

Connecting Community

FOCUS ON VOLUNTEERS

“
DESIRE TO
BE A PART
OF MAKING A
DIFFERENCE
”

“
BECAUSE OF
THE WORK
THEY DO WITH
CHILDREN
”

“
SPEND SOME
'FUN' TIME
SUPPORTING
COMMITTEES
”

“
IT'S MY HONOR
AND MY
PRIVILEGE
”

“
CITIZENS
HELPING
CITIZENS
”

“
GET
FULFILLMENT
FOR MY NEED
TO SERVE
”



The Columbian

Connecting Community

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for additional information.



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*“The best way to pursue happiness is to help other people. Nothing else will make you happier.”
- George Lucas.*

Volunteers are the heart of many nonprofits. Without volunteers the services provided would be reduced and dollars spent to do the work would take away from the mission of our community nonprofits. In this issue we share some volunteer stories with the hope that readers will be able to picture themselves as volunteers and decide to take that next step to serve their community.

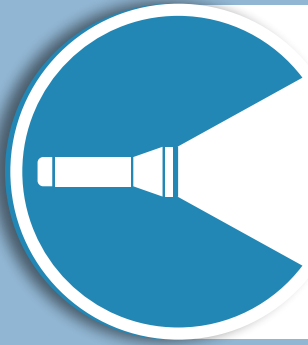
According to the Independent Sector and the University of Maryland’s Do Good Institute, the current national value of a volunteer’s time is estimated to be \$31.80 per hour. Your investment in time is valuable and not only benefits the nonprofit and those it serves, but it also benefits you by providing a feeling of purpose, connection and can even reduce stress, help combat depression, and make you feel good!

I too am a volunteer and I’ve been working with the Washington State Parent Teacher Association for 16 years. My volunteer role started with writing a newsletter for a local PTA and currently I advise local leaders and present classes and training to 100s of local PTA leaders across the state. I’ve found volunteering to be a worthwhile way to spend my time, as I know what I do to support the volunteer leaders ultimately benefits the students.

I would love to hear your volunteer stories, for possible inclusion in a future issue of Connecting Community.

Teresa Davis
communitypartnerships@columbian.com





NONPROFIT Spotlight



For information contact communitypartnerships@columbian.com



SHARE YOUR LOVE OF SPORTS AND VOLUNTEER WITH NORTHWEST ASSOCIATION FOR BLIND ATHLETES

Northwest Association for Blind Athletes (NWABA) provides life-changing opportunities through sports and physical activity for people who are blind and visually impaired. By providing programs and services in sports and physical activity, we provide a catalyst for a greater quality of life and create an impact that extends far more significantly than athletics. NWABA's programs are tailored to individuals of all ages and abilities, and include sports such as tandem biking, track & field, hiking, paddle sports, swimming, skiing, snowboarding, and more.

"Everyone with a body is an athlete, and we provide the support, access and skills, tools and resources to provide our athletes with a world-class experience. We ultimately support them where they are and where they want to go, building self-esteem, confidence, and community," says Stacey Gibbons, Vice President, Programs & Services.

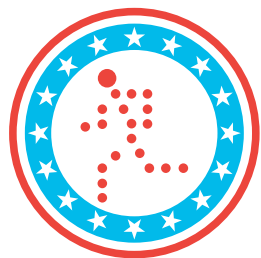
As an athlete-centered, volunteer driven organization, we couldn't do what we do or serve as many people as we do without our volunteers. Whether helping at fundraising events, volunteering as a camp counselor or by supporting our athletes as guides or instructors at various weekend or evening sports events, our volunteers are instrumental in helping us reach as many athletes as possible.

"It has been a delight to serve as a #NWABA volunteer. I feel welcomed and appreciated in every interaction. Best of all, the events are great fun for everyone." ~Lisa K., NWABA Volunteer

Volunteers at NWABA enjoy building relationships with athletes, other volunteers, and team members through similar passions. They create equity and access for athletes in sports and physical activity. "Everyone leaves with friendship, belonging, increased confidence, and understanding—which has a ripple effect within the community," says Stacey. "Volunteers are the lifeblood of our organization. We can only support our programs and services because of the time volunteers give."

