



2016 OPVA Board Members

- Tracey Randem
- Andrew Jones
- Shellie Boudreau
- Erica Armstrong
- Rebecca McLeod
- Beth Taylor
- Yiki Lai
- Najhi Stubbs
- Tendai Marume
- Jerry He
- Xsadenio Farrow

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From the Beginning.....

On-Point Volunteers Association is the first nonprofit organization of its kind here in Halifax, founded in August of 2015. Just last spring a core group of volunteers, who became the founding members of **On-Point Volunteers Association**, had one thing in common - we recognized the importance of volunteering and wanted to make a difference to the health of our community by giving back to non-profits where we live.

The founding members of **OPVA** were volunteering with other nonprofit organizations individually at the time, and often had conflicting schedules making it hard to commit to one organization for all their events. We also wanted to explore additional opportunities where we could volunteer together and not be restricted to one organization. Seeing our own challenges we realized this might be why people are reluctant to volunteer.

We decided to do a full-on analysis of the current challenges non-profit organizations were having with recruiting and retaining volunteers. What we found out was all people, regardless of demographic, are very busy and cannot commit to what is being asked of them as a volunteer today.

Students reported non-profits wanted them to work specific hours each week for a whole semester and that was just not realistic while they were trying to focus on

school work and athletic commitments.

Others experience anxiety with going to participate in an event for a new organization when no one else you know is going with you. And what if you don't speak English as a first language? People were choosing not to volunteer rather than taking on these challenges unfortunately.

Our group of 10 founding member volunteers had an amazing idea –why not create a new organization that breaks down the barriers to volunteering and creates a more positive volunteer experience for everyone. We created a solution and we called ourselves

On-Point Volunteers Association



Felix, Tracey, Ellie and Andrew at Valley Harvest

On-Point Volunteers Association

allows members to volunteer in a flexible framework, like "When You Are Available!" There are no required weekly hours. You can volunteer once a year or once a week.

On-Point Volunteers also participate in a wide variety of events. From cooking and serving food to the near homeless and disadvantaged, to cheering on the thousands of runners in races around this beautiful province, we do it all! Another great thing about **OPVA** is that we always volunteer in groups. Whether that group is two people or twenty-two people, members never go to events alone! –

We have lofty goals; we want to change the volunteer landscape to be more diverse, inclusive, and valuable. We want to find out why you want to volunteer and find the opportunities for you and then have the squad join you. **OPVA** is the volunteers' organization and will build and grow based on how our members see volunteering as part of their lives.

In one short year we have gone from a group of 10 to an organization of 65 members who have already contributed 479 volunteer hours to other non-profit organizations since January alone. Our calendar of events is growing daily.

We are being asked to sit on event planning committees and are known for being there from start to finish. We are known for being "on-point". We welcome you to join us and give back to your community beside us. Come and celebrate the value of volunteering and wear the bright green shirt! You will have fun with us.

Where Will You Find Us This Summer?



adsum
FOR WOMEN & CHILDREN



On-Point Volunteers Association
21 Castle Hill Drive, Halifax, NS B3M 3A4
Proudly Supported/Sponsored by:



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www.onpointvolunteers.org
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Spotlight on Our Volunteers.....

Jordan Archibald

Jordan Archibald is one of the founding members of On-Point. She is 22 years old, and is currently a 4th year honours psychology student at Saint Mary's University. She is also doing a minor in French and enjoys practicing her French whenever she can. Jordan will be writing the LSAT in June and applying to law school in the fall. Jordan joined On-Point so she could make a difference in the community, gain valuable experience, and meet new friends. On-Point has been a perfect fit for Jordan, and she is thrilled to be part of such a great team!

Felix Perry (Fee)

Felix Perry also is a founding member of OPVA. Fee has many years volunteering with the United Way, Friends of Five, Ward 5 Community Centre and most recognizably as one of the friendly pirates at the Maritime Race Weekend finish line. Retired from his administrative position with the federal government, Felix is a published author who is looking to mentor new volunteers in exchange for learning about how volunteering happens in other parts of the world. And yes...he is also Santa Claus to many children at the Bedford Place Mall.



