IT’S TIME TO APPLAUD THIS COUNTRY’S VOLUNTEERS.

NATIONAL VOLUNTEER WEEK 2020
APRIL 19-25 . #NVW2020
VOLUNTEER.CA/NVW2020
Welcome to LAVA’s 2020 National Volunteer Appreciation Supplement.

We are living in trying times, but we did not want to miss the opportunity to ‘applaud this country’s volunteers’ beginning with those in London and surrounding counties. As the profession that provides leadership to volunteers, we are amazed and inspired everyday by those who give freely of their time, talent, skills and compassion to make our communities better places to live. This supplement is filled with stories of amazing groups and individuals who enhance the capacity of our nonprofit sector to deliver their mission and improve the quality of life of all they serve.

We hope you will join us in applauding all the volunteers who have served our community in 2019/20 and all those who are currently braving the COVID-19 pandemic to ensure the most vulnerable among us receive the supports they need.

Lee Jones
Acting President
London and Area Association for Volunteer Administration

**LAVA’s 2019-2020 Executive Committee**

President: Lee Jones  
Past-President: Mike Couture (i.a.)  
Vice President: Vacant  
Advocacy: Jordan Brennan  
Membership: Vacant  
Program/Professional Development: Nicole Kaiser & Kendra Forrest  
Publicity (Community): Vacant  
Publicity (Supplement): Christina Yung  
Recorder: Vacant  
Social Media: Kristen Loblaw  
Treasurer: Joannie Pearson
BOYS AND GIRLS CLUB OF LONDON

Arab Students’ Association at Western University

Started more than 30 years ago, the Arab Students’ Association (ASA) worked to unite students through Arab culture at Western University; teaching and promoting diverse cultures, people, and values through events and activities. In recent years, the ASA has shifted its focus to include more community work to give back to Western and the London community.

For the past two semesters, the ASA has been regularly volunteering in the Boys & Girls Club’s evening recreation programs. Students from the ASA come in to help run and supervise activities for the children here, playing and engaging with them, and ensuring everyone is safe and having fun. ASA students have also helped provide translation for Arabic-speaking children and families.

Groups like the ASA allow the BGCL to continue to offer engaging, safe, and fun experiences for all. Everyone here at the BGCL would like to thank the Arab Students’ Association for their continued commitment to volunteering with us.

Greg Raymond, Volunteer Coordinator

NATIONAL VOLUNTEER WEEK 2020
APRIL 19-25
IT’S TIME TO APPLAUD THIS COUNTRY’S VOLUNTEERS
#NVW2020
Thanks to many volunteers, our Annual Holiday Giving Program and toy room helped share the joy of the season!
HABITAT FOR HUMANITY HEARTLAND ONTARIO

Happy National Volunteer Week!

We want to thank all our amazing volunteers who have picked up a hammer, sorted donations in our Habitat ReStores, helped in the office, on a committee, or supported us during an event.

Our Volunteers empower homeowners, revitalize communities, and build homes so families have the opportunity to attain safe and affordable living. They build skills and confidence, for the families involved, but also with each other.

Although many of our volunteers are keeping safe at home while our ReStores and build sites are temporarily shut, we’re looking forward to the day we can welcome them back. Thank you to every Habitat Heartland Ontario volunteer who has supported us and continues to support us during these challenging times. We’re so thankful for their efforts, and for believing in what we do.

Kendra Forrest, Volunteer Manager

Happy National Volunteer Week!
HUTTON HOUSE

Young, Working and Volunteering!...Applause!

As someone who is younger and working full-time, have you found it challenging to fit volunteering into your life?

“It’s actually been very beneficial and has been a bright spot in my week that I always look forward to. It’s been a great way for me to relieve stress and has added another sense of purpose to my life, being able to give back and serve my community. Between volunteering as a tutor and in the fitness centre I get a lot of self gratification. Developing relationships with other staff, my learners and members of the fitness program has been an amazing experience. Being able to make someone smile, laugh or help them when they need it is very rewarding. I always find myself leaving with a smile on my face.”

What do you like most about your different volunteer roles?