"I'm so thankful to have NWABA in my life. The relationships I've developed and the skills I've learned bring so much joy into my life!" ~Bethany K., NWABA Volunteer

Ready to volunteer with NWABA? Visit our website at www.nwaba.org/volunteer for additional information.



NW ASSOCIATION
FOR
BLIND
ATHLETES

NWABA.org
800.880.9837



"What drew me in, and has kept me coming back over the years, is the independence and confidence that NWABA fosters in its athletes and the relationships it builds."

**~ Margaret H.
NWABA Volunteer**

CAMP HOPE SEEKS VOLUNTEERS TO PROVIDE OUTDOOR EXPERIENCES FOR DISADVANTAGED YOUTH



Childhood has moved indoors, and kids average 44 hours per week on a screen and less than 10 minutes per day outdoors. Youth are experiencing rising mental health issues, loneliness, poor academic performance, and obesity. Meanwhile a solution, healthy outdoor activities at camp, are out of reach for many kids in large families, low-income families, broken homes, and foster care.

Camp Hope of Southwest Washington is a community service organization dedicated to enriching the lives of youth through outdoor based education, adventure, and fun. Since 2016, Camp Hope has offered camp to youth ages 9-17, helping them become adventurous learners and lovers of nature. The camp's 107 acres of mature forest along the East Fork Lewis River provide hiking, swimming, exploration, and

outdoor learning not found in a classroom. Youth from all over Southwest Washington explore, make friends, build confidence, and release their creativity.

Research highlights factors that help youth overcome life's challenges, and outdoor activities are at the top of the list. Outdoor programs at Camp Hope were established in response to the rise in teen mental health issues, suicides, substance abuse, and low academic performance. The camp offers nature camps, foster family camps and hands-on outdoor school. The programs focus on the key factors proven to help youth thrive. These include opportunities to learn new skills, make friends, and develop healthy relationships with caring adults. In short, the programs at Camp Hope promote wellness and build lifelong resilience in our youth.

The camp is also rented out to other youth organizations and families for group camping. The camp can sleep 128 people in bunkhouses and can be rented as a whole or in part for your community event or overnight camp.

"We need volunteers of all types to help us create a safe, clean, fun, and welcoming camp for youth and their families," says Karen Phillips, Executive Director, Camp Hope of SW WA. "Volunteers maintain the property, steward the natural resources, and run activities at our camps."

In 2023 over 120 volunteers gave more than 1500 hours of their time and talent.

Continued on next page ▶

Assisting at Day Camps, over 550 hours:

- **Farmers** brought their animals and educated campers.
- **Volunteers** prepared food, served meals, pressed cider, and built campfires.
- **Teachers** led archery, science projects, survival skills, arts, crafts, and games.
- **Mentors** led teams and created a supportive atmosphere.
- **Grounds Maintenance:** Volunteers mowed grass, split wood, blew leaves, picked up sticks, burned slash, filled potholes, painted, cleaned cabins, and had fun.



Camp Hope is always looking for volunteers to teach science, art, outdoor skills and games at Saturday camps and summer camps. Volunteers are always needed to help with facilities and ground maintenance. Clean-up days this spring are planned for the 2nd Saturday in April, May, and June.

Camp Hope is looking for Volunteer RV Camp Hosts for the summer. Camp Hosts clean bathrooms and cabins between group rentals and help with maintenance of the grounds. Hourly pay is paid after hours are reached to cover the cost of the full hook-up RV site.

A total of 1,962 campers and over 5,500 camper-days were provided in 2023 as described in the table below. A “Camper-Day” is calculated by multiplying the number of people in a group times the number of days they camped. The “Camper-Day” is used to measure how much outdoor time people are enjoying. The camp was used by the community for 112 days in 2023.

Karen Phillips describes Camp Hope volunteers as “love in motion and hope in action.” She says the camp staff and volunteers are enthusiastic community

members who make the camp experiences memorable and fun. They lead activities, teach science, art, and other skills. They lead teams in games, challenge courses and sports. They listen and provide encouragement to hurting youth.

