



KIMFRC Volunteer Bulletin – October and November

We have a lot of exciting new programs going on this fall and a large number of new opportunities and events that we are requesting volunteer support for. We welcome back all the volunteers who have taken the summer off and hope to see many. If you would like to come out and become more involved in your community please let me know. Why not try something new, bring a friend or a new comer to the Kingston community and introduce them to volunteering and all the KMFRC has to offer. Below are some of the upcoming events we need volunteers for. Please phone or email Kim Frankland if you are interested in participating in them at 613-541-5010 x4950 or Kimberly.frankland@forces.gc.ca

Coffee & Chat

Everyone is Welcome. Are you just looking to get out for a few hours, are you new to Kingston, do you just want to meet some new people, do you want to know what is going on at the **Kingston Military Family Resource Centre - KMFRC**? Do you know of something or somewhere great you would like to share with everyone. We look forward to you joining us for refreshments, welcome tours, getting to know someone new, and become involved in your community. For more information call **613-541-5010 X5195**.

Volunteers put these dates on your calendar

CFB Kingston & KMFRC Food Drive – We are looking for volunteers at the units/offices to place a box in a general area to receive food donations for the Partners in Mission Food Bank from your unit and pass the information along to your members and CO. Help us give back to the community.

Family Fun Fair- October 25th from 5:00pm-7:00pm We are looking for 6-8 volunteers to help with activities, games and food service. This event is at Cataraqui Wood School.

Christmas Dinner December 3rd from 11:00am – 2:00pm – Vimy Officers' Mess We will need 6-8 youth/adult volunteers to help serve dinner, set up and clean up. Be a helping hand for another family.

Forth Henry Heights Family Seasonal Gathering from 9:00am -1:00pm – KMCS Field House We are looking for elves, activity helpers and Mr & Mrs Claus to help celebrate the season with the Garrison families. If you are interested in a fun day and a lot of smiling please let me know and I will sign you up to volunteer.

Join one of our New opportunities this fall –

Green Team – help us create a beatification plan to maintain and high light the KMFRC grounds and water park

Fund Raising Team – we need a group of enthusiastic volunteers to help us prepare and put in to action our fundraising plan and at events.

Welcome Committee – your first impression is a lasting one – help us welcome newcomers to CFB Kingston and the Kingston Community - all ideas and active voices are welcome

Military Discount Program Communications Assistant – assist us with the communication and verification of participants in the MDP.

Upcoming – Volunteer Opportunities

Youth Dances Chaperones – We need 16-20 Adult or Youth (grade 9 and above) volunteers to help chaperone our pre teen dances for grade 4-8 students. If you are able to come out to one or all of these dates please contact me. Volunteers are vital to the running of these dances

Friday: Oct 21, Nov 18 and Dec 9

Time: 5:45pm – 9:30 pm

Location: Reading (Alpha) Drill Hall

Veterans Week Celebrations – We are looking for 2 volunteers to create a Veterans Week display for our lobby area. We have the supplies we just need your creativity

What's For Dinner? – Oct 17 – Nov 7 from 3:30-6:00pm and Nov 14- Dec 5 from 6-8pm. We are looking for one teen or adult volunteer to come into this basic cooking class teaching youth that there is fast food that can be healthy and easy to make at home.

PA Day Youth Centre Assistant October 24th & November 25th from 8:30am - 4:30pm We are looking for 2-3 youth volunteers to assist us with our PA day programs. A fun way to spend your PA day.

Youth Centre Volunteers – Adult/youth positions come out and help with games and activities in our **Mighty-Mites** program for Ages 6-9 Every Saturday & Sunday Time: 9:00 am – 1:00 pm or every Thursday from 3:30 pm – 7:00 pm at the Batoche Community Centre, in the KMFRC Youth Centre

Or in our **Preteen Program** for Youth (Ages 10 – 12 *exception: 13 year olds in Grade 8)

Every Monday to Friday - 3:30 pm – 5:30 pm

Every Saturday & Sunday – 2:00 pm -5:00 pm in the KMFRC Youth Centre

Wings of Discovery – 1 adult volunteer to work with 2-5 year olds in our children's program exploring science in different regions around the world – 7 week commitment
Wednesday Sept. 28-Nov. 9 - 1:00pm-3:30pm

Sports Night, Indoor Soccer and Basketball – Volunteers are needed to assist and participate in these activities. Volunteers will help teach the skills and enjoyment of playing the game.

Sports Night – Tue. – Batoche Centre Gym 6:30pm-8:30pm Sept. 6- Dec. 13

Indoor Soccer – Mon. Lundy's Lane PS & Thur. JE Horton PS 6:30pm-7:30pm Sept. 19 – Nov. 21

Indoor Basketball – Tue. Cataraqui P S 6:30pm-7:30pm Sept. 20-Nov. 15

KMFRC/CFB Kingston Food Drive – help us help the community- join our team of units and individuals collected non perishable food and donations for the Food Bank.

Volunteer Training

Social Media – Saturday, November 12th from 9:00am – 12:00pm We are always hearing how social media is affecting all aspects of home and work. Take the fear out of using social media and learn how to make it work for you.

Treat Yourself on Spa Afternoon – Saturday, November 26th from 1pm-4pm We would like to treat you to a mini spa for all you do at the KMFRC. Please register as space is limited.

To register for any of these training session please contact the KMFRC at 613-541-5010 x5195
Military Families...Strength Behind the Uniform
La Famille... la force conjointe