



Grande Prairie
Regional Association of
Volunteer Organizations

NEWSLETTER

MAY 2023



The Grande Prairie Regional Association of Volunteer Organizations is a membership organization for the civic sector in the Northwest Peace Region, serving charitable and non-profit community organizations in the City and County of Grande Prairie and beyond. Our member agencies and clients represent a broad region. They range from; small rural agricultural groups to large agencies providing services to families and individuals in distress, through to indigenous agencies, cultural agencies, sports groups, and more.

Artificial Intelligence Meets Woke

Imagine a time when Artificial Intelligence becomes 'Artificially Woke,' or better yet, 'Artificially Woke Intelligence' (AWI). It's bound to happen in our hyper-connected, hyper-alert world, the question is 'when' not 'if'.

Gone are the days when one had a hand written note on the fridge, "buy Milk". Now your fridge will remind you to buy milk and will review the merits of 2% vs. Almond. Just the other day, my smart fridge staged a protest against factory farming. It's refusing to chill my steak until I confirm it's grass-fed and free-range. I miss the days when the most political my appliances got was the microwave's passive-aggressive beeping.

Here at the office, we are still challenged trying to get our printers to work and now we need to contend with robots that can debate the nuances of critical theory, and chatbots that refuse to discuss anything unless it's couched in the language of intersectionality.

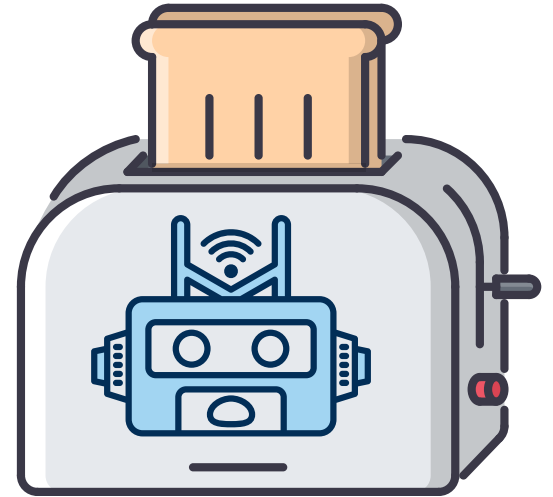
**OUR OFFICE WILL
BE CLOSED:**

Victoria Day
May 22

Canada Day
July 1

The AWI movement, is the latest twist in our progressive discourse. It's as if your toaster woke up one morning, rejected its binary heat settings as 'oppressive', and is now demanding a spectrum of toasting options from 'lightly browned' to 'charcoal activism.'

Certainly, the programmers who embrace progressive ideologies are elated. They firmly believe they have uncovered the essence of technology. However, the rest of us find ourselves perplexed. How should we handle an Alexa that insists on addressing us as "comrade," or a Roomba that refuses to clean certain rooms because it deems them as "safe spaces"?



And let's not even start with Siri. Now, she feels compelled to precede every weather update with a lecture on climate change. All I want to know is whether I need an umbrella, Siri, not a guilt trip about my carbon footprint.

Artificially Woke Intelligence has become our new "eccentric roommate" in the digital realm. It's the kind of roommate who adds zest to dinner debates, but can be somewhat tiresome when all we seek is a simple, direct answer. The future has arrived, as bizarre as it is marvelous.

Cheers,

Carol-Anne

MEMBER AGENCIES!

VolunteerGP is now offering secure low-cost storage spaces for your organization's important files & items!

Email admin@volunteergrandeprairie.com or call 780-538-2727 for more information.

Storage fees based on size of totes.

