



# Grande Prairie Regional Association of Volunteer Organizations

## QUARTERLY NEWSLETTER SEPTEMBER 2021

Humans tend to be creatures of habit. We like things to pretty much stay constant and predictable. Change activates a threat circuitry in our brains, thus, not knowing what will happen next requires extra neural energy commonly referred to as 'Stress'. Stress can be debilitating, it can undermine performance, disengage people, diminish memory and cause physical ailments.

We are seeing signs of stress everywhere. People are tired: Tired of the unpredictability – which has become predictable in-and-of itself, tired of the 'other side' regardless of what side of the fence, on whatever issue one sits on. People are angry: angry with systems, angry with government, angry at each other. People are overloaded with information, the constant bombardment of social-media, opinion-editorials (Op-Eds), conspiracies-vs.-data-vs.-sources, and people are scared: frightened of the continual changes, the loss of predictability, routines and pattern.

Comparative to a major natural disaster, the COVID-19 crisis (whether you believe in it or not), will have a lasting impact well into the future. Issues like increased substance abuse, post-traumatic stress and depression, anxiety disorders, chronic pain, and an ilk of other poor health outcomes will occur.

Best way to cope? According to Mental Health experts across the globe, the best ways to cope over the long-term are to:

1. Re-establish structure and routine in your life: regular hours for work, play and sleep and to keep that consistency;
2. Decrease the amount of time spent on screens, so that your not being overloaded with information you can't do anything about;
3. Find ways to connect with loved ones and; the most important one of all,
4. Find ways to be of service.

That's right volunteer. Who knew?

Cheers,

*Carol-Anne*



### In this Edition

2. Furniture Fair
3. Meet Me at the Mall
4. Nominations open for Annual Volunteer Awards
6. Member Benefits
7. Tim Hortons Volunteer Recognition
9. Miscellaneous

### UPCOMING DATES

**October 5-7:**

Online Grant Writing Clinic

**October 13:**

Program Coordinators

Network Meeting

**October 18-22:**

Meet Me at the Mall

**November 2:**

Nominations due for  
Annual Volunteer Awards

"We acknowledge the homeland of the many diverse First Nations and Métis people whose ancestors have walked this land since time immemorial. We are grateful to work, live and learn on the traditional territory of Treaty 8."



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**[www.volunteergp.com](http://www.volunteergp.com)**



**@gpsvb**



**[www.linkedin.com/in/gpsvb](http://www.linkedin.com/in/gpsvb)**



Grande Prairie  
Regional Association of  
Volunteer Organizations

# FURNITURE FAIR



Presented in  
partnership with



THE COMMUNITY VILLAGE

The Association would like to thank everyone who attended and donated to our Furniture Fair held on Friday, September 10th. We would also like to thank the Community Village for their support. The Fair helped Non Profit Members find much needed office items and supplies for their agencies.



# MEET ME AT THE MALL

OCTOBER 18-22, 2021



Twice a year (in spring & autumn), Grande Prairie Regional Association of Volunteer Organizations and the Prairie Mall presents Meet Me at the Mall! This Member Exclusive event at the Prairie Mall's Community Booth allows our Members a free opportunity to showcase their programs and services to mall patrons in individual time slots.

## The days and times available are:

Monday, Tuesday, Wednesday & Saturday, there are two time slots available:  
10:00 am to 2:00 pm and 2:00 pm to 6:00 pm

Thursday & Friday, there are three time slots available:  
10:00 am to 2:00 pm, 2:00 pm to 6:00 pm and 6:00 pm to 9:00 pm

## Some suggestions to consider:

- **Bring Signage:** People in the mall are encouraged to visit the community booth by the displays and enticements that are there. Bright colors, posters, smiles, will bring people over to you. Have a large sign that includes your agency name and logo. Have business cards, brochures and other printed material that people can take away with them that describes your services, programs, needs and contact information.
- **Post on Social Media:** Promote your time at the mall: Twitter by nature is transient, so tweet that you are at the mall every hour or so, to catch people who are out and about.
- **Mailing Lists:** Every new visitor is a potential stakeholder for your organization, so get their contact details. Have a mailing list form or a guestbook where people can leave their email addresses. Send them a newsletter or other promotional material to keep them informed and aware of your services and programs.
- **Tell Your Friends:** Have your friends tell others, Facebook or Twitter that your organization is at the Mall. Word of mouth advertising that your organization makes our community better and stronger – make it work for you!