“My favourite part about tutoring is being able to assist my learner in subjects that may be particularly difficult for them and watching them conquer those obstacles and move on to the next makes me very proud. The atmosphere in the fitness centre is always very upbeat and positive. During class I’m usually in control of the music - being able to ask the participants what their favourite songs or musicians are and then playing the music they want is a lot of fun as our workouts often lead to dance parties!”

What do you feel you will “take away” from this experience?

“I feel good knowing that I am promoting healthy lifestyles in the fitness program. I have met a lot of amazing individuals that have changed my outlook on life. Volunteering has taught me new skills that I have been able transfer to many other areas of my life, and also reinforced my existing skills. My ultimate goal is to become a Police Officer here in London so being able to volunteer at Hutton house and serve members of the community I live in is an amazing experience that I feel is very transferable to policing. I would say my time at Hutton House has changed me as a person and has really improved my life.”

Interviewer: Roberta Derikx, Volunteer Coordinator

“My volunteer experience has been Exciting, Gratifying, Special.” Adult Education & Fitness Centre Volunteer, John Casciano

NATIONAL VOLUNTEER WEEK 2020
APRIL 19-25

IT’S TIME TO APPLAUD THIS COUNTRY’S VOLUNTEERS

#NVW2020
MAKE-A-WISH SOUTHWESTERN ONTARIO

Volunteer Highlight – Demetria

When we think of an exemplary volunteer, we think of Demetria. She began volunteering for Make-A-Wish when she was in high school and has now been volunteering for half of her life. Demetria is always one of the first people we hear from when we send out a request for volunteers – she is always eager and willing to help support our wish kids in any way she can. From granting wishes to speaking engagements, to fundraising to rappelling from a 300+ ft. building, Demetria does it all! She truly embodies what it means to spread kindness and to help others.

In Demetria’s free time, she loves basketball – especially the LA Lakers and she loves to travel, snorkel and scuba dive. Last year, she was able to check cage diving with Great White Sharks off her bucket list, when she went to South Africa to volunteer as part of a research trip with another organization. In the future, Demetria hopes to visit Give Kids the World Village in Florida to volunteer for a week.

The support from our volunteers is so important in the success of our organization. Thank you, Demetria, and all of our volunteers, for all you do in support of our courageous wish kids. Together, we transform lives, one wish at a time.

Erica – Coordinator, Development & Volunteer Services
Volunteers – The Heart of Our Arts Community

Museum London has nearly 200 volunteers who contribute more than 10,000 hours each year in a variety of roles. These dedicated individuals work with our staff to share our art and history with the community in London and area. Their generosity and positivity make a lasting impression on our visitors. The impact each volunteer has when they thoughtfully help a customer in our gift shop; assist our curators with research; use their skills to contribute to committee meetings; guide a tour; lead a fundraising campaign or work with children in our camps emphasizes the community relationship that is so important throughout the arts sector.

Over the past year, we’ve had the opportunity to recognize some of our volunteers who have taken the extra step to contribute to Museum London, and our community at large.

Ontario Volunteer Service Award Winners

• Gemmell Neilson, Tour Guide, 5 Years of Service
• Esther Kern, Tour Guide, 10 Years of Service
• Ellen Atkinson, Tour Guide, 15 Years of Service
• Evelyn Chertkow, Tour Guide, 15 Years of Service

Museum London Volunteer Award Winners

• Fraser Brown, Emerging Volunteer Award
• Esther Kern, Phyllis Cohen Volunteer Award
• Judith Rodger, Phyllis Cohen Volunteer Award
• Zhengyi (Jo) Jin, Volunteer of the Year Award
• Ron & Susan Holliday, Volunteer of the Year Award

These volunteers have utilized their creativity, modeled inclusivity, and demonstrated exceptional community leadership. Thank you to all of Museum London’s volunteers, and all of the other volunteers in our community!

