

# SALUTE TO VOLUNTEERS

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## Volunteering for mom

The Bedal family are running their annual lemonade and dog treat stand every Saturday in April from 9 a.m. to 12 p.m. on Atwood Avenue. They are raising money for the MS walk on May 3. The MS Crushers team was founded by their dad in honour of the boy's mother, Laura, who was diagnosed with MS in 2011. This year, younger brother Sammy is also selling toys. So far, the boys have raised a total of \$344 in their first two weeks. The cold weather has not deterred them from their goal. They also have a Facebook video on MS Walk for Laura which has raised a lot of awareness in the community about their work. <https://www.facebook.com/video.php?v=770793369686532>. They are hoping the weather will warm up so more people will visit their stand. Pictured from left to right is Sammy, 8, Jacob, 11 and Zachary, 11.

Submitted photo

## Volunteering is a ripple of kindness

By Ann Coburn

Director, Volunteer Halton

This week is National Volunteer Week 2015 (April 12 to 18) and each year, we dedicate a special time to honour citizens who volunteer their time and talents to worthy causes across our country, region and local community.

The theme for National Volunteer Week 2015 is the Ripple Effect of volunteer action. This is a metaphor indicating how an act of kindness and compassion has endless impacts in creating a healthy, vibrant and inclusive society.

I am reminded of the quote by Scott Adams "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

Like the pebble thrown in the water, a volunteer's gift of time and caring is symbolized by the water circles touching many other shores and objects in its path. These ripples are created every time volunteers reach out beyond themselves, to engage in kindness and caring for others. People from all walks of life engage in volunteerism for a variety of reasons some of which are: to tackle the issues of poverty, the environment, homelessness, to promote social inclusion,

and most importantly, to be the voice and hands of compassion and hope.

Volunteer Halton is privileged to witness like-minded individuals and groups who identify the need and move into action. From the first conversation to the volunteer action each volunteer creates their own ripple effect. This is the invisible force of volunteerism. Volunteers are everyday individuals who answer the call for change. Many come together as strangers, connect through a cause, and end up with lasting friendships. Volunteer Halton recognizes the wonderful volunteers who come from different backgrounds and experiences from all ages to create the ripple effect.

Robert F. Kennedy stated, "Each time a person stands up for an ideal, or acts to improve the lot of others, they send forth a tiny ripple of hope.... These ripples build a current which can sweep down the mightiest walls of oppression and resistance."

On Monday, those efforts were acknowledged and appreciated at a Volunteer Recognition Awards Breakfast hosted by Community Development Halton/Volunteer Halton.

We want to acknowledge the work of volunteers across Halton and say THANK YOU for being part of the ripple effect that reaches out to embrace us all.



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