NATIONAL VOLUNTEER WEEK #NVW2023

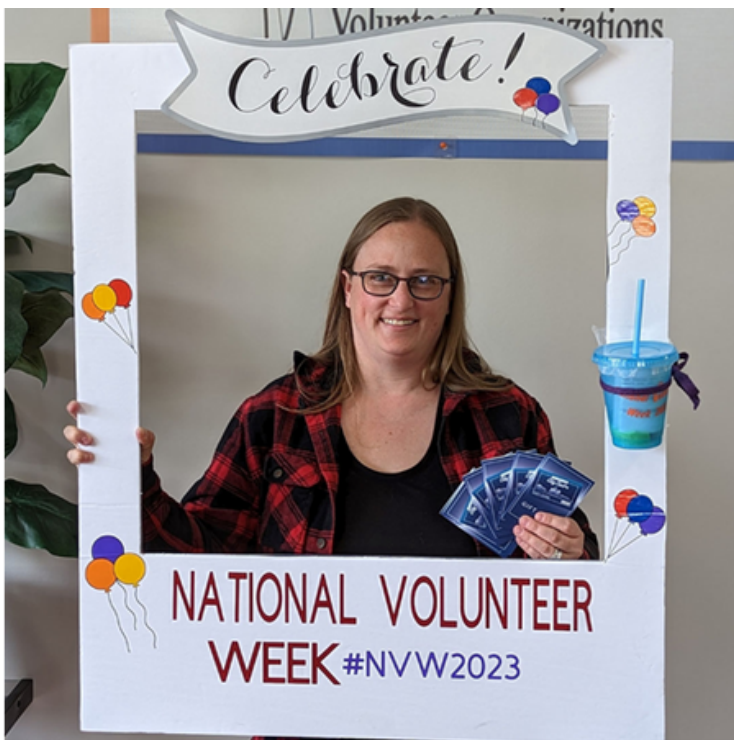
APRIL 16-22, 2023



Every year National Volunteer Week (NVW) is celebrated across Canada to thank the 24 million volunteers who give their time in support of multitudes of causes and services and to recognize the valuable role of volunteer-supported non-profits, organizations and other initiatives.

To celebrate NVW this year we encouraged Association Members to celebrate their volunteers and organization in their own unique way and enter our NVW Celebration Contest to win a prize from the Grande Prairie DownTown Association.

Congratulations to the winner of our NVW Celebration Contest Centre for Young Parents!

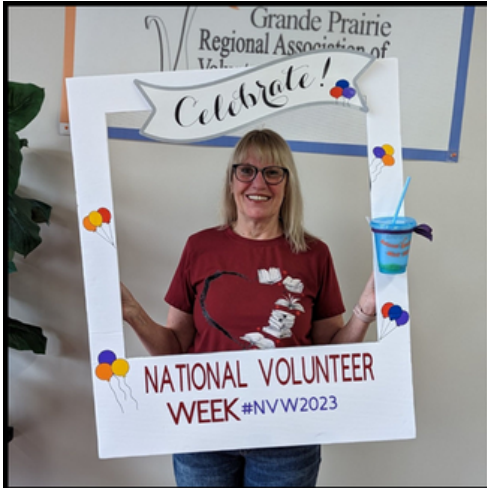


The Grande Prairie Regional Association of Volunteer Organizations would like to thank the Grande Prairie DownTown Association for donating to this year's National Volunteer Week Celebration.

DOWNTOWN
GRANDE PRAIRIE

Prize picked up by Heather - Centre for Young Parents' Community Engagement Coordinator

NATIONAL VOLUNTEER WEEK 2023 PHOTOS



Claudia - Bandaged Paws Animal Rescue Association



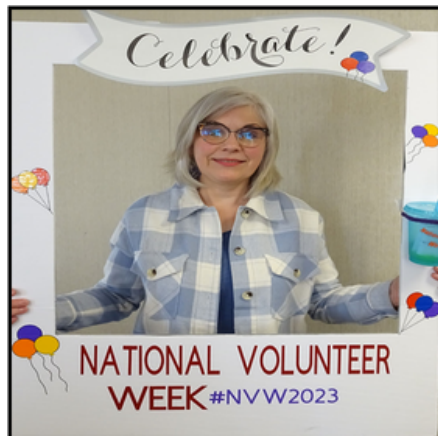
Heather and Karna - Grande Prairie Regional Sport Connection



