

# Volunteer Matters

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THE VOLUNTEER NEWSLETTER OF AIDS CALGARY AWARENESS ASSOCIATION

April 2009

## Challenge Yourself

### What if this summer you shared some of your free time with your community?

Maybe you could lend a helping hand to prepare a hot, nutritious meal for someone in need. You could spend a couple of hours to help prepare safer sex materials for distribution. Perhaps you could learn how to educate your community about HIV and how it affects us all.

What if you gave someone 2 hours of time, shared a smile or taught an important life lesson? At least two things, if not more, would happen: you would join the HIV global movement and you would make a difference in someone's life.

Aren't those reasons enough to stand up and volunteer?

This summer AIDS Calgary is making it easy for you to get involved in your community through our Volunteer Challenge. Officially beginning on May 18th and running for 18 weeks, the Challenge will aim to get 50 of our past, present and future volunteers to collectively contribute 2000 hours of volunteer time to our community. The Challenge will end on September 20, 2009, which is the same date as our Scotiabank AIDS Walk for Life.

Each volunteer will have the chance to create their own unique challenge by pledging the number of hours they would like to do, as well as think of ways to work towards change. AIDS Calgary will aim to support each volunteer in this endeavour by providing a range of volunteer opportunities that you can take part in with us, as well as tasks you can do on your own time, with family, friends or co-workers. It can be as simple as participating in our Core Training

day held once a month, making AIDS ribbons and distributing them to your neighbours, or even getting together with your circle of friends to create a team and raise money for the Scotiabank AIDS Walk for Life. Every hour you spend working toward the betterment of our community will count towards your total goal. Each week, our volunteers will tally up their hours and AIDS Calgary will provide you with a running total so you can see how you are doing in comparison to others. At the end of the 18 weeks, all our volunteers will have the satisfaction of knowing they have made an impact on the people around them and the person with the highest number of hours will also win a great prize!

Holding a mini event, or what's known as a "third party fundraiser" will also be a great way to tally up those hours quickly. Whether you plan a bake sale

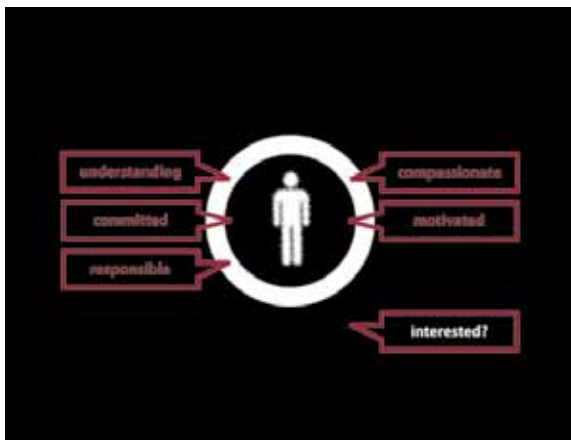
at your school, a toonie barbeque at your place of worship or a 50-50 draw at work, your hours will be counted towards your volunteer total and the money raised will help support people living HIV. Take advantage of our fundraiser-in-a-box resource tool to help you get started. AIDS Cal-

gary will also give away a special prize to the person who comes up with the most creative way to raise funds and help you to follow through with your plans.

So, this summer, why not step up and participate?

Stop stigma and discrimination. Support someone living with HIV. Educate the people around you.

Take the challenge!



**2000 Volunteer Hours**  
**50 Volunteers**  
**18 weeks**  
**1 Cause**

Join a global movement. Affect change in your community. Register today to take part in AIDS Calgary's Volunteer Challenge 2009.

The Volunteer Challenge puts you in the driver's seat and helps you define what type of volunteer you are. Pledge a few hours, get your friends involved, make a difference and have fun doing it!

Call or email us to register and learn about all the ways you can use small tasks today to create change for tomorrow.

Email: [volunteerchallenge@aidscalgary.org](mailto:volunteerchallenge@aidscalgary.org)

Call: 403 508 2500

Join AIDS Calgary and volunteer now!

**National Volunteer Week is**  
**April 19 – 25**

Thank you to all AIDS Calgary volunteers for the time and energy you have shared with us this past year. We are very grateful to each of you for your dedication to supporting people living with HIV and helping us to educate the community.

Our sincere thanks to all of you! We look forward to working with you in 2009.

**Fast Fact:** On average, volunteers give over 14,000 hours of time to us each year - that is the equivalent to eight staff positions.

# Exciting Program Changes

## AIDS Calgary's volunteer program is changing!

Over the past six months we have spoken to you, our volunteers, about how you would like to get involved with AIDS Calgary's work and you gave us your feedback loud and clear. We've taken your messages and made some changes that we are now ready to unveil.