Also pictured here are members of the Newsletter Committee in various volunteer roles so far this year:



(Clockwise from left) Kitty, Noor, Jenny and Tracey



Sasha, Yiki and Kris



Flashbacks to Scenes from Our Past as We Look Forward to New Opportunities with YOU!



Celebrating National Volunteers Week in Canada....

"Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time. April 10 - April 16, was National Volunteer Week (NVW), a time to celebrate and thank Canada's 12.7M volunteers." (<https://volunteer.ca/nvw2016>)

What did the On-Point Volunteers Association Squad do to Celebrate NVW? We went Cosmic Bowling That's What!!!

Joined by our friends from Souls Harbour Rescue Mission, 17 of our Board Members and Volunteers took to the lanes of Bowlarama in the Bayers Road Shopping Centre to **celebrate the near 500 volunteer hours we have given to our non-profit organizations in Halifax Regional Municipality since January 2016.**

Canada's Volunteer statistics for 2013:

- 12.7 million Canadians or 44% of people, aged 15 years and older, participated in some form of volunteer work
- Women were slightly more likely to volunteer than men (45% versus 42%)
- Those aged 15-19 most likely to volunteer
- After adolescents and young adults, middle-aged adults who are often parents of school-aged children were the most likely to do volunteer work; 48% of people aged 35-44 years of age in particular
- Adults aged 55+ many only represent 28% of the volunteer population, however they contributed more hours on average than any of the other age groups of volunteers surveyed for the study.
- Mirroring the overall population, volunteers are becoming more and more educated; from 2004 to 2013 the percentage of volunteers aged 25-64 with a university degree rose by 4% to 39%

<http://www.statcan.gc.ca/pub/89-652-x/89-652-x2015001-eng.htm>

What does On-Point Volunteers Association Data Look Like?

Stay tuned for our next edition of the newsletter where we will highlight the AMAZING OPVA statistics.



For some of our volunteers, bowling is an entirely new "Canadian" experience.

NATIONAL VOLUNTEER WEEK

April 10 - 16, 2016

Volunteers are the roots of strong communities



volunteer.ca/nvw2016

Investors Group

VOLUNTEER
RENOUVELES
CANADA

Spotlight on The Organizations We Support Through Our Volunteering....



Souls Harbour Rescue Mission: Mission Statement

To RESCUE people from poverty, addiction and sin, by offering emergency help, such as food, clothing and shelter, life-changing recovery programs, and the Gospel Message.

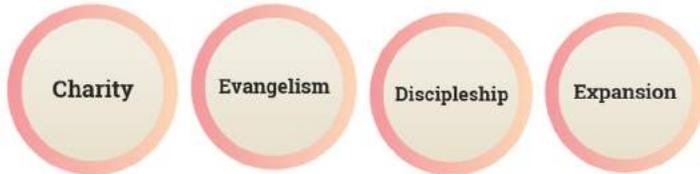
It's a home for the homeless in Halifax. It's hope for the hopeless. It's food for the stomach and food for the soul. It's friendship for the lonely. It's Souls Harbour RESCUE Mission.

Souls Harbour RESCUES people from poverty, addiction and despair, by offering emergency help, such as food and clothing, life-changing programs, and the Gospel Message.

If you haven't a friend in the world, you can find one here, where we strive to offer welcome, hope, and dignity to each of our guests.

"Putting an end to poverty, hunger and homelessness in Nova Scotia means offering welcome, hope and dignity to our guests. Learn why we're not just another charity."

Core Values



Charity: a practical program or individual act of love done to help those in need – love and good deeds.

Evangelism: sharing the good news of salvation with the Mission residents and guests – our priority.

Discipleship: training new believers at the Mission to grow in the knowledge and grace of Christ and to become active in Christian (church) fellowship.

Expansion: refers to expanding the quality and variety of Mission services to the community as the Lord provides the vision and means – a movement, not an institution.