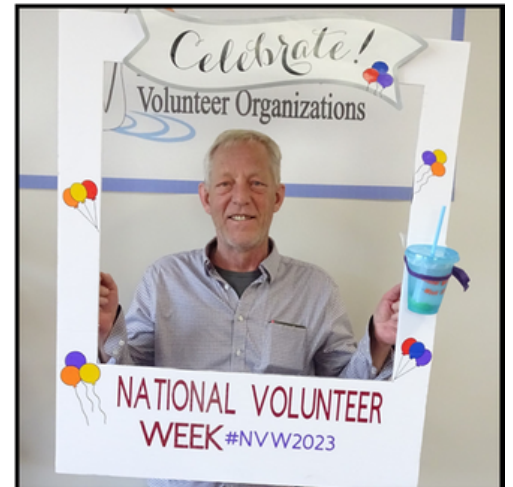
Crystal - Grande Prairie Council for Lifelong Learning



Tia - Tiny Hands of Hope



Pamela - Burden Bearers Counselling



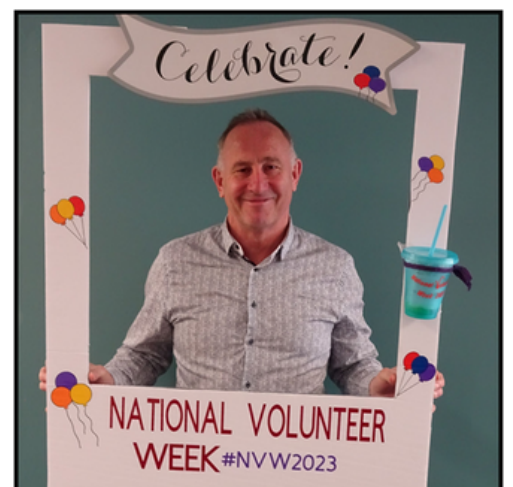
Cornie - Gay and Lesbian Association of the Peace



Gwen and Sharom - Grande Prairie Centre for Newcomers



Marietta - A Bright Beginning Child Care



Hywel - Resource Centre for Suicide Prevention

National Volunteer Week 2023



Often overlooked throughout the year, the Association asked non-profit/ charity Executive Directors to recognize their volunteer Board Members with our special NVW Tim Hortons Volunteers of the Week.

The Board Members thanked this year are:

Centre for Young Parents recognized:

- Rhonda Reichert
- Spenser Cunningham
- Lynn Berry-Barsaloux
- Aimee Savoury
- Carrie Young
- Valerie Norris-Kirk
- Georgia Greenwood-Duncan
- Katrina Przybylski

Support the Girls recognized
Jodie Boyne

Bandaged Paws Animal Rescue Association recognized **Allison Hearn**

Care Human Services recognized:

- Alanna Dickson
- Shannon Websdale
- Dan MacNeil
- Gerald Loewen
- Nicole Flaten

Mission Thrift Store recognized:

- Rochelle Schamehorn
- Andrea Dunphy
- Herb Coates
- Vera Robbins
- Shirley Blimke
- Brenda Follett

Saskatoon Lake Ag. Society recognized:

- Chanelle Schoepp
- Glory Przekop
- Dave Heglund
- Len Girard
- Tammy Manning
- Sue Teagart
- Gayle Martin
- Sherida Wanke
- Denise Miniely
- Kristy Williams
- Heather Hammonds

A Bright Beginning Child Care recognized:

- Aaron Perkins
- Bailee Neighbour
- Caitlin Dickson
- Jacinna Taylor
- Amy Monk
- Jessica Gauthier
- Danica Demers
- Cathy Johns
- Amber Anderson

PARDS recognized:

- Tyla Savard
- Stacey Longson
- Ellen Archibald
- Ray Binks
- James Rawlek
- Adrea Simmons
- Rene Blais
- Leon Gullickson
- Dorrin Diesel
- Kristen Ward
- Caitlin Lamb

Resource Centre for Suicide Prevention recognized:

- Drew Pearson
- Kristian Toivonen
- Charlotte Bierman
- Stuart Lloyd-Jones
- Doug Currie
- Heather Putio
- Michelle Scarrow-Baillie
- Dayhe Min
- Brenden Bozlovitch

Game Country Archers recognized:

- Mike & Lorrie Welsh
- Glenn Bielech
- Dean Trydal
- Bernie Morin
- Trevor Edwards
- Brenda Lefebvre
- Ashley Heft
- Zach Randell
- Tammy Paulovich
- Frank Vanterve
- Veronica Dougherty

Nominated Board Members received a recognition package that includes: a certificate of appreciation, a gift from Tim Hortons and public acknowledgement on our website and social media sites. They are also entered into April's Volunteer of the Month draw for a chance to win a \$100 Tim's Gift Card & recognition as Volunteer of the Month!

Thank You To
Our Sponsors!



TRY-IT DAY

EXPLORE A SPORT FOR FREE

JUNE 3, 2023

Activity Options

Aerial Hammocks | Aerial Silks | Ballet | Brazilian Jiu Jitsu |
Drawing | E-Sports | Fencing | Flo Rider | Gymnastics | Hip
Hop | Horseback Riding | Indoor Beach Volleyball | Intro to
Clay | Jazz | Judo | Kayaking | Kickboxing | Mountain Biking
| Ninja Gym | Parkour | Pickleball | Physical Literacy |
Ringette | Rugby | Scuba Diving | Sledge Hockey |
Soapstone Carving | Tap | Tennis | Trampoline & Tumbling |
Ukrainian Dance



POMEROY HOTEL
AND
CONFERENCE CENTRE



Register Opens May 17 at gpsportconnect.ca/events/try-it-day



Congratulations to everyone that was recognized as March and April Volunteers of the Week.

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

MARCH 2023 VOLUNTEERS OF THE WEEK

Centre for Young Parents nominated
Bernie Ollenberger

Grande Prairie Council for Lifelong Learning
nominated **Ying**

PARDS nominated:

- **Angie Gourlie**
- **Gordon Ingledew**
- **Donna Sieben**
- **Judi Harker**
- **Cathy Rycroft**

United for Literacy nominated
Amanda Fiddler & Josaiah Ordonia

Lori Russell from Clairmont Ag Society nominated **Cindy Trudel**

Seniors Outreach nominated:

- **Katherine Aylesworth**
- **Karen Friesen**
- **Janet Van Someren**
- **Trudy Wynnychuk**
- **Ron Boyce**
- **Marcia Church**
- **Beth Coates**
- **Terry Doerkson**
- **Carol Doetzel**
- **Donna Gerrard**

Seniors Outreach Snow Fairies nominated
Jeff Pedersen

APRIL 2023 VOLUNTEERS OF THE WEEK

Centre for Young Parents nominated **Danielle Claughton**

Sexsmith FCSS nominated **Rose Shmyruk**

PARDS nominated **Todd Perks & Fletcher Bootle**

Grande Prairie Regional Tourism Association nominated **Sandi Neville**

Nicole Hornett & Sexsmith 4-H Multi Club nominated **Zac Jickling**

Burden Bearers Counselling Centre nominated **Tim Tarita**

As seen earlier in this newsletter, we also recognized 73 volunteer board members during National Volunteer Week, April 16 - 22! Crushing last year's record of 59.

Volunteers of the Week receive a a Recognition Package that includes a \$5 Gift Card & Travel Mug from Tim Hortons! They are also entered into our Volunteer of the Month Draw!

[**CLICK HERE TO NOMINATE YOUR VOLUNTEERS!**](#)



All Volunteers of the Week nominees (excluding those nominated by the Association) are entered into the Volunteer of the Month Draw.

