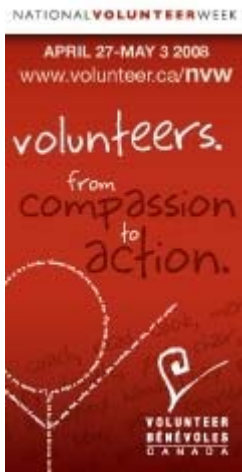


Volunteer Newsletter

Find us on the Web at
www.myparkgate.com

Parkgate Community Services
3625 Banff Court, North Vancouver, B.C. V7H 2Z8
Phone: 604-983-6350 Fax: 604-983-6357
Web: www.myparkgate.com

National Volunteer Week April 27th to May 3rd From Compassion to Action!



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Parkgate has a rich history of volunteering and community involvement. Parkgate's Volunteers are on the front lines of all of our community services - Board of Directors, Advisory Committees, Seniors' Services, Fitness, Sports, Camps, Pottery and Art, Youth Services, Family Programs, Childcare, the list is endless. The work of the volunteer is essential work.

National Volunteer Week celebrates the compassion and action of volunteers and is the biggest celebration of volunteers and volunteerism this country has. At our Annual General Meeting on May 29, Parkgate will also honor our volunteers with a major volunteer recognition

event.

Volunteers please visit us from April 27th to May 3rd and allow us to celebrate with you.

A heartfelt thanks goes out to our volunteers for the work you do - helping out, giving back and having fun!

Sincerely,
Parkgate staff



**Parkgate Volunteers contributed an amazing
12,020 hours in 2007**

It is with great great sadness ...



That we announce the passing away of volunteer, Milt Goodman on February 19, 2008.

Milt was the Parkgate Community Centre volunteer photographer, attending many events over the years and taking wonderful photos of our community and its people.

Milt was a member of the North Shore Cardiac Rehab Group at Parkgate Community Centre and attended their Monday, Wednesday and Friday sessions when he was not traveling with his wife Margie or sailing in his beloved boat "Goodship".

St. Pius Student Volunteer Program



Parkgate Community Centre offers Grade 6 St. Pius students the opportunity to learn the value of volunteering at an early age. This school-based program places students with local organizations and their time is integrated into their school day.

At Parkgate the students currently volunteer in our 3-5 Daycare Group and Kindercare program, Seniors' Centre lunch program and in the Pottery pre-school program.

These special volunteers can be seen at Parkgate throughout the week proudly wearing their volunteer t-

shirts, always with smiles on their faces.

I have been really impressed with the maturity of these students and the enthusiasm they bring to their work. Our clients young and old look forward to having them on site and I hear nothing but praise for them.

This has been a learning experience for us all, the students are learning what volunteering means. We have learned that volunteering has no age limit, even children as young as 11 years can contribute to the success of our programs.

**Bronwyn James,
Volunteer Coordinator**

Volunteer Spotlight

Weight Room Superstars



*Annette Blair
&
Keith Dunn*

Sally Stevens is new to the role of Weight Room Supervisor at Parkgate and would like to thank all of the volunteers for their help in making the Weight Room a safe, clean and enjoyable place for our patrons to exercise.

Our volunteers make it possible for the Weight Room to be open longer hours and provide essential support (and a smiling face!) to the patrons during their shift, which is highly valued.

Special acknowledgement is due to Annette Blair and Keith Dunn for their additional efforts in recent weeks in response to volunteer shortages. These two **SUPERSTAR** volunteers are always

ready to step up and help out at a minutes notice and ensure the Weight Room is able to operate at its usual high standards. Thanks Annette and Keith!

If you know anyone who is interested in volunteering in the Weight Room*, please contact Sally Stevens at 604-983-6355, or email sstevens@myparkgate.com or drop by the weight room office Mon-Fri.

In exchange for a 2 hour shift per week, Weight room volunteers receive a free Parkgate fitness membership!
*First Aid and CPR current certification required.

Finance Department Volunteer...