The maintenance workers often bring their own equipment and enjoy blowing leaves, whacking weeds, or pulling noxious weeds. “We need hard workers who are fit and enjoy outdoor work,” Karen said. “The maintenance workers enjoy a day of fresh air and exercise for a good cause. They enjoy looking back over the work and the satisfaction of a job well done and making a difference.”

Casandra, a grounds maintenance volunteer, recently said, “I really enjoy helping you. It’s fun.”

Camp volunteers enjoy seeing youth make new friends, try new things, enjoy nature, and get off screens. “It is always fun to watch a middle schooler learn to shoot archery and pop a balloon for the first time. Youngsters who are nervous about climbing down into a dark cave climb out the other side with pride and a sense of

accomplishment. Watching a shy camper swap phone numbers with a new friend at the end brings joy,” Karen said. “The highlight of every summer is joining the kids as they ride inner tubes down the rapids on the river.”

“Volunteering doesn’t line your wallet, but it fills your soul,” Karen says. “We cannot maintain this park, run camps, and keep camp affordable without volunteers.”

For more info about volunteering visit www.camphope-wa.org/jobs-volunteer or contact Karen Phillips at 360-666-9136 ext 3 or email: applications@camphope-wa.org

All volunteers who work with youth must pass a background check.



CAMP HOPE of Southwest WA

Helping Youth Thrive on 107 acres just north of Battle Ground, WA

Thank-you Volunteers!

- Volunteers served meals, and pressed cider.*
- Farmers brought their animals and taught.*
- Teachers led archery, science, crafts & games.*
- Mentors created a supportive atmosphere.*



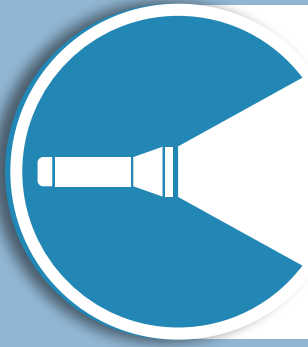
Volunteers mowed grass, split wood, blew leaves, picked up sticks, burned slash, filled potholes, painted, cleaned camp, and had fun!

VOLUNTEER RV CAMP HOSTS

Camp Hope is looking for Volunteer RV Camp Hosts for the summer. Camp Hosts clean and help with maintenance of the grounds. Applicants must pass a background check.

For more info visit <https://www.camphope-wa.org/jobs-volunteer>

Camp Service	17 & under	Adults	Camper-Days
22 Days of Discovery Day Camps	360	-	642
Foster Family Camp Weekend	38	25	189
Outdoor Schools	670	93	1759
Facility Rentals	448	652	2949
Totals	1192	770	5539



NONPROFIT Spotlight



For information contact communitypartnerships@columbian.com

Volunteer to Feed Our Community!



- Pack & deliver **1,000+** weekly food bags for kids
- Prepare & serve **8,100+** monthly free meals to the community



Complete Our Volunteer Application Online:
sharevancouver.org/volunteer

Your generosity makes a difference!



Thanks to:



VOLUNTEER WITH SHARE TO HELP FEED OUR COMMUNITY

Need for local food assistance remains at an all-time high and Share's Hot Meals and Backpack programs remain a reliable source for nutritious meals.

Share Hot Meals Serves Up Homemade Meals 365 Days a Year.

Preparing, plating and serving 270+ meals every day is both a lot of work and an important commitment to our community. Share's culinary kitchen staff has a real passion for preparing nutritious meals from scratch: from ham, cheese & egg casserole to roast pork loin with apples and onions – although chili dogs remain a client favorite! But they don't do it alone; Share's Hot Meals program relies on the generosity of hundreds of volunteers each year to help serve breakfast, lunch and dinner from the dining room at Share House. Creativity is key in meal planning, as the majority of the food is donated through partnerships with local businesses, as well as donations from the community.

Share's Weekly Backpack Program Feeds Children and Families.