**REMINDER** - Members participating in Meet Me in the Mall - During your allotted time period, you will be the only agency featured at the Community Booth. Please ensure that your volunteer/staff are there on-time and that you have someone at the booth during the entire time that your agency is scheduled to be there. Please remind your volunteers/staff know that they **cannot stop/approach people** in the corridors and they cannot hand out brochures or other written materials in the corridor. Mall customers must come to the booth.

**\*\*Due to the number of no shows during past Meet Me at the Mall events, organizations failing to attend their scheduled time slot will be charged \$150.00 no-show fee. \*\***

Members please contact Ginette at 780-538-2727 or email [membership@volunteergrandeprairie.com](mailto:membership@volunteergrandeprairie.com) for more information.



# NOMINATIONS ARE NOW OPEN FOR

THE CITY OF



Grande Prairie  
Regional Association of  
Volunteer Organizations

## ANNUAL VOLUNTEER AWARDS!

Planning is currently in the works to celebrate International Volunteer Day 2021. The Grande Prairie Regional Association of Volunteer Organizations (The Association) is once again partnering with the City of Grande Prairie to recognize amazing individuals and organizations with our collective annual volunteer awards. We ask the citizens, community groups, educational institutions, and voluntary organizations of Grande Prairie and surrounding areas to submit their nominations and help us celebrate those who make our community a better place to live.

**The Grande Prairie Regional Association of Volunteer Organizations is seeking nominations for:**



THE Grande Prairie  
Regional Association of  
Volunteer Organizations

### 2021 VOLUNTEER OF THE YEAR AWARDS

**The Volunteer of the Year Awards** recognizes one individual and one company/corporation in the Grande Prairie region for outstanding contributions to the community

through their support & acts of volunteerism in the non-profit sector and/or community within the last twelve months. If you have a volunteer or a company that has made a significant impact and/or continuous long-term dedication to an organization, we want your nominations! The Volunteer of the Year Award is sponsored by Servus Credit Union and the Corporate Volunteer of the Year Award is sponsored by the Prairie Mall.

[Click here to nominate a Individual Volunteer of the Year](#)

[Click here to nominate a Corporate Volunteer of the Year](#)

Continued on next page.

# THE 2021 LEADERS OF TOMORROW AWARDS

Presented by

**ATCO**



**The Leaders of Tomorrow Awards** recognizes individual youths, living in Grande Prairie and surrounding area, who have made outstanding contributions to their communities

through volunteerism. Individuals, community groups, educational institutions, and voluntary organizations are all encouraged to nominate an outstanding youth volunteer. The Awards recognize individuals in Grade 7 to 12, between the ages of 12 to 18 in 4 categories; LEADERSHIP, VOLUNTEERING, ADVOCACY & PERSISTENCE. The perfect nominees are: Dedicated to Helping the Community; Have A Fearless Approach; Strive for Inclusion; Continuously Volunteer; Have Endless Patience; Think Creatively; Are Eager to Take the Initiative; Are Driven by Passion; Work Well with Others; and Inspire & Encourage Volunteerism.

[Click here to nominate a Leader of Tomorrow](#)

**For more information on the Grande Prairie Regional Association of Volunteer Organizations Awards and nomination forms visit our website [www.volunteergrandeprairie.com](http://www.volunteergrandeprairie.com) or contact us at 780-538-2727.**

**The City of Grande Prairie is seeking nominations for the following volunteer awards:**



**The Bill Bowes Volunteer Organization of the Year Award** recognizes volunteer organizations or foundations in Grande Prairie that have provided outstanding contributions to the community through meritorious service, voluntary contributions and exemplary community development having a direct, positive effect on residents of the City of GP.

For more information about this award and for nomination forms visit <https://www.cityofgp.com/BillBowes>.



**The George Repka Outstanding Achievement Award** recognizes individuals who have made a major contribution in the areas of recreation, culture, or social services to the community.

For more information about this award and for nomination forms visit <https://www.cityofgp.com/GeorgeRepka>.

**The deadline for nominations is Tuesday, November 2nd, 2021.**

The Awards will be presented on December 6th, 2021 at the annual International Volunteer Day (IVD) Celebration. The celebration may be held in-person, virtually or a combination depending on Public Health Measures. More details on the IVD Celebration coming soon.