Services Include:

DROP IN CENTRE: Up to 100 hot, nutritious lunches are served every weekday at Souls Harbour Rescue Mission. Our Drop In Centre has become a place of community. Our guests include men and women facing hunger, homelessness, poverty, abuse and addiction. We serve local families, as well as seniors from neighbouring affordable housing blocks. We offer free food, clothing, toiletries and household items. An afternoon at Drop In means free local calls, the daily papers, magazines, a Christian lending library, as well as computers and free income tax returns (offered also in Spanish). There is always a friendly face and someone to talk to. We provide a safe place to take those first steps to health and healing. All are welcome.

HOLIDAY DINNERS: 4 times a year, we serve up to 400 men, women, and families from our community a 3-course meal. \$3.11 is the average cost of serving a meal at a soup kitchen in Canada. Food donations reduce our costs during times like Christmas. An extra turkey bought at Thanksgiving goes a long way to feeding people who are hungry in the Halifax region. It's not just meals that make a difference. It's people. One of these events can take 100 volunteers to pull together.

GOOD NEWS CHAPEL: No matter what your religious beliefs or affiliations, it's been studied and said that those who are linked to a church community have much greater success at staying sober, conquering addiction including alcoholism and drug abuse, and becoming good neighbours. Good News Chapel is a street level "chapel-church" that reaches out to the community with the Good News. Rev Ken Porter leads our chapel along with a core group of families.

We are a place to meet and feel comfortable, no matter your style of worship or place in your spiritual journey. From the very poor, to the very rich, no matter your social status or nationality, all are welcome. Join in every Wednesday from 7:00 - 8:00 pm, and bring a snack to share afterwards at our 'snack-luck.'

Four times a year On-Point Volunteers Association will provide volunteers to assist in the Holiday Dinners. You are also encouraged to support Souls Harbour on your own through the weekdays should your schedule afford AND you can also count those volunteer hours towards your academic complement. Please see Tracey Randem in advance to arrange.*



Where Will We Be Contributing From Now until August?.....

Blue Nose Marathon Weekend Events



Youth Run Race Kit Pickup (duties are indoors giving out t-shirts and bibs)

Friday May 20th from 1:00-6:00pm, Scotiabank Centre Halifax

Doctors Nova Scotia Kids 2K and 4K Races (Course Marshals and Cheering Stations)

Saturday May 21st from 9:30am-12:30pm around Halifax Commons

5K Finish Line Medals (duties include handing out medals to finishers)

Saturday May 21st from 2:30-4:30pm; Scotia Bank Centre Halifax

10K, Half and Marathon Hot Spot Course Marshalls (including cheering and directions)

Sunday May 22nd from 7:30am-1:00pm, at locations in and around Point Pleasant Park

Benny Bulldog Running Events

Duties include water station support for three running events

Saturday May 7th at Shubie Park Dartmouth



IWK Telethon for Children Event Support

Duties include support for volunteer registration, running food/drink to telephone pledge-takers and hosting the wrap up party.

Saturday June 4th 6:00-11:00pm and Sunday June 5th from 8:00am-8:00pm

Girls Gone Gazelle/Sole Sisters Running Events



sole SISTERS
PRESENTED BY SOLES IN MOTION

Saturday June 11th in Dartmouth Crossing Industrial Park

Duties include High-fives/cheer station for Li'l Sisters Run from 10:00am-1:00pm and

Chocolate Station for Sole Sisters 5K Race from 4:00pm-8:00pm

EPIC Canadian Run for Canada Weekend July 1-3rd

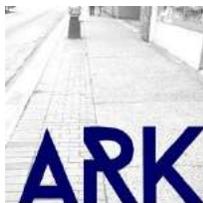
Friday 10K, Saturday Half Marathon and Sunday EPIC Kids Triathlon

Lake Banook, Dartmouth. Duties include race support and finish line celebrations.