It began with just 25 food bags distributed each week to three local elementary schools: Fruit Valley, Hough and Peter S. Ogden. Twenty-one years later, Share's Backpack program delivers 1,000+ food bags each week during the school year to 85 local schools. And we didn't stop with just food bags. The program expanded over the past decade to include a weekly delivery of 27 pantry food boxes, 18 Fresh Food Pantries (each open once per month) and 66 'hotel' bags with food that do not require a can opener or a kitchen to prepare. This program operates almost exclusively on the generosity of our community, including a partnership with the Clark County Food Bank, financial donations from community members and local businesses and the dozens of volunteers that fill and deliver all the food bags and pantry boxes each week.

Host a Food Drive for Share!

Food drives are a tremendous way to help support Share. We even have a name for it: Community Cares for Share. Dozens of these drives are held each year to collect non-perishable foods items (hint: you can also collect donations of new clothing, household items and shoes!). You organize the drive at your own location – office, church, neighborhood, local school – and we'll provide you with a list of high-need items, plus large blue barrels for the collection. **To host a drive, contact Brittany Hardaway at bhardaway@sharevancouver.org or (360) 952-8312.**




Spring Gala

Friday, May 3 | 6PM
 Hilton Vancouver

An Evening to Support
 Columbia River Mental
 Health Services

crmhs.org/events



Scan QR code
 for more details



Providing behavioral health and recovery services
 that transform the lives of children, adults, and
 families in the communities of SW Washington.



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 quality employees and volunteers?**

**Willing to support individuals
 as they build their English and
 technical skills?**



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 of
 Hospice**
Southwest Washington

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Help us raise funds
 for hospice patients
 and their families
 so they may live better
 through end of life.



friends-of-hospice.org
(360) 696-5056

SENIORS HELPING SENIORS AND FINDING NEW FRIENDS ALONG THE WAY

SHIBA stands for Statewide Health Insurance Benefits Advisors. SHIBA Volunteers provide free, unbiased, and confidential help with Medicare choices. SHIBA Volunteers who counsel clients about Medicare are trained and certified by the Washington State Office of the Insurance Commissioner's consumer protection services. They help consumers evaluate and compare Medicare plans and programs, help clients apply for subsidies that may help with Medicare costs, speak with 1-800-Medicare on clients' behalf, and collect and report possible Medicare fraud complaints.

In Southwest Washington, Area Agency on Aging & Disabilities of Southwest Washington (AAADSW) partners with the Office of the Insurance Commissioner to support an active, committed team of

SHIBA Volunteers who help hundreds of our community members every year.


Medicare choices can be overwhelming, and there's so much information out there for consumers to sift through. People want to know, "Can I still see my doctor? Which plans will cover my medications? What's the most affordable option for me?" It's a relief for clients to have someone to talk with about these questions; someone who is caring, knowledgeable, and committed to providing trustworthy information to make well-informed choices.

SHIBA Volunteers serve people of all ages and backgrounds including people with disabilities, seniors and pre-retirees, uninsured Washingtonians, people from rural communities, people of various races, ethnicities, and languages, LGBTQ+ clients,





Gretchen Frasier, SHIBA volunteer (extraordinaire)

Continued on next page ▶



If you have a passion for helping others, volunteer with SHIBA!
Help people in your own community navigate Medicare! We'll train you!

Contact Area Agency on Aging & Disabilities of SW Washington, your local SHIBA office, at 360-694-8144 or 1-888-637-6060.

AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON

Volunteer Drivers Needed



Give the gift of mobility by volunteering your time to drive a Clark County neighbor. Training and fuel costs provided. Can't drive? Donations help provide trips.

360.735.3680 | CommunityInMotion.org


Volunteers in Motion

Veterans, and anyone who is looking for reliable, accurate information about Medicare.

“Volunteers are the heart and soul of SHIBA,” says Pamala Monahan, SHIBA Program Coordinator, AAADSW. “Without them, this crucial community resource would not exist. In addition to our SHIBA Volunteers who counsel clients about Medicare, we have SHIBA team members who offer presentations, do community outreach to let people know Medicare help is available, and share their administrative skills.”

Gretchen Frasier is a SHIBA Volunteer Counselor. Gretchen and her husband moved to Vancouver in 2009 to support his elderly mother who was beginning to need help. Gretchen’s background includes working with families who are surviving the death of a child and counseling domestic violence victims. When they moved to Vancouver, Gretchen joined the SHIBA program to continue using her counseling skills.