Jordan Brennan, Volunteer Services & Assistant Events Coordinator

MUSEUM LONDON

NATIONAL VOLUNTEER WEEK 2020
APRIL 19-25
IT’S TIME TO APPLAUD THIS COUNTRY’S VOLUNTEERS

#NVW2020
ReForest London

A Diverse Volunteer Base Helps to Enhance London’s Urban Forest

Volunteers have always been the backbone to the success of ReForest London. In fact, their contributions in 2019 were equivalent to having five extra full-time staff! We are very proud to celebrate the diversity of their backgrounds, their skills, as well as the ways in which they support our Mission. From leading public hikes, capturing beautiful photos at events, giving trees away from our new Tree-mobile, or making our Westminster Ponds Centre launch a success; our volunteers continuously demonstrate their many talents. They are not afraid to take on new challenges and find new ways to magnify our impact.

Kate Fraser, Hike Leader, Tree Specialist, Committee Member:

“One of my favourite parts about ReForest London is that they address multiple environmental concerns, and approach the community with events that appeal to all demographics…Now that I am a "Tree Specialist," I can identify 10 x as many trees as before, and I pass on what I learned to friends and family.”

Marvin Squire, Aftercare Assistant:

“It was uplifting to see everyone being social without cell phones, being happy, smiling, caring, and learning in a fun environment with the staff sharing their wealth of knowledge… There is also the satisfaction of doing aftercare for trees when you find trees in need, and help them with staff and an outstanding group of volunteers.”

David Neads, Photographer:

“Photographing ReForest London events is very rewarding now that I am retired… It is a joy to capture their positive energy in my photographs.”

ReForest London volunteers enthusiastically help homeowners choose the right tree for their yard at our End of Season Tree Depot in spring 2019.

Nada Hafez, Rotary Exchange co-op student from Egypt:

“My experience at ReForest London is so beneficial to my career. It was a good choice to know more about people from different cultures. I am also proud to be part of this organization in which you can share your ideas and opinions.”

Kelsey Nicholls, Volunteer & Signal Boost Coordinator
Meals from the Heart

After a family friend’s baby underwent major surgery twelve hours following birth, Karen realized what families go through to stay by their sick child’s side. When visiting her friend who had been in the Children’s Hospital for several months following the birth of her baby Julianne, Karen realized she wanted to do something to help families with sick children in London.

Karen formed Team JIFFY in 2015 which stands for ‘Julianne’s Inspired Friends Feeding You’ and includes Julianne’s Grandma and Grandpa, as well as close family friends and neighbors. Team JIFFY began baking treats at Ronald McDonald House on a monthly basis as a way to give back, which soon turned into weekly baking sessions, lunch preparation and delicious “home cooked” meals.

“You aren’t just making food; most of the families wouldn’t take the time to eat a balanced meal if we didn’t provide them with one”, explains Karen. Karen and Team JIFFY have become a part of the Ronald McDonald Family, and have helped to provide comfort, conversation and nourishment to hundreds of families staying at Ronald McDonald House throughout the years. “When we are volunteering, we’re here for the families in more ways than one. Often families will come into the kitchen to say thank you or ask about a recipe, and end staying to talk about their hospital journey. It’s not just a volunteer role; we’re here to take care of caregivers so they can be strong for their sick child.”

Without Team JIFFY and the thousands of volunteers who generously support RMHC-SWO by giving their time and preparing meals seven days a week, we wouldn’t be able to properly support our mission of ‘keeping families close.’

Lee Bentum, Manager, Volunteer Programs & Services
Unspoken Compassion

For the past three months, Patricia Mowry has been a calming presence for many women who walk nervously through the door of St. Joseph’s Health Care London’s Breast Care Program.

Patricia provides them with a gown, helps administer paper work and, more often than not, simply holds their hand.

“Sometimes I don’t say anything,” says Patricia. “Sometimes it’s just a shared look of understanding.”

Patricia is a St. Joseph’s volunteer. While she doesn’t always disclose, the 76-year-old knows all too well what many women are feeling when they arrive for their appointments. As a recent breast cancer survivor, she’s been there.

A year ago, after an annual mammogram, Patricia was told she had a small tumour in her breast. With a history of early-onset breast cancer in her immediate family, she underwent a lumpectomy at St. Joseph’s Hospital followed by several weeks of radiation therapy.

Now cancer free, she volunteers weekly to provide support for other women who are on their own breast care journey. “I was fortunate to be at a facility with such state-of-the-art technology and an incredible team,” says Patricia.

