

VOLUNTEER VOICE

The newsletter of the
Lunenburg Queens Volunteer Partnership



FEATURE VOLUNTEER: SANDRA WOODFORD Queens Recreational Boating Association

Beautiful beaches and great sailing are some of the reasons Sandra Woodford and her husband, Tim decided to make Liverpool their home.

Originally from Cape Breton, they arrived in Queens County in 1986 where Tim, a doctor, set up a family practice and Sandra, a nurse, was able to work at Queens General Hospital.

Sandra admits that she also had somewhat of an "inability to say no" when asked to volunteer, but has learned how to be slightly more selective over the years.

Since then, they have raised four children and have become an integral part of their community.

Her long standing interest in sailing led to her involvement with the Queens Recreational Boating Association., the group responsible for the operation of the Brooklyn Marina and Waterfront Park. The organization aims to provide accessible, affordable boating for Queens residents, offering floating docks with 62 berths, including 10 for visitors, a cozy clubhouse (where one can often find a card game in progress) and expanded canteen facilities. Sailing races are held several times a week, and Junior Sailing lessons will again be available this summer. A committee of the association organizes Seafest, which runs this year from August 21 – 23 at the Marina, and features the ever popular fishing derby. Sandra says, "What better way to spend the day than with delicious food, great entertainment and friendly people; all close to home?"

Sandra very quickly became known for her willingness to pitch in and help whenever asked, and has been involved in such varied groups as The Hospital Hustle, The Winds of Change, The Queens County Music Festival, Queens Association for Supported Living, The Diabetes Society and Privateer Days. She is a familiar face throughout the Liverpool school system, having volunteered in all three schools as an event organizer, library worker, chaperone and fundraiser. She also has an artistic bent and has been the "go to" person for many groups needing posters, brochures and promotional materials. Local youth sports groups such as the Queens Minor Hockey Association and the Queens County Soccer Association have benefited from her assistance, and she was a Sunday school teacher for many years. Most recently, she has become a member of the Queens Place Fundraising Management Committee.

The Lunenburg Queens Volunteer Partnership would like to recognize Sandra Woodford for her outstanding commitment to volunteerism in her community.

When asked why she volunteers, Sandra explains, "It's probably the same reason most people volunteer, it's a way to contribute to the well being of your community and also a way to help people."

This article originally appeared in The Lighthouse Log LQVP column, The Volunteer Voice. Be sure to look for this column in future editions.



SANDRA WOODFORD OUTSIDE
THE BROOKLYN MARINA.

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UPCOMING EVENTS



THANK YOU TO OUR VALUED FUNDERS

The work of the *Lunenburg Queens Volunteer Partnership* is made possible by the generous support of a collective of sponsors and funders. The Partnership's lead supports and sponsors this year have been the **Lunenburg County United Way** and **Nova Scotia Health, Promotion and Protection**. Pictured here are Debby Smith (HPP), Michael Graves (United Way) and Amie Haugh (Chair of the LQVP), thanking both of these sponsors for their continued support of the effort to contribute to and foster volunteerism in Lunenburg and Queens Counties.

IN THE WORKS: RESOURCES FOR VOLUNTEERS

THE *LUNENBURG QUEENS VOLUNTEER PARTNERSHIP* IS CURRENTLY PLANNING THE FOLLOWING INITIATIVES FOR THE COMING YEAR AND FALL SEASON:

- A **Volunteer Fair** set for January/February in Bridgewater. This one day event will showcase local groups and also provide information on issues of interest to volunteers along with several workshops and developmental opportunities.
- A **series of rotating workshops** on topics such as fundraising, recruitment and how to run an effective meeting will be held in various locations throughout Lunenburg and Queens Counties.
- Our **website** is currently undergoing major changes and will offer volunteers **a central resource for practical information and assistance**.
- A **reference manual** for volunteer groups in Lunenburg Queens is currently in the planning process. This updatable resource will be available to volunteers both in hard copy and on our website.

WATCH FOR OUR UPCOMING NEWSLETTERS FOR INFORMATION AND UPDATES ON THESE AND OTHER PARTNERSHIP PROJECTS.

Volunteer Training Workshop

TAKE YOUR GRANT PROPOSAL TO LUNCH

Saturday, Nov 7, 2009
NSCC Lunenburg Campus, Bridgewater
10 am - 3 pm \$20/person

This workshop is designed to support participants to tackle the challenge of writing a grant proposal. Participants will be given ideas, tips, and resources that they will find useful in the grant proposal writing process from where to find grants to what to do after you get one. While participants may not complete their grant proposal in the six hours of this workshop, they will leave with new grant proposal writing skills and the ability to apply those skills to the needs of their own organization. If this workshop appeals to you, bring a grant proposal idea or a proposal that you have written or are in the process of writing and the workshop leaders will offer feedback and suggestions to make it a winning grant proposal.

Ted Meldrum and Brenda Wallace-Allen will conduct this workshop. After lengthy careers in Recreation and Health Services respectively, they joined the faculty of NSCC: Ted in the School of Business, and Brenda in the School of Health and Human Services. They co-teach a course in Grant Proposal Writing and are excited about sharing the basics of this process with those applying for grants across Nova Scotia.

For more information, or to register for this workshop, contact Anne Fownes, **Lunenburg Queens Volunteer Navigator** (902) 543-3422 lqvolunteerpartnership@gmail.com.