Starting May 2009, AIDS Calgary will offer more volunteer positions and initiate a simpler way for you to get started as a volunteer. The revised program will be based on a three-tiered system. Each position is just as important as the next, but will require varied levels of commitment or training.

Positions in tier one are short term, simple and quick ways to get involved. For example, you can participate in the Scotiabank AIDS Walk for Life this September or volunteer at our Casino night in the latter half of 2009. Very little training is required and all it takes is easy registration.

For most tier two positions you will need to participate in an interview and perhaps a reference or police check, but there will be more flexibility and independence for the majority of the positions. For example, you could sign up to be a writer for our newsletter or sit on our Health and Wellness Day committee. Your volunteer time would mainly be done outside of office hours in your free time and you would have the chance to make new friends and work toward tangible goals.

Tier 3 positions require the highest level of time commitment and more training is required.

AIDS Calgary's new three tiered volunteer program makes it easier for you to get involved and start making a difference, no matter what your skills or how much time you have.

These positions are based on firmer schedules and you will have more interactions with community partners, schools and the general public. For example you could train to be a Speakers Network volunteer and make presentations to students at local schools.

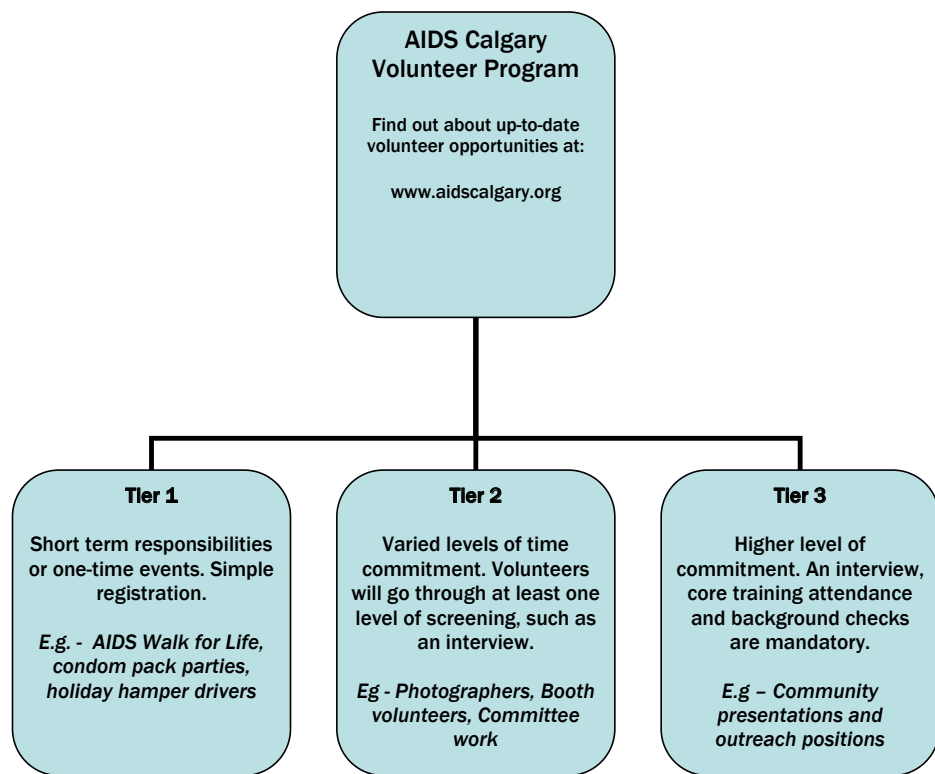
Our entire volunteer program has been re-structured to make it simple and fun for you to be a volunteer. Whether you have a lot of time or a little, have skills you want to share or want to learn, would like to volunteer on your own or in a group, we can work together to find you the best volunteer position. We're also working toward making it a simpler process to move from tier one, up to two, or three. So, whether you just have more time to give, or your connection to our community and desire to volunteer

grows, we will be able to provide you with more ways to affect change in Calgary.

The benefits to volunteering are endless. Meet new friends, develop life and work experience skills, contribute to your community and feel positive about the impact you are making. Our new volunteer program makes it easier than ever!

Why not get started today? Find out how by visiting us online at <http://www.aidscalgary.org/getInvolved/volunteer.shtml>, send us an email at [volunteer@aidscalgary.org](mailto:volunteer@aidscalgary.org) with your questions, or call us at 403 508 2500 and we'd be happy to set up a time to discuss your volunteer options with you.

Join AIDS Calgary and define what kind of volunteer you would like to be.



"Take a look around you. We're all affected. Share information. Make healthy Choices."

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