# MEMBERSHIP BENEFITS

Stay connected with the community & empower your organization!

The Grande Prairie Regional Association of Volunteer Organization offers our Member Agencies the following benefits and more.

[Click here to inquire about FREE MEMBERSHIP!!](#)



## LEADERSHIP ENHANCEMENT

**FREE workshops for  
your organization!**

- Policy and Procedural Development
- Board Governance Training
- Three (3) free workshops for up to 2 participants each (\$300value)s for your organization!

Training topics include: Finance and Accounting, Governance, Technology, Marketing, Time Management, Customer Service, Organizational Change, Community Relations, Professional Skills AND MORE!



## ORGANIZATIONAL RESOURCES

**Save money for your  
company!**

- FREE use of meeting rooms, Zoom Video conference, presentation equipment, loan of library resources AND use of mailing address
- AFFORDABLE printing and copying (high volume scanning capability)
- Access to Adobe Acrobat Pro



## PROMOTION & ADVERTISING

**Share your events and  
make connections!**

- FREE listing and link to your website on our Members Page
- Meet Me at the Mall - half day promotional spot in the Prairie Mall twice a year
- Promotion of your events on our social media networks and our Community Calendar
- Feature in our Member Spotlight



## OPERATIONAL SUPPORT Professional advisory & support

- Executive Directors Network Meetings
- Volunteer Coordinators Network Meetings
- Human Resources Functions
- Grant Support
- Interim Management
- Furniture Fair



## VOLUNTEER SUPPORT Connect with volunteers in our community!

- FREE Listing of Volunteer Opportunities
- Access to Online Volunteer Directory
- Volunteer Appreciation Events
- Volunteer Recognition Programs

**ANNUAL MEMBERSHIPS FEES**  
**Non-Profit: 12 Months Free**  
**Corporate: \$200.00**

**For more information on membership  
and the benefits of joining contact us at  
780-538-2727 or email  
[info@volunteergrandeprairie.com](mailto:info@volunteergrandeprairie.com).**

*Tim Hortons*  
**VOLUNTEERS  
OF THE WEEK**

**VOLUNTEER  
RECOGNITION**

*Tim Hortons*  
**VOLUNTEER  
OF THE MONTH**

Congratulations to everyone that was recognized as Volunteers of the Week nominees and Volunteer of the Month Winners for the months of June & August.

Sadly there were no nominations made for the month of July.

The staff and board of the Association would like to thank Tim Hortons for sponsoring our volunteer recognition program and fueling the volunteers of Grande Prairie & Area.

All Volunteers of the Week nominee (excluding those nominated by the Association) are entered into the Volunteer of the Month Draw. Volunteers of the Month receive a \$100 Tim Hortons gift card!

**JUNE 2021  
VOLUNTEERS OF THE WEEK**

**Wade Smith** was nominated by the Grande Prairie Farmers' Market.

Meals on Wheels & Seniors Outreach nominated:

**Leanne Germann**                      **Ron Boyce**  
**Susan Thomson**                     **Janice Hovey**

**Judy Kokotilo-Bekkerus** was nominated by Friends of Grande Spirit Foundation

Frontier College nominated:

**Tanis Radoux**                      **Marian Mark**  
**Erika Smith**                        **Megan Visser**  
**Kiesha Mastrodimos**              **Thayne Young**

Jill Jardie nominated:  
**Anna Kniel, Bev Burechailo  
& Norma Zasandny**

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**AUGUST 2021  
VOLUNTEERS OF THE WEEK**

Bailey Randolph nominated:

**Rena Tattrie & Kris Orbell**

Meals on Wheels nominated:

**Cliff Mitchell**                      **Joyce Mitchell**  
**Theresa Uzelman**                  **Sheila Shepard**

**JUNE 2021**



**ERIKA  
SMITH**

The winner of June's Volunteer of the Month draw was Erika Smith, who was nominated for Volunteers of the Week by Frontier College.

Here is a look back at what they had to say about their volunteer: 'Erika's years of volunteer experience, both within Canada and abroad, demonstrates her dedication to giving back. As a Frontier College reading tutor, Erika developed a meaningful and effective connection with her learner. We are so grateful for the time she spent with us and the effort she put in to being a wonderful, reliable, encouraging volunteer this year!'

