

Volunteer MATTERS

Volume 2 • Issue 1

THE VOLUNTEER NEWSLETTER OF AIDS CALGARY AWARENESS ASSOCIATION

February 2010

An award-winning year

Dozens of volunteers celebrated the holidays and the end to a very successful year at AIDS Calgary at the annual Volunteer Appreciation Party on December 2, 2009.

Besides participating in some fun activities, indulging in delicious food and enjoying the party, volunteers and staff took a few moments to recognize the achievements of the participants in our program over the past year.

Mike M. was awarded the Volunteer of the Year award for his dedication and hard work with the Positive Living Lunch program.

Mike was nominated by the Client Services team who said “we can’t think of a time when he hasn’t come out to help at the lunches – and he does a lot of the grunt work like moving tables and chairs. He is very reliable and we love having him around.”

Congratulations Mike!

Numerous volunteers received recognition this year for contributing time over 25, 50 and 100 hours. Way to go AIDS Calgary Volunteers!

Certificate Recipients for 2009

25 Hours or more

Ahmad A.	Jack N.
Alisa T.	J.C. P.
Amber D.	Kim S.
Aparna T.	Melissa R.
Beverly S.	Mike M.
Darrell E.	Miranda A.
Dave O.	Nureen V.
Doug L.	Richard Z.
Estelle M.	Sandra E.
Famira R.	Vaughan Z.
Glen B.	

50 Hours or more

Aditi L.
Alexis B.
Bill D.
Gemma L.
Gerry M.
James G.
Jarrod L.
Kawal K.
Lindsay P.
Mel M.
Mike H.
Paul O.
Rimple S.
Stefanie D.

100 Hours or more

Amanda B.
Christina P.
Katharine H.
Mark R.



Katharine, winner of the 2009 Volunteer Challenge, enjoys some holiday party snacks



Mike Magill is chosen as AIDS Calgary's 2009 Volunteer of the Year!



Volunteers share a laugh at the holiday party

Mark your Calendar

Core Training Workshop

Wednesday, February 10 from 9 am to 4 pm

Volunteer Activity Night

Wednesday, February 24 from 5 pm to 7 pm

International Sex Worker Rights Day

Details to follow

Core Training Workshop

Saturday, March 13 from 9 am to 4 pm

Resolve to get involved

By this point in the New Year, many of us who made resolutions have already broken them.

Experts say few people fulfill their resolutions because their goals are too big or too vague. So, why not make a commitment that you can keep?

Resolve to become more involved in your community, and more specifically with AIDS Calgary. It's simple. Being a volunteer is all about being an advocate for the agency, life-long learning and sharing your knowledge with others.

Here are some tips on how to be a great contributor to AIDS Calgary this year, and every year:

1. Attend a Volunteer Activity Night – It's easy to sign up and it's always fun to get together with a group of volunteers to make condom packs or AIDS ribbons.
2. Get a head start on the AIDS Walk – Creating a walk team can be a great activity to do with friends, family or co-workers. Start recruiting and planning your strategy now to reach your fundraising goals.
3. Learn new things or refresh your knowledge – Take a free Core Training Workshop. They are held monthly and cover important topics like Safer Sex, HIV 101 and Challenging Stereotypes.
4. Show your support – We endeavour to keep you in the loop about upcoming events. Make a point to attend at least one this year. For example, come by for a lunch-hour event on March 3rd at the Glenbow Museum in recognition of International Sex Worker Rights Day. Stay tuned for details.
5. Spread the word – If you are available during day time hours, consider training to become a booth or Speakers Network volunteer. It's the perfect way to reach out and educate the community about HIV and related issues.
6. Stay connected – Read our blog, the A-Word, and our newsletter, Red Matters. Forward the newsletter or interesting blog article on to friends and family.
7. Become a fan – Make AIDS Calgary a favourite page on Facebook. Visit often and suggest the page to your friends.
8. Little things count – Sometimes it's the small things that make a huge difference. Help the agency with our recycling needs, pick up a stack of volunteer posters or brochures and drop them off at your local library or community centre, or donate some juice boxes for our volunteer training sessions.
9. Do your research – Learning can be fun. Visit our website or call on us to provide pamphlets or information. Pick a topic related to HIV that interests you and start a conversation at school, work or home.
10. Be a referral – Does someone you know have questions about Safer Sex or HIV/AIDS? Or looking to make a donation? Or want to become a volunteer? We're here to help! Pass on our number (403.508.2500) and we'll be happy to answer any questions.

What is a booth volunteer?

Calgary is a city that really values community. There's no surprise then that there are numerous events and fairs that take place in our city every year.

In keeping with our mission to reduce the harm associated with HIV/AIDS, our agency makes efforts to attend as many of these community gatherings as possible. Examples include health fairs at the University of Calgary, Afrikadey and the Pride Festival. Our presence, usually with a booth, condom packs and materials to distribute, helps us to raise awareness about HIV/AIDS.

We want to make sure everyone knows that HIV is still an issue and that AIDS Calgary is a source people can use to ask

questions and expand their knowledge. Having a roster of volunteers available to attend community events and represent AIDS Calgary is a high priority, because it means we can reach out to as many people as possible.

If you are interested in learning more about HIV, sharing valuable information with the community about transmission and prevention of HIV and have daytime availability, this may be the perfect position for you!

To learn more about becoming a Booth volunteer, please visit our website at www.aidscalgary.org or call us at 403.508.2500.

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AIDS Calgary's mission is to reduce the harm associated with HIV and AIDS for all individuals and communities in the Calgary region. Volunteer Matters is published six times per year. Please send submissions or queries to the address listed above. The opinions expressed in this publication are not necessarily those of our funders.



AIDS CALGARY
awareness association