As a SHIBA counselor, Gretchen works with clients who have questions or problems with their Medicare coverage and options. She says volunteering for SHIBA is very rewarding and meets her goal of using her skills in counseling. “I am surrounded by other volunteers working with SHIBA who have become good friends. Staying current with the Medicare changes challenges me several times a month. So, I continue to grow and expand my resource base,” Gretchen said. “Most of our clients are extremely grateful that we are there for them. They often come to us thinking we are brokers and are surprised and delighted to find that we can go much deeper and further than the broker can. Brokers have their place in the insurance world, but we also help people who are very low income or are disabled and unable to do their own research.”

Pamala Monahan says a person doesn’t need to be a Medicare expert to volunteer with SHIBA and that training is provided. “In fact, SHIBA Volunteers cannot be licensed insurance agents, brokers, or have any financial incentive to work with clients,” Pamala said. “SHIBA Volunteers come from all walks of life and bring a wide variety of skills to their volunteer work. SHIBA

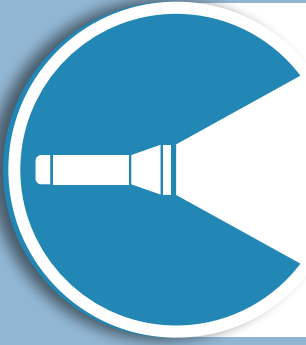
Volunteers have been teachers, counselors, financial advisors, medical professionals, human resources professionals, government employees and family caregivers who recognized the need as they helped a loved one navigate Medicare. In addition to the formal training volunteers receive, new SHIBA Volunteers are mentored by longtime team members, and enjoy the support and camaraderie of others who are passionate

about this work.”

If you’re interested in becoming a SHIBA Volunteer, contact Pamala Monahan, SHIBA Program Coordinator, Area Agency on Aging & Disabilities of Southwest Washington; Pamala.monahan@dshs.wa.gov, (360) 759-4676.



(With her infectious smile and enthusiasm,) SHIBA Program Coordinator, Pamala Monahan, dresses up for a Halloween volunteer event



NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



We have
a dream.
A world
without
violence.
Help us give
a voice to the
voiceless in
Clark County.

Donate now:



nwcave.org/donate

It all began with a dream. A world without violence.

By Michelle Bart

In 2010, we created NWCAT (Northwest Conference Against Trafficking) raising awareness about trafficking victims here in our own backyard. We concluded that trafficking prevention will better serve our community, so we created our anti-violence nonprofit, NWCAVE.

10 Things NWCAVE Does That You May Not Know

1. Michelle Bart founded the 501(c)(3) nonprofit NWCAVE with Carolyn Pillsbury in 2012. NW is most often mistaken for "North West." It is instead, National Women's Coalition Against Violence and Exploitation.
2. Almost 80% of our donations come from third parties and online donations. Most donations derive outside of Clark County, yet 95% of our programs and services benefit local residents. In the 200+ cases we have had the past decade, just 6 clients have compensated us for services. Despite not winning grants like many of our partners, our services must continue.
3. NWCAVE contributed over \$20,000 this past year to our partnered organizations in Clark County, we volunteer on many other boards and committees of other nonprofit agencies.
4. NWCAVE was 100% volunteer until July 1, 2022. We now have one part-time employee and ten board/leadership volunteers. We have served thousands of people over the years.
5. NWCAVE realizes the power of media partnerships and uses TV, paper, and social media exposure to keep our clients' faces in the public eye, expanding reach and impressions on our cases to get positive results.
6. Our award-winning podcast, "Spotlight for Justice" has a listener base of more than 40,000. Our Dignity Clothing Program provided new clothing to thousands this past year. Our education & training division continues training hundreds throughout the year.
7. Our Survivor Support Services offers support groups and survivor retreats.
8. NWCAVE's Advocacy Center for Justice, started this summer. has already clocked thousands of pro-bono hours.
9. In 2024, NWCAVE was given our first ever Firstenberg grant allowing us to hire Dr. Kathie Mathis to head up our Advocacy Center for Justice, providing much-needed counseling and support to our clients.
10. NWCAVE provides legal support, representation, and advocacy to clients looking for justice. We've provided security systems for client's homes. We offer wellness therapy to our clients to help with processing trauma. We've helped families plan funerals, launched donation campaigns and managed fundraising efforts for their loved ones.

