Foundation      | Lethbridge Lifelong Learning           |
| Air Jump                            | Lethbridge Lodge Hotel &               |
| AWC Communications Inc.             | Convention Centre                      |
| B-93                                | Lethbridge Rotary Dragon Boat Festival |
| Blooms Flowers & Gifts              | Logos Embroidery                       |
| Booster Juice South                 | LW Dennis Contracting Ltd.             |
| Brio Salon & Spa                    | Ma Belle                               |
| Canadian Tire- North/South          | Maritime Travel                        |
| Charlton and Hill                   | Magrath Golf Course                    |
| Challenger Building Supplies        | Molson Canada                          |
| Chinook Country Tourist Association | Nord-Bridge Seniors Centre             |
| City of Lethbridge - FCSS           | Pampered Chef                          |
| CKVN 98.1FM                         | Park Place Shopping Centre             |
| Cloverdale Paint                    | Pizza Hut                              |
| Community Foundation of Lethbridge  | Prairie Post                           |
| and Southwestern Alberta            | Pro-Plant Care                         |
| Costco Wholesale Canada             | Reliance Appraisal Consultants         |
| Country 95.5                        | Rodan and Fields                       |
| CTV                                 | Rice & Rollingson Dentistry            |
| deJourdan's Photographics           | Rock 106 FM                            |
| D. L. Pollock Professional Corp.    | Rocky Mountain Equipment               |
| Dulux Paints                        | Rotary Club of Lethbridge Sunrise      |
| Evergreen Golf Course               | Safeway                                |
| Ferguson Paint Centre Ltd.          | Save-on-Foods                          |
| Finning                             | Scentsy                                |
| FritoLay                            | Scotiabank                             |
| Front Row Pub & Grill               | Signature Dentistry                    |
| Gas King Oil                        | Simply Irresistible                    |
| Games Galore and the Billiard Store | Snack Factory                          |
| General Paint                       | Southern Alberta Newspaper             |
| (now: Sherwin Williams Paint Store) | Spark Plug Consulting                  |
| Government of Alberta               | State & Main Kitchen and Bar           |
| Government of Canada                | Sun Times                              |
| Graphcom Printers                   | Sylvan Learning Centre                 |
| Grower's Direct                     | The Engravers                          |
| Headlines Unisex Hair Design        | Thirty One                             |
| Labatt Brewing Company              | The Keg Steakhouse                     |
| Lia's Long Arm Quilting             | Top Pizza                              |
| Lethbridge Audio Visual             | Two Guys & A Pizza Place               |

The goals are:

- Build connections that expand and strengthen voluntary sector capacity
- Build connections that stimulate individual volunteerism
- Ensure strong, effective board governance

### **Celebration**

Volunteer Lethbridge is excited to celebrate **30 years** in this community. Volunteer Lethbridge became a society on April 8<sup>th</sup>, 1986. The following are the objects outlined then and they are still relevant today:

To provide a volunteer component to assist in community organizations.  
 To provide individuals with meaningful and fulfilling experience.  
 To assist member agencies in volunteer program development.  
 To educate the community and community organizations as to the benefits of volunteerism.  
 To promote the concept of volunteerism in the community.

We look forward to continuing to serve as we recognize volunteerism opens up a universe of opportunity to impact change through community development.

Serving member agencies continues to be our focus. One-on-one meetings throughout this last year has assisted us in learning more about what Volunteer Lethbridge can do to assist you in your day-to-day work and activities. Promoting your events and volunteer opportunities increases the awareness of all that you do. Linking you to resources that bring you value is important to us. Some resources include: Weekly Volunteer Promotions; Professional Development; National Volunteer Week events; Leaders of Tomorrow; Serving Communities Internship Program (SciP); fundtracker access; Provincial and National initiatives. More details to follow in this report.

Thank you for your continued support of Volunteer Lethbridge. We look forward to working with you to grow the voluntary sector in our community. We recognize the great work of the not-for-profit agencies, the countless volunteers and all those who support the ongoing efforts to build a strong, healthy community.

*Thank you for trusting Volunteer Lethbridge to impact change.*

2015 brought new opportunities. Some of the work we have been involved in this past year includes:

**LEADERS OF TOMORROW 2015**—194 people gathered at the annual gala to recognize 74 youth between ages 5-24 years who made outstanding contributions to their community through volunteerism.

