

GILDA'S GAZETTE

VOLUNTEER NEWSLETTER



MESSAGE FROM THE VOLUNTEER COORDINATOR

Hey there! I just wanted to take a moment to express my heartfelt gratitude to every single volunteer we have here at Gilda's Club. Your unwavering commitment, tireless effort, and positive attitude have made all the difference. Your volunteered time has been invaluable, and we cannot thank you enough for your generosity and kindness. You all went above and beyond, from showing up at minus 20-degree weather during Winterfest to rainy afternoons during our golf tournaments, bi-weekly Bingo support, daily Greeters, and ensuring events ran smoothly. Your support has made a significant impact on the lives of our Members and our cancer support community. Last year was my first full year at Gilda's Club. It was a huge learning curve, but you all made it easier with your support and words of encouragement.

I look forward to creating more fun and fulfilling opportunities for you, our volunteers, to show our gratitude and continue our work together.

May the New Year bring you endless possibilities and opportunities to grow and prosper. I wish you a very happy New Year filled with joy and success!

Cara Dyke

NEW VOLUNTEERS



Penny



April



Nick



Julie

Hi, I'm April and I'm looking forward to volunteering at Gilda's Club! I enjoy giving back to the community and meeting new people.

Hello everyone, my name is Nick, Embarking on volunteer work brings me immense joy to dedicate my time to giving back to the community now. I've selected Gilda's Club for aiming to forge connections with new individuals and leave a positive imprint on these organization and peoples. I'm eagerly anticipating learning more about this great endeavor and contributing meaningfully to the causes that matter to me.

RECIPE FROM THE SOUP SOCIAL

BUTTERNUT SQUASH SOUP WITH APPLE AND BACON

Ingredients:

- 8 slices of bacon, cut crosswise into 1/4 inch strips
- 2 1/2 lbs. of butternut squash, peeled, seeded and cut into 1/2-inch cubes to yield about 6 cups (1 med squash)
- 1 small granny smith apple, peeled, cored and cut into 1/2-inch cubes to yield 1 cup
- 1 1/2 tbsp. fresh sage leaves, finely chopped
- 1 tsp. salt
- 1/2 tsp. ground pepper
- 4 cups low sodium chicken broth (vegetable soup can be substituted)
- Stir in the apple, sage, salt and pepper and cook for about 4 minutes (you'll see more browning on the bottom of the pot than on the vegetables.
- Add the broth, scraping up any browned bits in the pot with a wooden spoon.
- Bring to a boil over high heat, reduce the heat to maintain a simmer and cook until the squash and apples are very soft, 6-8 minutes.
- Remove from heat & let cool
- Add about half the bacon to the soup and puree, using a stand or immersion blender (you need to work in batches if working with a stand blender)
- Taste and adjust with salt and pepper
- Garnish each serving with the remaining bacon

Directions:

- Cook the bacon until crisp and golden, medium, 8-10 min. Use spoon to transfer to a plate lined with paper towels
- At medium high, add squash to the pot with the bacon fat and cook until lightly browned, 4-6 min (resist the urge to stir too often or it won't brown)

NEW FACES ON THE PROGRAM TEAM



Jessica

Hello! I'm Jessica and the new Support Group Facilitator. I have a MSW from Lakehead University and have been providing individual and group mental health services since 2018.

I am thrilled to have joined the team at Gilda's Club Simcoe Muskoka and will be facilitating a number of in-person support groups, in addition to offering some 1:1 in person counselling services.

It has been a pleasure getting to know some of the members over the last few weeks and I very much look forward to meeting everyone else around the clubhouse!



Madison

Hello everyone, I'm Madison the new Program Coordinator and Facilitator here at Gilda's club. I have my MACP from Yorkville University and am a Registered Psychotherapist with the CRPO, I have experience providing individual and group mental health services to adults, youth and families.

I am thrilled to have joined the team at Gilda's Club Simcoe Muskoka and will be developing and managing the programs for the children, youth & families here at Gilda's Club. As well as facilitating a few of the support groups, in addition to offering some 1:1 in person counselling services.

I have enjoyed getting to know some of the members since starting here and I'm looking forward to meeting everyone else around the clubhouse!

EVENTS JUST FOR YOU



VOLUNTEER APPRECIATION NIGHT

Thursday, April 18, 2024

NATIONAL VOLUNTEER WEEK

April 14 to 20

"During National Volunteer Week 2024, we come together to recognize and celebrate the importance of each and every volunteer's impact from coast to coast to coast. Now more than ever, Every Moment Matters."

You, our volunteers, are indispensable in supporting our Members at Gilda's Club. As we celebrate National Volunteer Week, let us take a moment to shine a light on your invaluable contributions.