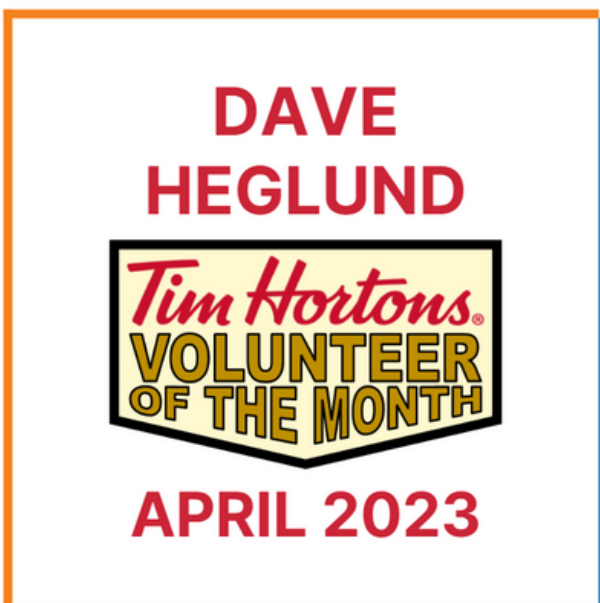
Volunteers of the Month receive a \$100 Tim Hortons gift card and are featured on our website and newsletters!



The winner of March's Volunteer of the Month draw is Josaiah Ordonia! Josaiah was nominated for Volunteers of the Week by United for Literacy!

Here is a look back at Josaiah's nomination, 'Josaiah is kind, patient and conscientious when planning how to best support his learner during their reading time. This has allowed for his learner to gain confidence not only in his academics but also with his peers. Thank you Josaiah for sharing your time with United for Literacy.'

Congratulations Josaiah!



The winner of April's Volunteer of the Month draw is Dave Heglund! Dave was nominated for Volunteers of the Week by the Saskatoon Lake Ag. Society!

Dave was recognized with his fellow the Saskatoon Lake Ag. Society Board Members for National Volunteer Week. The Ag. Society wrote, 'Thank you to this hard working, eager board that is dedicated to the community and developing great family friendly events. Always pitching-in and lending a hand, many of these members have full time jobs but find time to give back to our community, can't ask for a better group of people that work so well together.'

Congratulations Dave!



PARDS
THERAPEUTIC CENTRE

Community Carnival & Kick-Off to Summer Cook-Off

Saturday, June 10

Free to attend

Family Fun Carnival 11am - 4pm

Games
Pony and Cart Rides
Raffles
Glitter Tattoos
... and more

Activity ticket
prices vary

Cook-off tasting & voting 12 pm - 4pm
Judging & prizes to follow

Adults \$10
Children \$5

For more information call 780-538-3211 or visit www.pards.ca



All proceeds directly support PARDS programs
AB Society #50327430

**Non-Profits looking for
Volunteers in Grande Prairie
& Area click here to list your
Opportunities for FREE on
our website!**

Learn new skills & find success with



YOUTH EMPLOYMENT AND SKILLS STRATEGY PROJECT

101, 10101-100 AVE. GRANDE PRAIRIE, AB T8V 0V4

Requirements:

- Ages 18-30 years
- Must be underemployed, unemployed, or facing employment challenges



Project Information:

- 6 Weeks in-class training
- 6 Weeks employment support for both employee and employer

FIND YOUR CAREER PATH!

UPCOMING SESSION DATES

- June 12 – July 20, 2023
- July 31 – September 7, 2023
- September 18 – October 26, 2023



Apply now at <https://wired2hire.ca>

For more information email rebootinfo@wired2hire.com



This project is funded by the Government of Canada's Youth Employment and Skills Strategy



Wired 2 Hire sponsored by



Hosted by the Grande Prairie Aboriginal Circle of Services

SAVE THE DATE

June 24 & 25, 2023



Bonnetts Energy Centre

10017 99 Avenue Grande Prairie, AB

For more information email: gpacos@outlook.com

AWARENESS DATES

- | | |
|---|---|
| May 1-31 - Asian Heritage Month | June 1-30 - Filipino Heritage Month |
| Canadian Jewish Heritage Month | Italian Heritage Month |
| May 5 - Dutch Heritage Day | Pride Month |
| National Day of Awareness for MMIWG2S | National Indigenous History Month |
| May 17 - International Day Against Homophobia, Transphobia and Biphobia | Portuguese Heritage Month |
| May 22 - Victoria Day | June 21 - National Indigenous Peoples Day |
| | June 24 - Saint-Jean-Baptiste Day |
| | June 27 - Canadian Multiculturalism Day |
| | July 1 - Canada Day |

SAVE THE DATE!