- 8 excellence awards presented
- 2 U of L scholarships awarded
- 2 Rotary scholarships awarded

*"I choose to volunteer because I appreciate knowing I can do something, and that we as a generation can have an effect on our future." - Keaton*



#### PROJECT PAINTBRUSH

We can't begin to convey how Volunteer Lethbridge made us feel when they came into our backyard to proceed to setup to paint our fence. A team of well-

organized and willing volunteers! We were taken aback to see their approach, skill and professionalism. The scraping, the sanding and then the painting made us feel so indebted to the volunteer crew, my husband and I could not do the work and to think they would come in and do it all in a day struck us as phenomenal. I stated to the volunteers, "this is like a miracle I can't believe it." – Betty and Peter

- 27 projects were completed**
- 147 volunteers participated**
- 1656.5 volunteer hours contributed**
- \$39,756.00 economic value for the volunteer hours**
- 8 Corporate groups volunteered**
- 24 sponsors contributed**

**Today's volunteers are driven by results.**

#### 2015 MEMBER AGENCIES (Continued)

Lethbridge Youth Foundation - 5th on 5th  
Lethbridge Youth Justice Committee  
McGill Music & Arts School  
Multiple Sclerosis Society of Canada  
Navy League of Canada  
New West Theatre  
Nikka Yukko Japanese Garden  
Oldman Watershed Council  
Opokaa'sin Early Intervention Society  
Parkinson Alberta  
Parks Canada-Waterton  
Regional Innovation Network of Southern Alberta (RINSA)  
Rehabilitation Society—Ability Resources  
Rehabilitation Society—Joblinks  
Rotary Club of Lethbridge East  
Schizophrenia Society  
Scouts Canada  
Sik-Ooh-Kotoki Friendship Center  
South Country Treatment Centre  
Southern Alberta Art Gallery  
Southern Alberta Firearms Education Society (SAFE)  
Southern Alberta Individualized Planning Association (SAIPA)  
Southern Alberta Language Assessment Services (SALAS)  
Southern Alberta Self Help Association (SASHA)  
Southern Alberta Technology Council  
Southern Alcare Society & Industries  
Special Olympics Lethbridge  
Spinal Cord Injury Alberta  
St. John Ambulance  
Streets Alive Mission  
Ten Thousand Villages  
The Salvation Army  
United Way of Lethbridge & Southwestern Alberta  
University of Lethbridge  
University of Lethbridge-Alumni Relations  
University of Lethbridge-Pronghorn Booster Club  
Victim/Witness Services-Lethbridge Regional Police  
Victim/Witness Services-RCMP

Wellness Through Living Society  
Westminster Village Committee  
Womanspace Resource Centre  
Wood's Homes  
World Vision Canada  
YWCA Lethbridge & District

#### 2015 INDIVIDUAL MEMBERS (18)

Aaron Roth  
Beverly Thomson  
Bob Dyer  
Cheri Pokarney  
Christine Burton  
Courtney Sopko  
Diana Sim  
Ed Sandau  
Emily Bryce  
Joan Kent  
Jean Eyre  
Joyce D'Andrea  
Kathy Kurze  
Kevin Gordon  
Leslie Vaala  
Marnie Brown  
Scott Weber  
Shelley Ducheminsky



**Volunteer Lethbridge  
working for your organization.  
Hearing about how we can  
serve you effectively is  
important to us.**