Every Thursday morning, we are all greeted with a wonderful smile and a good joke. Bob Bell, our Finance Volunteer, is full of wit, smiles, stories and incredible financial attribute. Bob is a Certificate General Accountant (CGA). He came originally to Parkgate to review a grant that was submitted to the North Vancouver District regarding Seniors' funding. From this review, we received our grant as well as an incredible financial volunteer. Bob recognized that we needed assistance and wanted to help our community. Bob assists the financial department wherever he can and he always balances to the penny! Bob is an incredible asset to us - not only does he ensure that all financial matters are completed but provides us with incredible opportunities to laugh and smile. Bob -- thank you so much for being our Finance Volunteer.



Congratulations - Parkgate Volunteer Board Member receives award!

Monday, March 03, 2008

North Vancouver Fire Services Receives International Recognition and Reaccreditation

By District of North Vancouver

NORTH VANCOUVER - District of North Vancouver Fire and Rescue Services (DNVFRS) **Captain Peter Hansen** has been selected to receive the prestigious Moncrief Award from the American Burn Association.

The award is named after Dr. John A. Moncrief, whose life's work transformed burn care from a surgical duty to a dynamic and successful model of teamwork in the care of the injured. The award is presented to an individual or organization for outstanding contribution in the area of burn prevention or burn care.

Hansen has spent many years volunteering with the BC Fire Fighters Burn Fund, a non-profit volunteer society dedicated to the treatment, support, prevention and education related to burn and fire injuries. He also co-founded 'Bright Nights', the Stanley Park Christmas Train which raises donations for the Burn Fund. And, in 1994, he organized an annual burn camp for burn-injured children. Now called the BC Professional Fire Fighters Burn Camp, the program hosts over 65 campers each year. Hansen continues to volunteer with the Burn Fund to raise funds to construct a \$22 million facility in Vancouver to house out-of-town burn survivors and their families during ongoing treatment.

"Many of our Fire Services personnel volunteer their time for these extremely worthy causes," said District Fire Chief Doug Trussler. "Peter's dedication to enriching the lives of children with burns has been exemplary and he is very deserving of this recognition."

Captain Hansen will receive the award at the American Burn Association Annual Meeting, which will be held on April 30, 2008 in Chicago.

Volunteer Opportunities

Following is a listing of volunteer positions currently available:

Senior's Centre Kitchen Volunteers

Join our amazing team of Kitchen Volunteers and reap the benefit of meeting new people, making friends and contributing to the success of Seniors' Programs while having fun. Shifts are available for coffee service and kitchen clean-up. *Vacation relief urgently needed!*

Youth Centre Volunteers

Parkgate Youth Centre is looking for adults to assist their staff in a variety of areas including pre-teen dances, boys and girls groups, fundraising and sports. If you have experience with or an interest in engaging with local youth to make a difference in their lives and this community please contact us.



Special Event Volunteers

The perfect opportunity for a young person who may not have a lot of time to give, but wishes to contribute. Special Events Volunteers work on set-up and decorating, supervising children's activities, face painting, crafts, cake cutting, food sales and more.



Weight Room Supervisors

The Weight Room Volunteer provides a welcoming, safe weight room environment for users. Ensures users follow weight room etiquette, show membership or pay drop-in fees and answers questions and provides instructions according to directions provided by the Weight Room Supervisor.

Children's Sport Class Assistants

Volunteers are needed to assist our sport instructors teach basic sport skills and team play with an emphasis on fun and safety. Programs are held after school and on weekends.

Family Playgroup Volunteer, Assists in the parent and/or caregiver and tot drop-in on Monday and Wednesday mornings at Parkgate. Play, read and direct children in a fun, and safe environment.

Carpenter Volunteer

Basic repair and construction projects throughout the year. If you have basic woodworking skills this would be a small but much appreciated volunteer role.




To apply or for more information please contact:

Bronwyn James,
Volunteer Coordinator,
 Phone: 604-983-6385
 Email: bjames@myparkgate.com

Seniors' Kitchen Volunteers

Health Canada has declared that reaching out to help someone can

actually improve your health. 