**Congratulations Erika!**

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**AUGUST 2021**



**KRIS ORBELL**

The winner of August's Volunteer of the Month draw was Kris Orbell, who was nominated for Volunteers of the Week by Bailey Randolph.

Here is a look back at what Bailey had to say about volunteering with Kris: 'Kris is a rock star. He is a dedicated Technical Search & Rescue volunteer and puts everything he has into his work.'

**Congratulations Kris!**



**GRANDE PRAIRIE & AREA  
RECOGNIZE AN AMAZING  
VOLUNTEER WITH**



**Visit our website to  
nominate your  
volunteer today!**



Grande Prairie  
Regional Association of  
Volunteer Organizations



**Association Members raise awareness of your Organization by being featured in our Member Spotlight! All Member Spotlights are published in our Quarterly Newsletter & online at [www.volunteergp.com](http://www.volunteergp.com), they are also advertised on our social media sites!**

**For more information and to take your turn in the spotlight email [communications@volunteergrandeprairie.com](mailto:communications@volunteergrandeprairie.com)**

# PROGRAM COORDINATOR'S NETWORK MEETING

- ✓ Program Coordinators
- ✓ Volunteer Coordinators
- ✓ Anyone looking for ways to promote their programming

OCTOBER 13, 2021  
10:00AM - 12:00PM  
ONLINE VIA ZOOM



Email [programs@volunteergp.com](mailto:programs@volunteergp.com) to register!

Resource Centre  
FOR SUICIDE PREVENTION



## Now Hiring!!

### Executive Director

The Resource Centre for Suicide Prevention is looking for a motivated, innovative, strategic leader to join our team as Executive Director. Our programming, training, and support groups help save lives by enabling the kind of conversations that can make a difference. We constantly work to fight the stigma surrounding death by suicide and encourage seeking help through various methods.

Apply here: [BambooHR](#)

The deadline for applications is October 11th, 2021.

D H O B S H N E P T U N E Y  
 U E J I H U N Y S T H A O R  
 D N A U U E E E M A E N W A  
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VENUS  
EARTH  
MARS  
CERES  
ASTERIODS

JUPITER  
SATURN  
NEPTUNE  
URANUS

PLUTO  
DWARF  
PLANET  
MOON

## CINNAMON BUN RECIPE



- 1 3/4 Cups Gluten Free Flour
- 1 Tsp Ground Cinnamon
- 1/2 Tsp Salt
- 2 Teaspoon Baking Powder
- 1/4 Cup Granulated Sugar +  
2 Tablespoons Divided
- 3 Tablespoons Olive Oil or  
Vegetable Oil
- 1/2 Cup Milk
- 2 1/4 Teaspoon Active Dry  
Yeast
- 2 Large Eggs (one for egg  
wash)

### FILLING

- 1/3 Cup Butter
- 3/4 Cup Brown Sugar
- 2 1/2 Tablespoon Ground Cinnamon

### DOUGH

1. Warm milk in microwave for approximately 40 to 50 seconds. They say most ideal temperature for yeast is 110 F degrees. Add 2 Tablespoons of

sugar to milk. Then add the yeast into milk as well. Mix until yeast is nicely dissolved You can set it aside until the yeast mixture starts to bubble.

2. Mix gluten free flour, cinnamon, salt and baking powder. Set aside.
3. Cream sugar and butter. Then add the eggs and mix. Slowly add the flour and then the yeast mixture and Olive oil. Mix to combine all the ingredients.
4. Take dough mix and gently knead it into a large ball. Cover and set aside for an hour for dough to rise.
5. Make the filling as you wait for the dough. Mix butter, brown sugar and cinnamon.
6. Take risen dough and roll it flat on a piece of parchment paper that you'll use to make a large roll with. Careful not to roll the dough too thin. Spread the filling over the dough. Roll the dough into a large roll. Cut the roll into smaller pieces.
7. Pre-heat oven to 375 degrees. Grease a baking dish and place cut rolls into the dish. Place rolls into pre-heated oven and bake for 22 - 25 minutes.

# ONLINE GRANT WRITING CLINIC

**October 5, 6 and 7**

**8:30 am to 12:30 pm**

**Free for Members**

**\$125 for Non-Members**

**Only 10 seats available**

**Email [programs@volunteergp.com](mailto:programs@volunteergp.com)  
to register**

