

GILDA'S GAZETTE

VOLUNTEER NEWSLETTER



MESSAGE FROM PATRICIA GILBERT ON VOLUNTEERING

When I first thought of volunteering It was because I could help. I've been volunteering for quite a few years now. It goes beyond helping out. I find a sense of satisfaction not only with assigned tasks but I meet new people and interaction with those I already know. There is so much I learn from the ones I meet. The stories I hear, the laughter shared. The staff who are so knowledgeable and kind, always willing to help. Knowing in my own small way I can help. I'll be volunteering for as long as I'm able, helping and being grateful for the added benefits.



Patricia continues her support for Gilda's Club and is still very active as a cancer community volunteer. You will see her at the front desk as a Greeter every Monday afternoon!

VOLUNTEER HIGHLIGHT

Lisa B. has been a volunteer with Gilda's Club since 2010 and this is her story.

I am a long-term volunteer at Gilda's Club. I began my volunteer journey many years ago when I was looking for opportunities to give back to my community. The issue I was running into was that I could not commit to a set day/time each week due to my work and family schedule.

I had heard about Gilda's Club many years before and because cancer has touched my life (as it has most people) and the club was newly opened in Barrie, I decided to reach out for more information. I was pleasantly surprised to find out that there were many different volunteer opportunities, and I could pick and choose the ones that would fit my schedule! I completed my intake interview and started volunteering immediately!



2017

I very much believe in the benefits of a cancer support community, and I love the variety of the programs that Gilda's Club has to offer. I have volunteered as a greeter, grunt labour in the gardens, acting as an ambassador to introduce Program guest speakers, assisting with the set up/take down of various arts/crafts sessions, helped with talent night and even volunteered in Noogieland! There are lots of options to choose from and all of them are rewarding! The staff are amazing and I really enjoy meeting the members and their families.

After a few years of volunteering and hearing how much I loved it, my tween-age daughter also wanted to volunteer. Because she was not yet

16, she couldn't volunteer on her own, but was allowed to accompany me whenever I volunteered. The minute she turned 16, Caley did her intake interview and became a volunteer herself – mainly in Noogieland with the children's programs.

I can't say enough about Gilda's Club – the atmosphere in the clubhouse is warm and homey, there is a wide variety of social activities and support programs offered, and above all there is the camaraderie you see as members and volunteers interact with each other while participating in the various workshops/activities! These are the reasons I continue to volunteer my time at Gilda's Club, and am very thankful that they allow flexibility for me to continue choosing days/times that work into my busy schedule!



2022



2023

Lisa B.

NEW VOLUNTEERS



HEATHER

I am very proud to be a new volunteer with Gilda's. The positive influence of the Clubhouse in our region is what drew me to seek out this role, and I'm looking forward to connecting to others helping in my community and supporting the members



LAURA

Hi, I'm Laura and I'm excited to be volunteering at Gilda's. I love meeting new people and doing what I can to spread a some laughter, offer a smile and to make the path forward just a little easier.



LINE

Volunteering was one of my retirement goals. I am happy to have the opportunity to give back to my community now that I have the time to do so. I have chosen groups, close to my heart, hoping to meet new people and impact the organizations in a positive way. I am looking forward to learning more about this great endeavor!



PATRICIA W.

Not only do I want to give back to my community, helping people makes you a better person. People have wonderful lives and stories that they want to share and I am happy to listen. Volunteering is special in very many ways.

NEW FACES ON THE PROGRAM TEAM



Carling

Carling is a student at Lakehead University taking Honors Bachelor of Social Work. She aims to finish April 2024. Carling has a diploma in Addiction and Mental Health Worker from Centennial College



Daniela

Daniela is a student in the Child and Youth Care Practitioner program at Georgian College. She will be graduating April 2024 and plans to continue her education.

**YOU HAVE SO MUCH
HAPPINESS AHEAD!
THERE WILL BE
COUNTLESS MOMENTS
OF LOVE AND
FRIENDSHIP, PEACE
AND PURPOSE,
POSITIVE CHANGE,
PURE FUN, AND SWEET
SUCCESS! LIFE HAS
MORE UPS AND DOWNS
AND MORE GOOD DAYS
THAN BAD. AND
THEY'RE ALL YOURS TO
ENJOY.**

REFLECTION CORNER

Do you have a favourite quote that you live by, words that just makes you feel better everytime you think about it and you would like to share?

Send it in and we'll share with our community of volunteers!

EVENTS JUST FOR YOU!

POTLUCK AND MURDER MYSTERY NIGHT!!!



Let's have some fun before the holidays and join us for a night of food, games and bring in your favourite dish to share!