Volunteers are vital to our Community Centre. They donate their time to help prepare and serve meals, clean up, make endless pots of coffee and tea and some will even provide administrative assistance!

We simply could not offer the wide range of services that we do without the help of our many volunteers. We really do appreciate our volunteers for their time and dedication. To say "thank you" is not adequate, we know!

When next you see these people walking by, take a minute to thank them for their time!

Here at Parkgate we are fortunate to have 2 very versatile volunteer cooking teams! (and once a month the Lions' Ladies cook here too!)

Volunteers in our kitchen - in no specific order: Betty Edge, Hazel Best, Joanne Brook, Joan Ogden, Sharon Greville, Doreen Wensley, Paula Schaefer, Imelda Weafer and Bettina Norman.

Set up, Clean up & Coffee Service:

John Louie, Donna Phillips, Joan Bartman, Colette Mikhail, Joyce Smit, Hope Oosthuizen, Laura Gornall and Sarah Lau.

Always ready to help: Doug Greville, John Phillips, Pam Rowland, Margaret Shore, Amy Sundstrum, Lynn Thornley, Pat Turner.

Summer BBQ Team: Don Carpenter, Bob Malcolm, Stan Sorenson and Ted Stokes.

Reneé Matthee

Seniors' Program Assistant



Look out for our new Tuesday afternoon coffee cart service in Parkgate's lobby - We have a new volunteer, Laura who will be selling coffee and cookies to the public during the after school rush and raising money for our Seniors' Centre!

Welcome to our new volunteers

Laura Gornell - Seniors Centre
 Warren Thompkins - Youth Services
 Travis Richardson - Youth Services
 Will Jang - Youth Services
 Wayne Smith - Pianist Seniors
 Vanessa Kaluk - Seniors Services
 Jeffrey Kwong - Youth Services
 Dani Cooper - Youth Services
 Maria Romain - Special Events
 Nisan Ozcelik - Special Events
 Marnie Premont - Administration

Herman Lingam - Youth Services
 Practicum Student
 Justin Teegen - Youth Services
 Brittany Hardman - Youth Services
 Betty Brown - Senior's Craft Group
 Eldon Sparks - Weight Room
 Connie Cunningham - Pottery
 Jim Rolston - Administration,
 Photography
 Armin Zargari - Administration special
 project

Pottery Studio Welcomes ...

A new volunteer to the Pottery Studio, Connie Cunningham! Connie has been making pottery at Parkgate for the last 7 years. Connie will be facilitating the Pottery Sampler and the Saturday workshops.

Liz DeBeer
Pottery Studio Manager

MARK YOUR CALENDAR!

- All members of the community are invited -
 Parkgate Community Services Society
Annual General Meeting

&
Community & Volunteer Recognition

25th Anniversary

Thursday, May 29th, 2008

AGM and Community & Volunteer Recognition 7:00pm – 8:30pm

Reception – 8:30 to 9:30pm

Parkgate Community Centre
 3625 Banff Court, North Vancouver, BC, V7H 2Z8



Parkgate Community Services...

Parkgate Community Services (the Society) is a registered, non-profit society. Since 1983, the society has been providing programs and services out of the Seycove Community Centre, the Parkgate Community Centre, the Seymour Youth Centre and other satellite locations.

Involvement by the community is core to the Society. The Society's volunteer Board of Directors are community members who are qualified, experienced professionals with various backgrounds and perspectives. The Board of Directors, together with professional staff and other dedicated volunteers, ensures that the Society fulfills its mandate to respond to community needs.

Vision:

"To be a place where people know they have the opportunity to improve and enhance their own lives and that of the Community."

Mission:

"To lead and empower our Community to *"Live life better"*."

Prime Directive:

"To monitor/be aware of what improvement and enhancement means to the community and constantly work with the Community to ensure that what we offer reflects the community's needs."

Executive Director

Arleta Beckett

Phone: 604-983-6375 front desk

Email: abeckett@myparkgate.com

Volunteer Coordinator

Bronwyn James

Phone: 604-983-6385

E-Mail: bjames@myparkgate.com

Visit us on the Web
www.myparkgate.com