St. Joseph’s Breast Care Program brings together a breast care team of surgeons, radiologists, medical radiation technologists, advanced practice nurses, and others in a setting that nurtures and supports seamless, innovative care for patients focused on individualized care needs.

The specially-designed Norton and Lucille Wolf Breast Care Centre is the main hub of the program. The centre was made possible through the generosity of the Bernard & Norton Wolf Family Foundation and support from St. Joseph’s Health Care Foundation. Patricia volunteers to let women know they are not alone.

“As women, I believe that sometimes it’s the unspoken compassion and the shared experience we can offer one another that greatly contributes to our healing and recovery,” says Patricia.

Allison Hansen, Communication Assistant
“It is time to applaud this country’s volunteers”

“Loneliness is a growing issue in Canada, with one in five Canadians reporting feeling lonely or socially isolated.”

Digital technology can help connect people and we can do this by sharing a story, asking questions and getting to know them. Once a week can benefit both parties mentally and emotionally. It improves health, well-being, active and independent living.

VON started “Virtual Visiting” and have successfully matched 10 volunteers with clients who have a device to use the internet to video chat.

One volunteer is giving back by skyping from Columbia, until she returns to London. Volunteers say: “I’m glad to talk with her. She’s nice. We have great conversations!”

Another states “She likes sharing her feelings, thoughts and concerns.”

VON partnered with the Food Coalition, giving access to fresh produce recovered from local grocery stores. This food is delivered by volunteers to our senior and disabled clients in their homes once a week. Food is distributed for free and the volunteers enjoy interacting with our clients. The clients have said it has benefitted their food insecurity.

One volunteer with special needs likes to interact with the clients. He has a great sense of humour! He enjoys sorting the food and helps give it out, and takes pride in doing a good job. One of the residents connected with him because he reminds her of her grandson. She was so happy to meet him!

Another said he felt like he was contributing to something important and the clients were very grateful for the help. It enables them to live independently and save cost utilizing local resources instead of wasting it.

Our volunteers continue to give back to the community in new and exciting ways!

Delia Wassing, Coordinator of Volunteers, Community Support Services
YMCA OF SOUTHWESTERN ONTARIO

Do more. Be more. Volunteer today!

From fitness to childcare to camping, volunteering a small amount of time each week can make a big difference to your community, your Y and yourself. Every hour spent volunteering translates into more smiles and supports our Mission of building healthy communities.

The YMCA of Southwestern Ontario offers a wide range of programs and services at more than 150 locations, with volunteer opportunities across the Association. As a Charity, we depend on the generosity of our community every day. Having dedicated volunteers like Susan makes a huge difference.

Susan started volunteering with the Y in 2015 after having a stroke which impacted her health significantly. With a lot of support from her family and therapists she worked hard on her recovery. As part of this journey, she decided to start volunteering at the Carling-Thames Family Centre which is operated by the Y.

Getting out of the house and into the community, talking to people and doing different tasks was just the challenge she needed. She feels fortunate to be able to volunteer at the Y and says it has helped her quite a bit with her confidence.

Susan has supported different programs over the years and always enjoyed the company of the children and adults who come to the Family Centre.

As one of more than 600 Y volunteers, we truly appreciate all that she does and gives for the Y. Thank you Susan!

Franka Olinski, Volunteer Program Manager

NATIONAL VOLUNTEER WEEK 2020
APRIL 19-25
IT’S TIME TO APPLAUD THIS COUNTRY’S VOLUNTEERS

#NVW2020
Volunteer Directory

BOYS AND GIRLS CLUB OF LONDON
For more information and to apply to volunteer, contact:
Greg Raymond, Volunteer Coordinator
519-434-9115 ext. 226
volunteer@bgclondon.ca
www.bgclondon.ca

CHILDREN’S AID SOCIETY OF LONDON & MIDDLESEX
For more information contact:
Joannie Pearson, Volunteer Coordinator
519-455-9000 ext. 2539
info@caslondon.on.ca
www.caslondon.on.ca

CMHA MIDDLESEX
For more information and to apply to volunteer, contact:
Aleena Needham, Volunteer and Student Placement Coordinator
519-668-0624 ext. 293
volunteers@cmhamiddlesex.ca
www.cmhamiddlesex.ca

