



*Volunteerism in the MS Society of Canada,
Alberta Division & Edmonton Chapter*

MS Society – Alberta Division/Edmonton Chapter
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Youth Volunteerism

The 2004 Canada Survey on Giving, Volunteering and Participating found that Canadians aged 15 to 24 have a higher rate of volunteerism (55%) than any other age group. Statistics also show that youth who have early, positive volunteer experiences are more likely to volunteer in their later years.

According to a manual developed for High School students entitled "Getting the Most Out of Your Volunteer Experience" (2006, Imagine Canada), some of the benefits of volunteering for youth include:

- Having fun
- Connecting with people
- Feeling appreciated
- Making a difference
- Learning new skills
- Increased awareness
- Exploring different careers
- Learning job-related skills

These benefits are directly related to why young people volunteer. According to research conducted by the Community Services Council in Newfoundland and Labrador, young people volunteer because "it feels good." This includes reasons such as: it's satisfying to help others, give back to the community, help the cause, make a difference, fill a need, be involved; fun to work with the target group, meet people, socialize, and participate in events; beneficial to volunteer; beneficial to volunteer; and it's something to do (2005, Imagine Canada).

Word of mouth represents an important tool for reaching out to young volunteers. At the MS Society our current youth volunteers as well as all of our volunteers can encourage their friends and family to volunteer thus enhancing our youth volunteer component.

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At the MS Society we are fortunate to have a number of young volunteers in our fundraising events, including our WALKs and the RONA MS Bike Tour, as well as in client service areas. With dedicated and youthful volunteers such as the group from Archbishop Jordan High School, together with the MS Society, we are well on our way to making a difference in the fight against MS! Thanks to all of our youth volunteers! Keep on making a difference!

More stories and volunteer opportunities at www.mssociety.ca/alberta

Our mission: To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

Calendar of Events 2007



November 7, 2007 Celebrating our Volunteers
– Volunteer Appreciation Evening

April 27 – May 3, 2008 National Volunteer Week

April 27, 2008 Super Cities WALK for MS,
St. Albert

May is MS Awareness MONTH

May 25, 2008 Super Cities WALK for MS,
Edmonton

June 7 & 8, 2008 RONA MS Bike Tour – MS 150

September 2008 100 Stroke Challenge for MS

September 6 & 7, 2008 RONA MS Bike Tour-Mountain

We are accepting volunteer applications for the 2008 Event Season. You can apply via the website www.mssociety.ca/alberta/volunteer.htm or by calling Julie at (780) 463-1190. We will be sending out application forms via e-mail and mail in January 2008.

MS Read-A-Thon Needs Volunteers

Sherri Taylor, Manager, Read-A-Thon

The MS Read-A-Thon will start its 30th year in September serving elementary and secondary schools. Together we'll try to beat a record amount raised in Alberta last year- \$376,000. Nearly 155 schools with 5720 students participated in the MS Read-A-Thon and read an amazing **3,792,460** minutes. The support from the teachers and administrative staff in the schools is what drives the program to succeed. Last year, we used volunteers to assist with counting money and data entry and this year will need help doing the same. There may be opportunities to assist with prize packing and mass mail outs. If you are interested in volunteering with the MS Read-A-Thon or are interested in making presentations in schools and about MS and the program, contact Julie or Sherri at (780) 463-1190. Thank you for your support!

Super Cities WALK for MS - Thank You!

Mona Pattison,
Super Cities WALK Manager



2007 was yet another record breaking year for the St. Albert and Edmonton Super Cities WALK for MS. Over 2,600 WALKers joined forces to raise over \$680,000, and show their support in the fight to end MS. This amazing accomplishment would not have been possible without the hundreds of volunteers who donated their time and talents at the WALKs. Thank you to all committee members, entertainers, and event day volunteers for your dedication and enthusiasm. I hope we will see you next year!

RONA MS Bike Tour – MS 150 - Update

Keltie Troock, Bike Tours Manager

Although the Bike Tour is now over, we continue to take our hats off to the 400 volunteers who truly made this event possible. Cyclists coming into our office are still commenting about just how great you are, saying things such as "Your volunteers should be commended; they were fantastic from start to finish!" Many people have also remarked about how great it was to see so many youths who are willing to spend the weekend helping - we love the energy you bring to the Tour! Good luck in your fall endeavors, whether it is going back to school or going to back to work. We will continue to marvel at your commitment and generosity and look forward to seeing you at next year's Tour!



Volunteer Appreciation Night

Celebrating Our Volunteers

Wednesday, November 7
Old Timer's Cabin (9430 Scona Road)
Doors Open: 6:00 p.m.
Supper: 6:30 p.m.
Program: 7:30 p.m.
RSVP to Julie Kelndorfer by phone – (780) 463-1190
or e-mail julie.kelndorfer@mssociety.ca
by October 24.