Grande Prairie
Regional Association of
Volunteer Organizations

**PRAIRIE
DISPOSAL
LTD**

NON-PROFIT SHREDDING EVENT

Friday June 9, 2023 - 9 AM to 3 PM
in our Parking Lot - 101, 10101 100 Ave.
Grande Prairie, AB

Secure on-site document shredding for
local non-profits/charities provided
FREE of charge by Prairie Disposal Ltd.



Email cdcoordinator@volunteergrandeprairie.com
for more information.



May is Celiac Awareness Month, and May 16 is internationally recognized as Celiac Awareness Day.

Celiac disease is a chronic digestive and immune disorder that damages the small intestine.

The disorder is caused by gluten, a protein found in wheat, rye and barley grains.

The disease can cause long-lasting digestive problems and can prevent proper nutrient absorption.

Approximately one per cent of the Canadian population has Celiac disease, according to Celiac Canada. Removing foods and drinks that contain gluten from your diet can significantly help.

Following a gluten-free diet can relieve celiac disease symptoms and heal damage to the small intestine. People with Celiac disease need to follow a gluten-free diet for life.

Gluten Free Vanilla Cupcake Recipe

INGREDIENTS

- 1 ½ Cups of Gluten Free Flour blend
- 2/3 Cups Sugar
- 1 Tsp Vanilla
- ½ Teaspoon Salt
- ¾ Teaspoon Baking Powder
- 3 Eggs (room temperature)
- ½ Cup Softened Butter
- ¼ Cup of Vegetable Oil
- ¼ Cup Milk or Almond Milk



DIRECTIONS

1. Mix flour, salt and baking powder.
2. Cream sugar, oil and butter. Add vanilla and mix eggs in one at a time.
3. Combine wet and dry ingredients. Mix using stand mixer or hand-held mixer for 1-2 minutes.
4. Pre-heat oven to 350 degrees Celsius. Scoop the batter into the cupcake cups.
5. Bake for 18 - 22 minutes



**REGISTER YOUR STAFF/TEAM
OF 6-12 PARTICIPANTS FOR OUR
COMPREHENSIVE 2-DAY ON-SITE COURSE:**

CAPACITY DEVELOPMENT THROUGH
DIVERSITY &
INCLUSION

COST FOR MEMBERS: ☆ FREE! ☆

COST FOR NON-MEMBERS: \$350/PERSON

**Visit www.volunteergrandeprairie.com to
register. For more information email
cdcoordinator@volunteergrandeprairie.com
or call 780.538.2727 ext. 104**

Both days are from 9:00 am – 4:00 pm
Maximum of 12 participants per session.
10-day cancellation notice is required.
Certificates issued upon completion.