EVENTS



QUEENS COUNTY ACTIVITY SAMPLER

Saturday, October 3, 2009, South Queens Junior High

HAVE YOU EVER WONDERED "WHAT CAN I DO THIS YEAR?", "WHAT ACTIVITY WOULD BE THE BEST FOR MY CHILD?" OR "HOW CAN I FIND OUT WHAT MY COMMUNITY HAS TO OFFER?"

Help us engage our youth - the next generation of volunteers in our community.



If you're organizing a youth event - in the community or in the classroom - and would like to promote community involvement and volunteerism, the LQVP is more than happy to attend. Please contact us to arrange a booth or presentation.

Anne Fownes,
Volunteer Navigator
Phone 543.3422
Cell 277.1587
lqvolunteerpartnership@gmail.com



The Lunenburg Queens Volunteer Partnership and Queens Recreation are joining forces to help answer these questions.

The first Queens Activity Sampler is planned for Saturday, October 3, 2009 at South Queens Junior High School. This one day event aims to provide a central "one stop-shopping" opportunity, where groups as varied as local sports associations, recreational and cultural groups, and both youth and senior's groups can showcase their programs.

Residents, young and old alike, can spend the day trying a wide variety of activities, and, with any luck, find a new hobby or sport or way to get involved in the community. This event also aims to

give groups a chance to network, to find out about upcoming developmental opportunities and workshops, and perhaps recruit a volunteer or two.

Norm Amirault, Director of Recreation for the Region of Queens, explains: "We hope to showcase the amount and scope of recreational activities that are available to the residents of Queens - a central information event for promoting sport, recreation and culture in Queens." And, he notes, "It should be a really fun day."

"Spend the day trying a wide variety of activities, and, with any luck, find a new hobby or sport or way to get involved in the community."

For further updates and for group registration, contact **Queens Recreation** (902) 354-5741 or the **Lunenburg Queens Volunteer Navigator** (902) 543-3422 lqvolunteerpartnership@gmail.com.



IN THE NEXT ISSUE OF
THE VOLUNTEER VOICE
Nov/DEC 2009

**Featured Volunteer: Sharon Green, ACW,
St. John's Anglican Church, Lunenburg**
Meet the LQVP Team:

Partnership Chair, Amie Haughn

MEET THE LQVP TEAM:

ANNE FOWNES, VOLUNTEER NAVIGATOR



Anne Fownes is making good use of her navigational skills these days. She has been finding her way from Aspotogan to Caledonia, New Ross to

Port Joli, making contact with groups and individuals in her new role as the Volunteer Navigator for the Lunenburg Queens Volunteer Partnership. Having lived in Bridgewater, Liverpool, and now Greenfield, Anne is familiar with the roads and with the issues linking people in South Shore communities.

When describing her position, she returns again and again to the idea of the practical.

“So many groups have wonderful

ideas, but are unsure of how to proceed in order to make their visions reality,” she says. “I am pleased to be in a position where I can do something that will have real, practical results.”

At the top of her list is the creation of a reference manual, designed specifically to serve this geographical area. The manual will help volunteer groups with the how-to's of getting organized, from fundraising to understanding insurance requirements, creating by-laws to writing grant proposals. As her year-long contract progresses, she also plans to offer training workshops throughout the area, organize volunteer events in both counties and develop a user friendly website.

Anne has plenty of hands-on experience in the field of volunteerism. She has served as a board member for the Queens Community Health Board, the South Shore Regional Library, the Astor Theatre Society, and the Rails

to Trails Recreation Society, among many others. In her academic life, she focused on nationalism and culture at the London School of Economics and Political Science. “Nationalism at the grassroots level is community spirit,” she explains, “and that's what volunteering is all about.”

The Volunteer Navigator is available as a resource person for community groups, and can be contacted in Liverpool at South Shore Opportunities, in Bridgewater at the Acadia Centre for Social and Business Entrepreneurship (ACSBE), and in a number of other outreach spaces throughout Lunenburg and Queens Counties.

You can contact Anne at

Phone: (902) 543-3422

Cell: (902) 277-1587

lqvolunteerpartnership@gmail.com



c/o ACSBE Resource Centre
Suite 108, 215 Dominion Street
Bridgewater, NS B4V 2K7
Anne Fownes,
Volunteer Navigator
Phone 902.543.3422
Cell 902.277.1587
lqvolunteerpartnership@gmail.com

Our Mission and Purpose

The **Lunenburg Queens Volunteer Partnership** is a collective of like-minded government departments and not-for-profit agencies who have a mandate to support volunteers and community development in the region. The group's mandate is to identify gaps, support volunteer capacity development and advocate services for volunteers and their organizations. The group achieves this by:

- Creating awareness of the value of volunteerism
- Facilitating skill development opportunities for volunteers and community developers
- Providing tools and resources, and
- Undertaking partnership development that will further volunteerism in our community

For more information about the LQVP we invite you to visit our website at www.lqvc.ca.

The **Lunenburg Queens Volunteer Centre and Partnership** is made possible by the generous support of:



The Lunenburg Queens Volunteer Partnership is pleased to have the support of the following organizations as part of the **Partnership Committee:**

Lunenburg County United Way
Municipality of the District of Lunenburg
Municipality of the District of Chester
Region of Queens Municipality
Nova Scotia Health Promotion and Protection
Lunenburg /Queens Regional Development Agency
Acadia Centre for Social and Business Entrepreneurship
Lunenburg Queens Recreation Coordinators/Directors' Association

South Shore Public Libraries
Second Story Women's Centre
Town of Bridgewater
Town of Mahone Bay
Town of Lunenburg
VON Lunenburg County
VON Queens County