Halifax RibFest (Rotary Club of Halifax) Friday July 1st on the Halifax Waterfront

Duties include greeting participants, bussing tables, sorting recycling from food waste, safety of participants and other duties as assigned. Shifts will be from 11am-11pm but you *must be 19 years old to volunteer AFTER 9pm.*



Sunday Suppers at St. Andrew's United Church, Robie St. at Coburg

Every Sunday from 3-6pm with duties that include setting up and serving snacks and meal to over 300 homeless or near homeless individuals, families and children. No serving experience required. This is a great opportunity to get basic conversational English experience with un-judging individuals

Adsum House for Women and Children every second Saturday from 2-5pm

Cooking a Saturday meal for the residents of the shelter. Volunteers choose what they want to cook. This is a females only volunteer experience however the men can spend some time in the donations shed sorting and organizing and preparing the move out boxes.



On-Point Volunteers Association uses Signup Genius online tool so you know in real time whether there are spaces still available for you to participate. A completed membership form is required to be an ongoing volunteer with us. We also use Track It Forward online volunteer hours tracking tool so you can submit your hours right away and watch your hours grow towards our internal milestones.

Our Mission, Vision and Values.....



On-Point Volunteers Association believes in the value of volunteers that are required to build healthy communities, while simultaneously supporting the personal growth of people of diverse backgrounds by bringing them together through their interest in volunteering.

As a non-profit organization, On-Point Volunteers Association is committed to:

- connecting our members to meaningful volunteer opportunities in a group setting
- fostering our members to become life-long volunteers
- communicating the value of volunteers to our communities
- encouraging the integration of new members to our organization
- guiding our members to develop personally and professionally through volunteering activities

Words from the President:

As you have read, the conversation of “*starting something*” on a beautiful morning in April last year has become a registered non-profit organization of 65 members from 15 different countries. Since August we have partnered with 17 organizations/events and have contributed in 25 different ways to support them. We are cooking supper for women in crisis, serving the homeless and near homeless, collecting donations in almost every place imaginable, and registering event guests. We have kept runners on course and cheered and high-fived them at their finish. We are joining planning committees and contributing as directors on governing boards for the organizations we support. We have bright green volunteer t-shirts thanks to a sponsorship from **Fairley & Stevens Ford Burnside**. In less than one year “**On-Point Volunteers Association**” (**OPVA**) has become a recognizable brand and I have heard many times that true to our name, We Are “**On-Point**”. I love it; that is what we set out to be! #OnPointVolunteeringMatters #OnPointRocks #OPVASquad #OPVAGivingBack

Someone recently asked me “*how do you measure success; do you have goals for your organization*”? I am very pleased to report that during our short time as a registered non-profit the members have worked hard to develop strategic growth-critical goals which have measureable outcomes. Our Board is committed to living our mission and vision and changing our direction if we need to. Our overarching goals align with our vision statement and can be grouped as follows:

1. Continuously develop positive relationships with non-profit organizations in our communities
2. Share the impact of volunteering with those who may not yet know how important volunteers are to making communities healthy
3. Develop a volunteer recognition program so that our volunteers know how important they are to us
4. Provide meaningful information to our members on how their hard work benefits those we partner with
5. Find meaningful volunteer opportunities for our members so that they build on personal and professional goals while volunteering
6. Build a diverse and safe organization for all members of our community
7. Encourage all members to contribute to the growth of our organization and to have a forum for providing regular feedback to us
8. Work hard to ensure everyone has fun while giving back to their community

As President, I am responsible to ensure these top 8 goals are met during my term, with the support of the Board. I have a wonderful Board behind me (with a few vacancies if you are interested). We are where we thought we would be in our first year. I am thrilled we are partnering with the **Saint Mary's University Co-Curricular Record** program and the **DalConnects** program for our university students. Next stop are the high school volunteer programs. Our **Volunteer Recognition Committee (The VRC)** is looking to find new and exciting ways to recognize our members, although we know most times a genuine **Thank You** is all that is required. We have lots of ideas to incorporate and room to grow and develop.

Please accept my **Sincerest Thanks to our supporters in this community and beyond**; for your advice, best wishes, donations, feedback and volunteer hours. Keep it coming!! If you are not already a member volunteer and would like to join us, return the following membership form to OnPointVolunteers@gmail.com or bring it with you to one of our volunteer opportunities in the near future. **On-Point Volunteers Association** could not be “On-Point” without our volunteers. **–Tracey Randem**