Wolverines Adapted Sports Association

**JUNE 28 -
AUG 30**

HAND CYCLE

**WEDNESDAY'S
6-8:30PM**

**\$80 - 10 WEEKS
OR \$10 DROP IN**

**8 BIKES
AVAILABLE**

Email to register

info@gpwolverines.com

**GRANDE PRAIRIE AREA EXECUTIVE
DIRECTORS & PROGRAM MANAGERS
YOU ARE INVITED TO**

THE NON-PROFIT SECTOR MEET AND GREET

PRESENTED BY



Featuring Psychologist & Motivational Speaker

Deb Vernon

discussing Decision Fatigue

Tickets are \$12.00/person

Date: June 14th, 2023

Location: Jackpot Grill & Events Centre

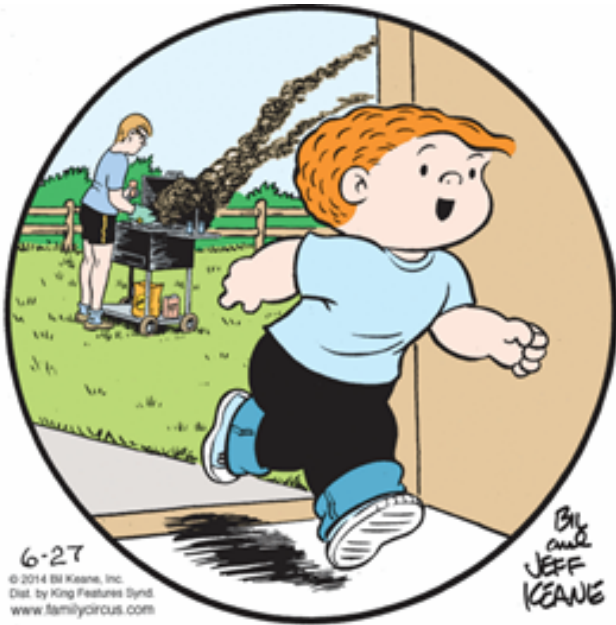
Time: Doors open at 11 :30 am

Lunch served at 12:00 pm

Email programs@volunteergrandeprairie.com for
more information



**GET YOUR
TICKET!**



6-27
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www.familycircus.com

Bill
and
JEFF
KEANE

"Daddy lit the barbecue. Now it REALLY smells like summer!"

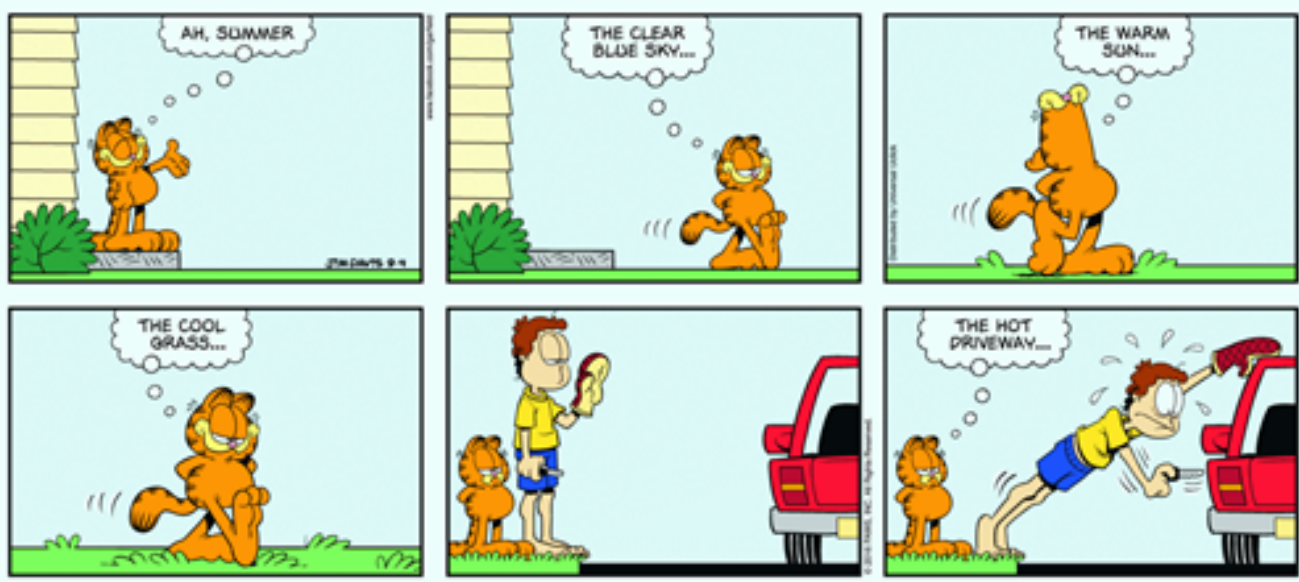


"Spring is in the hair."

Source: <https://www.pinterest.ca/pin/june-27-2014-467389267551286794/>

Source: <https://www.pinterest.ca/frangulescu/marmaduke>

garfield.com **GARFIELD**



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