



October 2013



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Upcoming Events:

Learning Forums  
Filming  
November 27, 2013  
Holiday Inn  
St. Catharines

DCO Offices Closed  
December 21, 2013 -  
January 2, 2014

## 6th Annual Spirit of Volunteerism Dinner

On Friday, September 20, Distress Centres Ontario welcomed the 2013 Spirit of Volunteerism nominees and recipients, their friends, family, and staff from their centre to join us for a celebration dinner to honour the work of our dedicated volunteers. DCO Board Chair, Karen Letofsky, and Past Chair, Victoria Kehoe, hosted 54 guests for the 6th Annual Spirit of Volunteerism gala dinner at the Novotel Hotel in Mississauga.



Recipients Sam DeKoven and Jenna Rines

For this and the next three e-News & Views, SOV nominees and recipients explain why their nominations are so important to them. [Read more.](#)

## Discussions Allow for Sector-Wide Learning

During the DCO Fall Networking Days held in September 2013, attendees - Staff, Executive Directors, Volunteers, and Board Members alike - were provided with the opportunity to learn-from-each-other. Over a period of several hours on Thursday afternoon, each attendee participated in three of four table-top discussion groups on topics ranging from volunteer commitment strategies to online support to individuals in crisis. [Read more.](#)



**distress  
centres**  
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MOVING FORWARD THROUGH PARTNERSHIPS

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## Dealing with Trauma

Crisis/distress lines across Ontario, have most certainly received calls from those who have experienced trauma. The trauma itself is very personal to the individual, but the general experience of trauma and the study of it, can reveal some common characteristics that we can learn from. In Ontario recently, the news reported on people who have experienced or have witnessed bus accidents, train derailments, and public protests turned violent, just to name a few. The traumatic stress that results can have a lingering effect on many. [Read more.](#)

2014 Spring  
Networking Days  
April 24-25, 2014  
Location TBD

New content each  
month!  
[learningforums.ca](http://learningforums.ca)  
Get a password  
through your centre's  
volunteer coordinator.

New releases:  
How to Talk about  
Eating Disorders

Taking Care of the  
Heart - Your  
Resiliency Matters

## 2013 DCO Committee Meetings:

Board of Directors  
Meetings  
(Wednesdays, noon)  
November 13  
(teleconference)  
January 8, 2014  
(in-person)  
March 19, 2014  
(teleconference)

Education Committee  
November 28, 2013  
9:30 am  
January 23, 2014  
February 27, 2014

Finance Committee  
(3:30 pm)

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## Does the Not-For -Profit Sector Still Have a Glass Ceiling?

By Jodie Shupac  
Edited by Leah Morrigan

Jennifer Nozawa, a Master of Public Administration from the University of Utah, recalls how about a decade ago, an undergraduate professor told her almost exclusively female public relations class, "Look, when you get out into the professional world, deals are going to be made on golf courses. Most of you probably don't play golf, so you'll be excluded from these deals. If I can make one recommendation to you, it's this: Learn to play golf, so you can be included in the conversations with male employees and clients." [Read more.](#)

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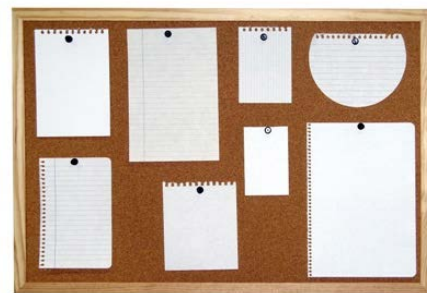
## Prospective Volunteers Are Closer than You Think

By Susan J. Ellis  
Edited by Leah Morrigan

When seeking volunteers, don't overlook buried treasure close to home. The key to proximity recruiting is to never assume that people know your agency is looking for volunteers. People may intellectually recognize that you have a volunteer corps, but do they feel personally invited to become part of it? Do you help them discover that their skills and interests might match open volunteer positions or projects? [Read more.](#)

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## Five Ways to Improve Your



November 8  
January 6, 2014  
March 12, 2014

SIOM Oversight  
Committee  
November 22, 10 am  
December 18, 11 am

SIOM Working Group  
Committee  
November 20, 10 am

Join Our Mailing List!

## Compensation Strategy

By Tess C. Taylor  
Edited by Leah Morrigan



Years ago, a college graduate had a long-term future and a pension plan with a single company or organization to look forward to. Nowadays, however, the average life-span of a career is determined by the performance of the organization. In uncertain times, working professionals are seeking compensation that's outside of traditional salaries and retirement perks. They are looking for a compensation strategy that's based on their individual contribution and competency. [Read more.](#)

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## Member Centre News & Upcoming Events

Distress Centres Ontario is pleased to offer our member centres a place to share their news and upcoming events. If your centre has news or would like to promote an event, please contact Jackie Grigsby at [jgrigsby@dcontario.org](mailto:jgrigsby@dcontario.org) or at [416-486-2242](tel:416-486-2242) x 362.



Toronto Distress Centres has received a Canada Post grant to help them launch their new website which includes new e-resource library. [Click here](#) for the new site.

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