There isn't a 'user manual' for all we do and the clients we do it for. EVERY case is different. What isn't different, is there's always someone that needs support. Someone crying out for help. Someone cast aside. Someone not being heard. We are here for them. We hear them. We fight for them. **Help us receive the resources to better serve the underserved. Donate here: <https://nwcave.org/donate/>.**

To read all the news - google "NWCAVE" - we have appeared over 5 million times in local, state, national and international news.

NWCAVE.ORG
Nat'l Women's Coalition Against Violence & Exploitation

#BelieveSurvivors
#NoMoreWeek
#IWD
#NWCAVE

Clark County has many amazing volunteers who give their time and efforts to support local nonprofits.

WE ASKED OUR LOCAL COMMUNITY WHERE THEY VOLUNTEER AND WHY?

I have such a passion for volunteering and community service. Currently I spend time as a board member supporting the Vancouver's Downtown Association, The Culture Arts, & Heritage Commission, Metropolitan Performing Arts, Family Solutions, and Washington State University Business Growth Program. I also spend some "fun" time supporting committees with great organizations such as Fosterful, Columbia Play Project, Pink Lemonade Project, the Parks Foundation for Clark County, Humanities Washington, and Childrens Home Society. Holding food drives, clothing drives or just going out in the community and pulling weeds is so fulfilling for me.
– Linda Reid

Here are some of their responses.

I have volunteered for NWCAGE (National Women's Coalition Against Violence & Exploitation) over the years for many reasons. Most importantly to me is that it is an agency that is honest, ethical, transparent, and makes a huge difference, not only in their local community, but across the United States. I also volunteer for NWCAGE because of the desire to be a part of making a difference for others and the reward that gives me in my own life. The president is tireless, passionate, a leader with integrity and desire to find justice for victims of crime - which is in line with my purpose and passion.
– Dr. Kathie Mathis

As a volunteer with No Veteran Dies Alone, at the Vancouver VA Hospital, it's my honor and my privilege to be there for my brothers and sisters. It's not an easy thing to do but I'm lucky to have a great wife, a good dog and a wonderful life here in the PNW. I feel very fortunate and I'm grateful.
– Craig Murphy,
US Coast Guard 79-88

I volunteer with Metropolitan Performing Arts, here in Vancouver. I volunteer at MPA because of the work they do with children. They created a space that welcomed my kids, empowered them, and gave them lifelong friendship. I spend volunteer hours here so that I can do the same for other children in our community. It is a magical place that includes and inspires!
– Heather Skogen

I volunteer with TIP "Trauma Intervention Program NW" we are trained to go out and be with citizens when a trauma happens. We are citizens helping citizens in crisis. We are sent out by first responders who request us. We don't want people to be left alone when first responders leave the scene. We go through over 50 hours of training.
– Kathy White, 19-year TIP volunteer, Vancouver

I personally get fulfillment for my need to serve our local community at River City Church and with the help of my friends that run a group called Helping Hands Vancouver WA!
– Ashlee Curry





What's your
Plan
to reach
SW Washington?
Let us help.

The Columbian
COMMUNITY
Partnerships

Columbian Community Partnerships has worked with hundreds of local area nonprofits to help them meet their goals over the past 30 years. Through our Local Public Service Announcements, Community Partnerships matching funds program, Nonprofit Spotlight promotions and offering specially priced advertising options to our GiveBIG participants we are able to share our Columbian audience and help nonprofits get their message out.

We are proud to support southwest Washington nonprofits and our neighbors by encouraging our community to get involved and give generously of time, talent and resources to nonprofits of all varieties across our area.

If you'd like more information on how Columbian Community Partnerships can help your nonprofit organization imagine the future, contact **Teresa Davis** at CommunityPartnerships@columbian.com or **360-735-4572**.