



ESSAY

By Erminie Cohen, Retired Senator

Erminie Cohen began her public career in the 1970s. Organizations she has participated in range from being a founding member of the Board of Hestia House, a trustee of Saint Joseph's Hospital, member of the Human Development Council, and Chair of Opera New Brunswick. She has been the Chair of the New Brunswick Adoption Foundation Board, and President of the Foundation (Saint John). Her many awards include a Doctorate of Laws from the University of New Brunswick in Saint John, the Humanitarian Service Award from the Salvation Army, the Red Cross Humanitarian Award, and was also honored by the Rotary Club. Retired Senator, Erminie Cohen is well known to New Brunswickers for her tireless efforts to help those in need. (Wikipedia) She is remarkably busy still at 84 years of age and truly possesses the spirit of

volunteerism. The following essay was written by Mrs. Cohen for a recent volunteer recruitment event.

"I am a volunteer, and will be as long as I am able—there is nothing more gratifying than knowing you are making a difference"

"I am a volunteer, and will be as long as I am able—there is nothing more gratifying than knowing you are making a difference. A few years ago the Prince of Wales referred to the volunteer as the "Unsung Hero". The individual who qualify and often unrecognized does remarkable things on behalf of the community. He went on to say that individual needs and those of the community are tightly linked that is - in helping others we are ultimately helping ourselves.

Volunteering has often been described as the glue that holds our country together.

(a) *Volunteers are important components of our healthcare system.*

PLEASE SEE → ESSAY, P6

"Christmas Help"

Every year around this time, people are looking for volunteer opportunities which are of a Seasonal focus i.e. "Christmas Help" If you have such activities at your agency, please let me know so I can refer people your way. Often these inquiries come from families who want to volunteer together.

Put your thinking caps on and create a meaningful and productive volunteer opportunity to improve the Christmas and Seasonal celebrations of your clients. Let me know when you do!

You can contact me, Eileen McLaughlin, at 658-1555.



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A CALL FOR VOLUNTEERS & SUPPORTERS

EVENTS CALENDAR

SHOW YOUR SUPPORT FOR THESE GREAT CAUSES

November 2, 2009

Coffee for Big Brothers Big Sisters	November 18th, 2009 - 4pm to 7pm. Starbucks in Brunswick Square has invited Big Brothers Big Sisters staff, volunteers, friends, Bigs and little's to their grand opening event as scheduled above. They will be giving away some free drinks and will be accepting donations which will go to our organization. Please join us in welcoming Starbucks to the mall and as a community partner. Invite your friends and colleagues as well, hoping that this will increase	November 18
VOLUNTEER DRIVERS FOR HOLIDAY SEASON	Operation Red Nose is a unique program to reduce drinking and driving – a volunteer safe ride home service. Needed: Escort Drivers (driving their team of three in their own vehicle), Drivers (driving the clients vehicle) and Navigators (accompanying the team on the call), as well as volunteers at headquarters to check vehicles & drivers licences and answer phones. Volunteering for Operation Red Nose is a well organised and safe service, teams are made up of 3 volunteers and the insurance for driving the client vehicles is covered by our national sponsor IBC, as well as the deductible paid if your vehicle is in an accident while you are volunteering. For more information on this service or to fill out a volunteer application form, visit www.fusionsj.com/operationrednose2009 or email saintjohn@operationrednose.com	November & December
Dinner & Auction	SHINING HORIZONS THERAPEUTIC RIDING ASSOCIATION is holding their Annual Auction on Friday Night, November 20th at Jakes Steakhouse. Tickets can be purchased at \$15.00/person. The dinner is at 6pm with the auction to follow at 6:45pm. The auction is free. Contact Karen Kincade (506) 696-1935	November 20/09 Dinner 6pm Auction @ 6:45pm
Luncheon for Awareness of Family Violence	November 30, 2009 COVERDALE CENTRE Purple Ribbon Campaign Raising awareness of family violence. Lunch (11:30 am) Union Club \$25.00/ticket, Hon. Mary Schryer guest speaker. Tickets available and sponsorship (donations) welcomed. Contact Nancy Porter (506) 634-1649	November 30/09 11:30am
Christmas with the Sopranos	December 5, 2009 Christmas with the Sopranos at Portland United Church, Newport Crescent at 7pm light refreshments at intermission. Tickets \$15.00. All funds raised at this event to go to COVERDALE CENTRE. For information on either of these events, feel free to contact the Centre at (506) 634-1649.	Ongoing
NEEDED SPORTS LEADER for AFTER SCHOOL CLUB	GRACE PRESBYTERIAN CHURCH OUTREACH Volunteer Job Description: Run an age-appropriate (age 5-13) sports program in the church gym. Assist in program set-up and clean up. Assist in planning and running of filed trips. Share observations with other leaders in a brief meeting at the end of each program. Tuesdays from 3-5:15pm Call Glenda 847-4420 or 634-7765	Immediate for Tuesdays from 3-5:15pm
LIKE EVENT PLANNING? Sign up!	ELIZABETH FRY SOCIETY needs two good volunteers to meet monthly to plan a fund-raising dinner/event. Computer skills, answer phone, an asset. Call Berna Critchlow 738-8525 or E. Fry Office 635-8851	On-going
VOLUNTEERS NEEDED CANADIAN COUNCIL OF THE BLIND	Volunteer helps are needed immediately to assist persons with a visual impairment at a monthly meeting of the CANADIAN COUNCIL OF THE BLIND on the first Thursday of each month and to help with fundraising. Contact is Estelle 693-1755 .	On-going
SEE THE JOY ON RESIDENTS FACES WHILE THEY'RE OUT IN THE COMMUNITY!	KENNEBEC MANOR NURSING HOME DRIVERS for van, need class 4. Mostly daytime shifts. Also needed, volunteer escorts for seniors on van drives. 632-9628 ext. 109 to contact Dorothy. VAN DRIVERS URGENTLY NEEDED.	On-going
WANT TO HELP A FAMILY AT CHRISTMAS?	Contact the Christmas Exchange Office 634-7868 Email sjchristmasexchange@nb.aibn.com Beginning November 16th they will be collecting food and donations to help local families at Christmas.	Beginning November 16th!