We invite all of our amazing volunteers to join us as we “Celebrate our Volunteers.” We couldn’t have the successes without

the hard work, dedication, and talent of our volunteers. Thank-you for supporting the MS Society and our mission. We hope you will join us on November 7!

International Volunteer Day

December 5

International Volunteer Day takes place on December 5 each year and is officially recognized by the United Nations. It is a day on which volunteers in all countries are celebrated for their contributions and dedication.



Youth Volunteerism

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This year at the Super Cities WALK for MS in Edmonton, a youth leadership group from Archbishop Jordan High School in Sherwood Park volunteered as a group, coordinated by their advisor, Tanya Gariepy. Below are some questions she was asked about her youth group and why they got involved.

Why did you volunteer for the Super Cities WALK for MS in Edmonton?

The community group at ABJ (Archbishop Jordan High School) prides itself on diversity. We try to assist as many different organizations as possible. The other reason is that MS hits close to home, not only for some of the students who have family members with MS but also because some of our past and present teachers also have MS.

How did you find out about this volunteer opportunity?

I searched the Web looking for volunteer opportunities in Edmonton and was fortunate enough to come across information for the Super Cities WALK. (Found on the website www.govolunteer.ca)

What benefits did you receive from volunteering for the WALK?

It was really nice for the students to be “working” and not simply raising money for and/or participating in a fundraiser. It was nice for them to see the other side of an event...the planning, the organizing, and the responsibility involved in orchestrating such an event.

From your perspective, why is it important for youth to volunteer?

I believe volunteering is an excellent way to learn about people, communities and yourself. Our students volunteer with a number of different groups and each one teaches them something different. Our students feel tremendously good about themselves when they know they have been selfless in an act...that they have chosen to do something worthwhile for the greater community. I think volunteering has the potential of creating a very well-rounded individual who has a generous spirit.

Would you volunteer again for the WALK?

Absolutely. The students had a FANTASTIC time. The event was well organized and everyone was incredibly helpful! It was an amazing experience and the students are already looking forward to next year!

Greetings from the **Edmonton Chapter!**

Scott Rattray, Director of Client Services
Edmonton Chapter

Fall promises to be a very busy time for the Edmonton Chapter with three key events occurring early in September. On September 5, we are holding an MS Communities evening in Sherwood Park. The purpose of this evening is to begin establishing an MS Community in Sherwood Park that can use its members' skills and abilities to plan activities, fundraise and liaise with local government. We are looking for persons living with MS, as well as other interested persons in the community, to take part in this evening and potentially take a leadership role in building this very important community.

On September 13, we are hosting an education session "What's New in MS," focusing on the new disease-modifying medication, Tysabri. Local neurologist Dr. Brad Stewart will be on hand to present information on this and other new information pertaining to MS. On September 15, an MS Information Session will be held at the Chateau Louis from 9 am-4 pm. This session is for persons living with MS, and their families, who would like to learn more about the illness and how to better cope with it. For more information on these and other events and activities, call 471-3034.

With Great Appreciation

Julie Kelndorfer, Volunteer Manager

As the seasons change from summer to fall, I reflect on the successes we have had in volunteerism at the MS Society so far in 2007. Our friendly visiting program in client services is up and running with great success. Our Super Cities WALKs both in St. Albert and Edmonton had over 250 volunteers contributing over 1500 hours with record fundraising totals for the events. Our RONA MS Bike Tour from Leduc to Camrose had over 450 volunteers putting in over 4000 hours from the planning phase to event day. The Bike Tour raised over \$1.24 million – a new record! The fundraising casino in July was supported by many volunteers and will contribute greatly to the Edmonton Chapter. Thanks to all of our wonderful volunteers for contributing so much to the MS Society. We hope you know that we greatly appreciate and applaud your efforts. We look forward to another great year of volunteerism at the MS Society and hope you will continue to support us! Thanks to all of our volunteers! You are the best of the best!

Volunteer VOICE Newsletter Distribution 2008

Starting in January 2008 we would like to e-mail our volunteers the link to the newsletter on our website. This would be instead of photocopying and mailing the paper copy which would help to decrease costs. We would still continue to mail the newsletters to those who do not have e-mail addresses. If you have provided us with an e-mail then you will be e-mailed the link in January, but if you prefer to still receive the paper copy, or have any questions, please let Julie know by phone at (780) 463-1190 or e-mail julie.kelndorfer@mssociety.ca. Please ensure that you notify us of any changes that are made to both mailing and e-mail addresses.

Thank you Casino Volunteers!

A great big thank-you goes out to all of our amazing volunteers who volunteered at Century Casino on July 20 & 21. This is a huge fundraiser for the Edmonton Chapter and it was very successful.
**Big
cheers
to all of
you!**