WHEN: Monday, November 20th

WHERE: Gilda's Clubhouse

TIME: 5:00 pm onwards



MASSAGE FROM OXFORD COLLEGE

Time to relax and get your massages on us! A group of massage therapy students from Oxford College in Barrie is descending upon the Clubhouse to offer up to 30 minutes of free massage.

If you would like to take advantage of this offer, contact Cara for available time slot.

Afterwards, head on to the community room for some light snack and chat with your fellow volunteers.

WHEN: Wednesday, December 13th

WHERE: Gilda's Clubhouse

TIME: 4:00 pm onwards

OXFORD COLLEGE 
OF ARTS, BUSINESS AND TECHNOLOGY

CLUBHOUSE-BASED VOLUNTEER OPPORTUNITIES

LIGHT UP GILDA'S CLUB

- Sunday, November 26th
- 3:00 pm – 6:00 pm
- Volunteers arrive at 2:00 pm

A fundraising event with a chili cook-off, live entertainment, silent auction, and bake sale.



EVENING GREETERS

- 4:30 – 7:30 pm
- Monday, Wednesday, or Thursday, October – December

Our CYF Program are running until 7:00 pm on these days. We're looking for a volunteer that can let Members in the clubhouse and possibly assist Tamara during programs.

SOUP SOCIAL

- 11 AM – 1 pm
- Volunteer to arrive at least 1 hour earlier.

Every other Tuesday starting, October 3rd, we're looking for volunteers to help with the set-up, heat, serve and clean-up.

BARRIE BINGO REPRESENTATIVE

- Our Bingo schedule falls on Saturdays, from 1:00 pm – 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.

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



Contact Volunteer Coordinator, Cara Dyke, to sign up and for any questions.

CLUBHOUSE-BASED VOLUNTEER OPPORTUNITIES

FALL GARDENING

- Sunday, October 15
- 9:00 am – 3:00 pm

Our clubhouse needs some TLC! Help us in re-organizing and re-planting greeneries outdoors
weather-dependent

Contact Cara for more details!



HOLIDAY CLUBHOUSE CLOSURE

The clubhouse will be closed between Christmas and New Year, Dec 25th – 29th.

We will re-open on Monday, January 2, 2024!

CLUBHOUSE-BASED PROGRAM SUPPORT

A volunteer for the activities below doesn't necessarily need a professional background working with children.

Offering a helping hand to ensure each fun activity runs smoothly is the key.

OCTOBER NOOGIELAND

Thu, October 5th	Thanksgiving Craft Night (5-7pm)
Wed, October 11th	Dance Class (5:30-6:30 pm)
Thu, October 12th	Movie Night (6-8pm)
Mon, October 16th	Sing Me A Story Workshop (4:30-6pm)
Wed, October 18th	Dance Class (5:30-6:30 pm)
Fri, October 20th	Chappell Farms Trip (1-4pm)***
Tue, October 24th	Pizza Party with Lisa (5-7pm)
October 25th	Dance Class (5:30-7 pm)
October 26th	NoogieFest (5-7:30)***
October 30th	Halloween Craft Night (6-7:30pm)

***** multiple volunteers needed**

Contact Volunteer Coordinator, Cara Dyke, to sign up and for any questions.

CLUBHOUSE-BASED PROGRAM SUPPORT

NOVEMBER NOOGIELAND

Mon, November 6th	Coping with Uncertainty Workshop (4:30-5:30pm)
Wed, November 8th	Kids Journaling (6-7pm)
Thu, November 9th	Remembrance Day Craft Night (5-6pm)
Mon, November 13th	Sing Me A Story Workshop (4:30-6:30pm)
Wed, November 15th	Kids Yoga (6-7 pm)
Thu, November 16th	Family Bingo Night (6-7:30pm)
Wed, November 22nd	Kids Mindfulness (6-7pm)
Thu, November 23rd	Creative Café Night (6-8pm)
Mon, November 27th	Family Movie Night (6-8pm)
Wed, November 29th	Kids Yoga (6-7 pm)

DECEMBER NOOGIELAND

Mon, December 4th	Holiday Movie Night (6-8pm)
WEed, December 6th	Dance Class (5:30-6:30pm)
Thu, December 7th	Holiday Feast (5-7:30pm)
Mon, December 11th	Sing Me A Story Workshop (4:30-6pm)
Wed, December 13th	Dance Class (5:30-6:30pm)
Mon, December 18th	Vision Boards (6-8pm)
Wed, December 20th	Dance Class (5:30-7pm)
Fri, December 21st	Holiday Craft Night (6-8pm)

*** multiple volunteers needed

Contact Volunteer Coordinator, Cara Dyke, to sign up and for any questions.

PHOTO GALLERY