For these and other volunteer opportunities, contact: 506-658-1555

To post an event, a group **must be a Saint John Volunteer Centre member agency**
TO ADD (OR REMOVE) YOUR NAME TO OUR FREE MAILING LIST

volunteer.sj@nb.aibn.com

SEE THE SAINT JOHN VOLUNTEER CENTRE NON-PROFIT TRAINING CALENDAR AT:

www.volunteercentresj.com

WELCOME

**Big Brothers Big Sisters of Saint John
New Executive Director, LAURIE COLLINS**

Big Brothers Big Sisters of Saint John has recently hired a new Executive Director. Laurie Collins was welcomed into the agency on August 24th, 2009. Laurie brings with her an extensive background in the non-profit sector, serving the Boys and Girls Club of Saint John for over twenty years. Her roles have included Program Director, Assistant Executive Director and most recently, Manager of Operations. Prior to her involvement with the Boys and Girls Club, Laurie was a graduate on the Dean's list at UNB Fredericton graduating with a Bachelor of Physical Education Degree with a major in Recreation Administration.



sports scene, playing a variety of sports, coaching, organizing youth ball hockey leagues, refereeing and filling a number of other roles with teams and leagues. She has been actively involved in youth programming in the South End of the City, teen leadership development, program development at the National level with Boys and Girls Clubs of Canada and with the William Glasser Institute for Choice Theory/Reality Therapy certification.

Laurie brings with her a passion for working with youth, many years of experience in the non-profit sector and a great energy for new challenges. We are looking forward to an exciting partnership with Laurie and Big Brothers Big Sisters.

Laurie has spent most of her life being very active in the Saint John

“LAURIE BRINGS WITH HER A PASSION FOR WORKING WITH YOUTH”

CMHA Welcomes DAWN O'DELL

Dawn O'Dell, B.B.A., resides in Rothesay and believes building a healthy sense of community and connectedness has never been more important. “I love working for and being involved with people, and I am very proud to be part of the many great endeavors of CMHA’s active and vibrant Saint John Branch”.

Her most recent work, as a Project Coordinator for Saint John Waterfront Development, allowed her to hone already well developed organizational and communication skills while managing several development projects.

Prior to this, Dawn worked for the MBA program at the University of New Brunswick Saint John; she very

much enjoyed working with the Faculty of Business in its active role in the business community here in Saint John and also traveled to Paris to work with the MBA program. She is a cheerful, lively personality with an energy level that recharges when she is working with volunteers at CMHA; she is enthusiastic about being an important part of the health of her community vis-à-vis the Canadian Mental Health Association.

Dawn welcomes (and appreciates) volunteer help throughout the year in the many CMHA events such as the upcoming visit with Paul Plakas and the annual In Her Shoes fundraising endeavor.



“I love working for and being involved with people and I’m very proud to be part of the many great endeavors of CMHA’s active and vibrant Saint John Branch”



FALL/WINTER 2009-2010 NOON NUGGET'S Board Governance & Volunteer Series

December 9th 2009

Effective and Efficient Meetings: We Can't Keep Meeting Like this!!!

This workshop is designed to insure working in groups is an effective and enjoyable experience. With suggestions on resolving conflict, and nurturing individual participation.

Facilitator

Michael Park, the volunteer who is leading this research, says "The criterion by which an effective Board evaluates its functioning is remarkably similar across both the non – and for – profit sectors. From a membership/shareholder perspective, how organizations are judged effective is often based on financial performance; whether programs are relevant and robust or, not." Michael has extensive training and experience:

- Worked in health care industry in Ontario and New Brunswick over 25 yrs.
- Hospital administrator, educator and consultant.
- Degrees in Economics and Administration - UNB, U of T, and Lakehead
- Certifications with the Institute of Chartered Secretaries and Administrators
- Certifications Ontario Assoc. of Non profit Homes & Services for Seniors .
- Certified internal lead auditor for ISO 9000.
- Currently Manager, Long Term Mental Health, AHSC Region 2,
- Instructor, Governance, St. Lawrence College, Cornwall, Ontario

January 20th 2010

Volunteer Recruitment

Working with young people will bring energy, vision, talent and dedication to your organization. It will help keep you and your organization current. By giving youth and opportunity to contribute, you will be drawing upon one of the greatest human resources available. If you don't capture this philosophy or believe in it your program will not work

Facilitator

Steven Crawford, originally from Norton, has worked the last seven years with a contact center here in Saint John. He currently works as Recruiter for Directors' Choice which is the elite answering service provider to the funeral services industry in North America.