## 2015 MEMBER AGENCIES (121)

55 Plus Alberta Winter Games  
 Adaptacare  
 AHS-Lethbridge Community Health  
 AHS-Volunteer Resources-Lethbridge  
 AHS-Volunteer Resources-  
     Taber/Milk River  
 AHS-Volunteer Resources -  
     Cardston/Fort Macleod  
 AHS-Volunteer Resources-  
     Coaldale/Raymond  
 Allied Arts Council of Lethbridge  
 Alzheimer Society  
 Amnesty International  
 Bibles For Missions  
 Big Brothers & Big Sisters  
 Birthright Lethbridge  
 Blackfoot Canadian Cultural Society  
 Black Foot Family Lodge Society  
 Blankets for Canada Society Inc.  
 Boys & Girls Club of Lethbridge & District  
 Brain Trauma Support Society  
 Canadian Bhutanese Society  
 Canadian Blood Services  
 Canadian Breast Cancer Foundation-  
     Prairies & NWT  
 Canadian Cancer Society  
 Canadian National Institute for the Blind  
 Canadian Red Cross Society  
 Chinook Regional Foundation for  
     Career Transitions  
 Chinook Regional Hospital Foundation  
 Choices in Community Living - Legacy  
     Lodge  
 City of Lethbridge—Recreation & Culture  
 CKXU Radio Society  
 Coaldale Public Library  
 County of Lethbridge Community Learning  
     Council  
 Covenant Health - St. Michaels Health  
     Centre  
 Covenant Health - St. Therese Villa  
 Crohn's & Colitis Foundation of Canada  
 Crossroads Counselling Centre  
 Downtown Lethbridge BRZ  
 Elite Volleyball Athletic Association  
 Extendicare  
 Family Center Society

Flexibility Learning Systems  
 Galt Museum & Archives  
 Girl Guides of Canada  
 Good Samaritan Society -Park Meadows  
     Village  
 Good Samaritan Society-West Highlands  
     Centre  
 Great Canadian Plains Railway Society  
 Green Acres Foundation  
 Green Acres Foundation-Alberta Rose  
     Lodge  
 Green Acres Foundation-Black Rock  
     Terrace  
 Green Acres Foundation-Blue Sky  
 Green Acres Foundation-Garden View  
     Lodge  
 Green Acres Foundation-Golden Acres  
 Green Acres Foundation-Heritage Lodge  
 Green Acres Foundation-Pemmican Lodge  
 Hearts Haven Ranch  
 Helen Schuler Nature Centre  
 Interfaith Food Bank  
 It's a Blast-Lethbridge Community Out of  
     School Association  
 Kidney Foundation of Canada - Southern  
     Alberta Branch  
 Kids Help Phone  
 Lethbridge Association for Community  
     Living  
 Lethbridge College TLC  
 Lethbridge Community Network  
 Lethbridge & District Exhibition  
 Lethbridge Family Services Immigrant  
     Services  
 Lethbridge Fish & Game Association  
 Lethbridge Food Bank  
 Lethbridge HIV Connection Society  
     (ARCHES)  
 Lethbridge Lifelong Learning Association  
 Lethbridge Neighbourhood Watch Society  
 Lethbridge Public Library  
 Lethbridge Rotary Dragon Boat Festival  
 Lethbridge Senior Citizens Organization  
 Lethbridge Shakespeare Performance  
     Society  
 Lethbridge Soccer Association  
 Lethbridge Sport Council  
 Lethbridge Twinning Society  
 Lethbridge YMCA

## DIVERSITY of VOLUNTEER IMPACT



“So what have I learned since volunteer-  
 ing you ask? I am a person that would  
 not give up my free time easily and did  
 not come from a world of volunteerism. I  
 think not knowing the true meaning of  
 volunteering makes people unaware of  
 the impact it can have. Volunteers have a  
 heart and willingness to help a stranger  
 or their neighbours in and around their  
 community. So I lift my hat off to the  
 dedicated volunteers and the staff of  
 Volunteer Lethbridge for supporting me

in my difficult time. I would like to thank Volunteer Lethbridge for having  
 the trust in me and giving me the chance to get experience in the admin-  
 istrative line of work. Thank you and keep up the hard work.” — Gillian

In 2015, **694** volunteers assisted with the programs and services at  
 Volunteer Lethbridge, contributing a total of **6908.09** hours, having an  
 economical value of **\$165,794.16**. We could not do what we do without  
 our volunteer resources. (using \$24/hour rate as per TD Economic report)

## NATIONAL VOLUNTEER WEEK April 12-18, 2015

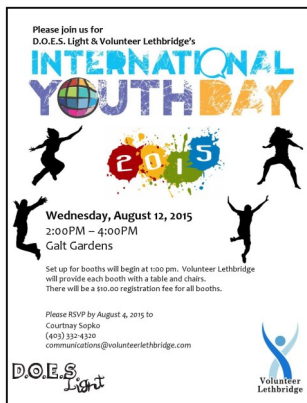
“National Volunteer Week pays tribute to the  
 millions of volunteers who share their time  
 and talents with community benefit organi-  
 zations across the country. This week of cele-  
 bration is a wonderful way to shine the spot-  
 light on volunteers who share their time and  
 talents to making this community a better  
 place to live in; the volunteer managers who  
 work tirelessly to engage and empower volunteers; and the businesses that  
 support employee volunteerism and prioritize community involvement.