Habitat for Humanity Heartland Ontario
Building strength, stability and self-reliance in the community.
Join the Volunteer team to make a difference.
Kendra Forrest, Volunteer Manager
519-455-6623 Ext 207
volunteers@habitat4home.ca
www.habitat4home.ca
Volunteer Directory

HUTTON HOUSE
Take your passion and make it happen!
Support individuals with disabilities as an education tutor or assist with learning and life-enhancing adult day programs: arts, fitness, cooking, pottery, music, theatre, bowling or Day Break.
Roberta Derikx, Volunteer Coordinator
519-472-1541 X224
volunteer@huttonhouse.com
https://huttonhouse.com/

MUSEUM LONDON
For more information and to apply to volunteer, contact:
Jordan Brennan, Volunteer Coordinator
519-661-0333 x 4263
jbrennan@museumlondon.ca
www.museumlondon.ca/volunteer

REFOREST LONDON
For more information contact:
Kelsey Nicholls, Volunteer & Signal Boost Coordinator
519-936-9548 x 222
volunteer@reforestlondon.ca
www.reforestlondon.ca
Volunteer Directory

VICTIM SERVICES
OF MIDDLESEX-LONDON
For more information and to apply to volunteer, contact:
Dale Jardine, Volunteer Coordinator
519-661-4797
dale@vsmiddlesex.org
www.vsmiddlesex.org

VON MIDDLESEX-ELGIN
For more information and to apply to volunteer, contact:
Delia Wassing, Coordinator of Volunteers, Community Support Services
519-659-2273 ext. 22226
delia.wassing@von.ca
www.vonme.ca

YMCA OF SOUTHWESTERN ONTARIO
For more information and to apply to volunteer, contact:
Franka Olinski, Volunteer Program Manager
519-907-5500 ext. 1174
volunteer@swo.ymca.ca
www.ymcawo.ca
2019-2020 Members

Alzheimer Society of London-Middlesex
Boys and Girls Club of London
Horton Street Seniors’ Centre
Brain Tumour Foundation of Canada
Canadian Cancer Society
Chelsey Park
Children’s Aid Society London & Middlesex
Children’s Health Foundation
City of London-Kiwanis Seniors Centre
Community Living London
CMHA Middlesex
Habitat for Humanity Heartland Ontario
Henley Place
Hutton House
Lee Jones Coaching and Consulting
Let's Talk Science
London Health Sciences Centre
London Humane Society
London Public Library
Make-A-Wish® Southwestern Ontario
Meals on Wheels London

McCormick Home
Mike Couture
Museum London
MS Society of Canada - Southwestern Ontario Chapter
Nokee Kwe
Northwest London Resource Centre
PHSS (Participation House Support Services)
Pillar Nonprofit Network
ReForest London
Regional HIV/AIDS Connection
Ronald McDonald House of Southwestern Ontario
St. Joseph's Health Care London
St. Joseph's Hospice
Salvation Army Centre of Hope
Salvation Army Divisional Headquarters
Thames Valley Children’s Centre
VON Canada
Victim Services of Middlesex-London
Western University
Women’s Rural Resource Centre
Woodstock Hospital
YMCA of Southwestern Ontario
About LAVA

LAVA is an acronym for London and Area Association for Volunteer Administration. Our mandate is to provide an opportunity for individuals in the field of Volunteer Management and Administration, either as a professional or on a volunteer basis, to meet with others in the field to share successes, work on challenges, explore opportunities and gain valuable skills and knowledge offered by LAVA members and partners in London and area.

MANDATE

- To bring together in an association, persons in the City of London and surrounding areas, who have a common interest in providing the best possible leadership in volunteer management by:
- Promoting and advocating for professionalism within the field of volunteer management and the community at large;
- Providing educational, professional development and mentoring opportunities for members to keep them appraised of recognized standards of practice;
- Collaborating with agencies and institutions to enhance volunteer management and volunteerism across the community

Contact us:
c/o Innovation Works
201 King St
London, ON  N6A 1C9
www.londonava.com
londonava.president@gmail.com

www.londonava.ca
www.facebook.com/groups/316813518793247/
@ldn_ava / #ldn_ava
Managers of Volunteers – London Ontario