Steven started his career in advertising and customer service after attending Acadia University in Wolfville. He brings with him experience in supervising, training and received his recruiting designation in 2004.

Steven's volunteer experience includes a term as the Deputy Mayor of Norton which fostered his involvement with the local recreation committees and the Fundy Region Development Commission. He has been involved with the Sussex Big Brothers/Big Sisters and, most recently, has joined the organizing committee for the Saint John Terry Fox Run. Steven currently resides in Saint John .

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FALL/WINTER 2009-2010 NOON NUGGETS CONT'D

February 18th 2010

Screening: Checking References

Reference checks are a fundamental feature of most screening protocols and are possibly even more critical today to comprehensive screening than at any time in the past. The reference checks provides the opportunity to verify key components of the information candidates have supplied about their experience and qualifications.

Facilitator

Lorene Johnson is a Community Mental Health Nurse with over 28 years experience in Hospital and the Community. She volunteers with the CMHA-SJ and the Saint John Volunteer Centre, serving on committees, Board of Directors and on the executive boards. She has assisted in board development of a non-profit agency for clients with mental health issues, facilitates client groups related to her work at the Community Mental Health Centre as well as on a volunteer basis for CMHA. Lorene has organized several conferences in the Mental Health field, chaired several committees and participates in community development forums in the community.

COMMUNITY INVOLVEMENT

Wyndham Worldwide Canada Inc. is committed to supporting and volunteering in the Saint John Community. Our Community Involvement Committee actively seeks opportunities to assist organizations that require additional resources. This Committee also provides volunteering opportunities to all Wyndham Employees.

Since the Committee began in 2007, we have participated in a number of events including:

- Assisted Animal Rescue League by tallying Sobeys receipts, cleaning storage areas, walking dogs and installation of shelving.
- Held Two Showcases on site for Non-Profit Organizations to attend and share with our employees their vision and highlight their need for volunteers.
- Held food drives for Romero House, assisted with serving of food as well as helping out in the clothing department.
- Annual Participation with ACAP (Atlantic Coastal Action Program) -- Cleanup of Harbour Passage and the Irving Nature Park.
- Annual Scavenger Hunts at CentreCare for the residents.
- Painted several rooms at First Steps Housing and The Teen Resource Centre.
- Served Lunches at the Boys and Girls Club.
- Annually assisting with the IWK Telethon, including answering phones, being runners, etc.
- Prepared a BBQ and did activities with the folks at the Daybreak Senior Activity Centre.
- Worked with the Special Olympics and assisted with the Timing of events and cheering on the Athletes.

Our committee meets on a bi-weekly basis to plan future events. Each Member of the team brings to the table any information they have received on organizations requiring assistance. The Saint John Volunteer Centre communications is one of our sources.

*By Joyce Smith
Wyndham*





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“Volunteering is a way to give and gain the benefits of experience. The Saint John Volunteer Centre connects the experience, skills and interests of new volunteers with the needs and opportunities of their dozens of member organizations”

We're on the Web!
www.volunteercentresj.com

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b) *They give valuable service in our long term care facilities, in our schools, literacy, our churches, our food banks, hostels, soup kitchens, charity and non profit organizations. You can find them every where.*

Volunteers are valuable members of a team and they complement the efforts of staff and administration. It is like a partnership.

Canadian statistics tell us that 28% of senior volunteer for all kinds of community groups, while another 20% help to care for children at least once a week.

Did you ever stop to think that volunteerism provides a training ground that is second to none? There are so many benefits. You can de-

velop skills in communication, negotiation, administration, public speaking, public relations, fund raising, self awareness, networking – you also develop confidence, knowledge, patience, tolerance and humanity and if personal development is not what you are looking for – there is always a shut in to visit, a telephone call to make or a hand to hold. There is always some place or someone that needs you.

Volunteerism creates connections within communities and makes communities stronger.

Seniors play a major role in the volunteer sector and more are needed. If there is a void in your life, give it new meaning - become a volunteer. You develop friendships, you have a

focus, you are needed – it is satisfying.

Deepak Chopra in his book “Ageless Body, Timeless Mind “ cites research to show that people who age well are those who keep active, keep interested and keep involved.

Clearly, because our volunteer base is in decline, it is vital for us to spread the message to our families and our neighbours. Tell them we need them. We have much to give but we do not always know how or to whom. May I suggest you call the volunteer centre – they will be happy to guide you.

Be a volunteer and live longer!”