The Volunteer Lethbridge flag flew at City Hall. Fun events for volunteers  
 included: a tea, Leaders of Tomorrow and Sparkle Into Spring.

Approximately, 325 people attended the various events during NVW.





International Youth Day at Galt Gardens was the kick-off event for Volunteer Lethbridge's new youth volunteer group, **Doing Our Efforts Simply (D.O.E.S.) Light**. It is run entirely by youth. D.O.E.S. Light strives to engage and empower the youth of the Lethbridge community by bringing together likeminded individuals in a collective environment. International Youth Day was created on December 17, 1999 when the United Nations General Assembly approved the World Conference of Ministers Responsible for Youth's bid to de-

clare August 12 as International Youth Day. The theme was Civic Youth Engagement, D.O.E.S. Light thought this would be the perfect opportunity to get youth involved in their community.

## IMPACT

VL was privileged to serve **121** member agencies in 2015. Our goal is to assist our member organizations with their community impact. VL promotes your volunteer opportunities and events in various ways.

### *Some stats for the end of 2015:*

VL Website: **11,083** visits; **7,192** unique users; **38,108** page views; **8171** page views in the Volunteer Opportunity section

Facebook Followers: **626**

Project Paintbrush Facebook Followers: **151**

Twitter Followers: **1049**

Instagram Followers: **36**

**1636** volunteer opportunities were featured in The Lethbridge Herald weekly, on average representing **33** agencies per month. An average readership of **13,167**. As well, the weekly column is circulated through the Lethbridge College, the University of Lethbridge and an email list of **244** subscribers. **52** agencies were featured as Agency of the Week in the Sun Times, distributed to **18,900** homes per week. VL staff represented member agencies at **26** different community events (trade fairs, etc), talking with **1937** individuals.

Contact us to have your volunteer impact added to the graphic included here.

You are invited to research prospective grants at the VL office—contact us to schedule an appointment.



## VOLUNTEER ACTIVITY

**694** volunteers contributed time to the programs and services of Volunteer Lethbridge. Diverse opportunities include: Board positions, Leaders of Tomorrow committee and evening, National Volunteer Week activities, Project Paintbrush, Special Events, Prime Time Club, Giftwrapping, Serving Community Internship Program (SCiP), Office support, Cleaning, Busy Bees, Shredding, D.O.E.S., D.O.E.S. Light, Fine Options, Human Voice Drive.

**57** volunteers successfully donated their voice to the Human Voice Drive, **56** volunteers are in process, **4** local volunteers have been selected as potential matches for recipients.

Connections made through email, phone call, drop-ins resulted in **728** volunteer referrals made to opportunities within the community,

Share all your volunteer opportunities with us, numerous volunteers connect with us for referrals.



**UVolunteer** UVolunteer was launched in November 2015. **117** volunteers had registered

with the program by the end of December. **1280.91** hours were recorded, reflecting an economic value of **\$30,741.84**; impacting **11** different organizations. Creating opportunities for students, impacts our community.

### Vision:

UVolunteer will inspire and motivate students to volunteer in their communities and will create a campus culture that engages students, faculty, and staff; improves student life; encourages community involvement on campus; sets a standard across Canada; and entices prospective students to choose the U of L by communicating the impact and value of civic engagement.

### Mission:

UVolunteer, under the U of L's four pillar approach to Liberal Education and Volunteer Lethbridge's mission, is a resourced partnership between the University of Lethbridge, Volunteer Lethbridge, and University of Lethbridge Students' Union.

### Objects

"UVolunteer" will:

- connect students with volunteer opportunities within the U of L and Lethbridge and area communities
- build positive relationships with community organizations by providing a valuable human resource
- enhance the culture of volunteerism and engagement on campus
- increase volunteer opportunities associated with the University of Lethbridge
- engage students in experiential learning
- provide support to faculty to imbed volunteer opportunities in the classroom
- provide recognition to program participants
- inspire not for profit organizations to utilize student motivation and initiatives