FREE MASSAGE FROM OXFORD COLLEGE

*1-hour free massage from the Registered
Massage Therapy students at Oxford College
Students in Barrie.*



WEDNESDAY, JANUARY 31ST

2:00 pm, 3:30 pm and 5:00 pm

SATURDAY, FEBRUARY 24TH

Stay tuned for more details

Email Cara if you want to save your spot now!

EVENTS JUST FOR YOU

The Future is Old: Addressing Ageism for a Brighter Outlook

Ageism is getting old. This prejudice based on age is one of the oldest 'isms', yet it's so common that it largely goes unnoticed. What would it look like if ageism ceased to exist? Voices would be valued; people would be precious -not because of age or in spite of it. Outdated stereotypes and derogatory terms (even the well-meaning ones that are unintentionally patronizing) would disappear. Greeting card companies would have to get more creative for birthdays rather than resort to belittling ageist jokes. Without ageism, getting older would be an opportunity to get better with age. Aging would be seen as an achievement rather than a failure to be hidden or fixed (because if you aren't aging, you're dead).

Mature Minds, brought to you by Catholic Family Services of Simcoe County, is pleased to offer this presentation on ageism with Gilda's Club volunteers.

Join us in recognizing ageism for what it is and revolting against it. Together, we can create a better future for everyone.

WHEN: Thursday March 21st

WHERE: Gilda's Clubhouse

TIME: 4:00 pm - 6:00 pm



CLUBHOUSE CLOSURE

In case of a clubhouse closure due to inclement weather, please check our social media (Facebook & Instagram) or call the clubhouse at 705 726 5199.

If you feel unsafe about driving in any weather or road conditions, please contact the clubhouse or the volunteer coordinator and keep yourself safe.

VOLUNTEER OPPORTUNITIES

BARRIE BINGO REPRESENTATIVE

Our bingo schedule falls on Saturdays, from 1:00 pm to 3:00 pm, at the Delta Bingo Hall - 52 Bayfield Street.

Barrie Bingo financially supports 60+ organizations in our community. They help keep our Red Door open.

Contact Cara if you are available and can contribute a few hours of your Saturday!



RED DOOR CURLING BONSPIEL

The Barrie Curling Club is hosting its annual bonspiel for Gilda's Club, promising a day of fun and curling!

Please save the date
Saturday, February 24, 2024

More details to come!



CARDS

A weekly Cards event for Members has expanded to Mondays! Looking for a sociable volunteer who enjoys playing.

Weekly on Mondays
1:00 – 3:00 pm



COFFEE SOCIAL

A relaxing way to end the week: grab coffee with Members or play board games. Seeking a volunteer to lead.

Weekly on Fridays
9:00 am – 12:00 pm



VOLUNTEER OPPORTUNITIES

BARRIE WINTERFEST!

We're back at it again!
Join us for more winter fun at Barrie's Winterfest!

February 3, 2024 10:00 am - 5:00 pm
Sunday, February 4, 2024 10:00 am - 4:00 pm



MORE DETAILS TO COME!

SOUP SOCIAL 2024

Soup Social is continuing for the first quarter of 2024 and it's every other Tuesday starting January 2nd

11 AM – 1 pm
Volunteers to arrive at least 1.5 hours earlier.

We're looking for volunteers to help with the set-up, heat the soup, serve and clean up.

VOLUNTEER OPPORTUNITIES

Noogieland Program Volunteer Support

| JANUARY | FEBRUARY | MARCH |
|--|---|---|
| 11th, Thursday Make your Own Mocktails 5:30 – 8:00 pm | 2nd, Friday Teens Rock Climbing* 10:30 am – 2:00 pm | 11th – 15th (5 days) March Break Camp** 2 volunteers for each day |
| 22nd, Monday Journaling and Mindfulness 5:30 – 7:30 pm | 8th, Thursday Family Trivia Night 5:30 – 8:00 pm | |
| 25th, Thursday Craft Night 5:00 – 7:00 pm | 12th, Monday Valentine's Day Craft 5:30 – 8:00 pm | |
| | 22nd, Thursday Paint Night 5:30 – 8:00 pm | * Offsite ** Multiple Volunteers Needed |

If you're considering volunteering at Noogieland, you can do so without a professional background in working with children. We only need a helping hand and a warm smile to ensure every fun activity goes off without a hitch!

Adult Program Volunteer Support

| JANUARY | FEBRUARY | MARCH |
|--|---|---|
| 11th, Thursday Make your own Mocktails 2:00 pm - 4:00 pm | 13th, Thursday Improv 1:00 pm - 3:00 pm | 12th, Tuesday Improv 1:00 - 3:00 pm |
| 12th, Friday Karaoke 5:30 pm - 8:30 pm | 16th, Friday Murder Mystery Social 1:00 - 4:00 pm | |
| 25th, Thursday Evening Greeter 5:30 pm - 8:00 pm | | |

Volunteers will be assisting a program staff with set-up, hosting, and clean-up

PHOTO GALLERY

