

# Kirk knows a lot about volunteering

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Mandy Kirk knows about volunteering.

The 92-year-old has been volunteering at Allendale since her husband passed away 19 years ago.

Ms Kirk said she made up her mind she wasn't going to sit at home and mope and turned to helping others instead.

"I think it's great to do something for someone else. You help yourself, too," she said.

Ms Kirk said she gets pleasure out of helping the older adults, many of whom are younger than herself.

She said she also enjoys the hugs she receives.

Allendale has about 140 volunteers who do everything from visiting with older adults to taking them on outings and working in the hair salon.

This year, the volunteers have performed about 16,000 hours, said Anthea Hoare, coordinator of volunteer resources.

Ms Hoare said she doesn't know what she or her staff would do without the volunteers.

"They do the things that staff don't have time to do. We couldn't manage without them."

At the reception, which included dinner and an award presentation, administrator Margaret Strecker said she hoped volunteers knew how much everyone at Allendale appreciated them.

"We all gain from your smiles and your human richness. It would really be a barren place without you," she said.

Adelina Urbanski, commissioner of Halton Region Social and Community Services also thanked the volunteers for their dedication to Allendale residents.

"How rich we all become when we do unselfish acts of service," she said.

Ms Urbanski told a story of a Dutch boy who volunteered to save the life of a man who was stuck on boat in a terrible storm. Despite his mother's pleas to stay where it was safe, the boy and some others went to save the man.

On his return, the boy told his mother the man he saved was his brother — a person the family thought was lost at sea.

"When you work at something, when you give (something of) yourself, you'll never know what rewards and what riches you'll reap," she said.

Ms Urbanski said not only are the volunteers richer for their experience at Allendale, the staff are richer for their hard work.

After the speeches, volunteers accepted awards from the residents they help.

Ten people were awarded bronze pins for volunteering 150 hours or more hours, seven silver pins were given to those who had volunteered for 300 hours and three gold pins were handed out to those who volunteered 750 hours.

"There are not any 1,500-hour (volunteers) this year, but there are two 3,000-hour awards," said Ms Hoare.

The volunteers received gold pens. This was also the first year that someone was awarded for 5,000 hours of service.

Ms Kirk was presented with a specially-designed gold and silver engraved necklace.

"I think she is absolutely wonderful," Ms Hoare said.



Mandy Kirk



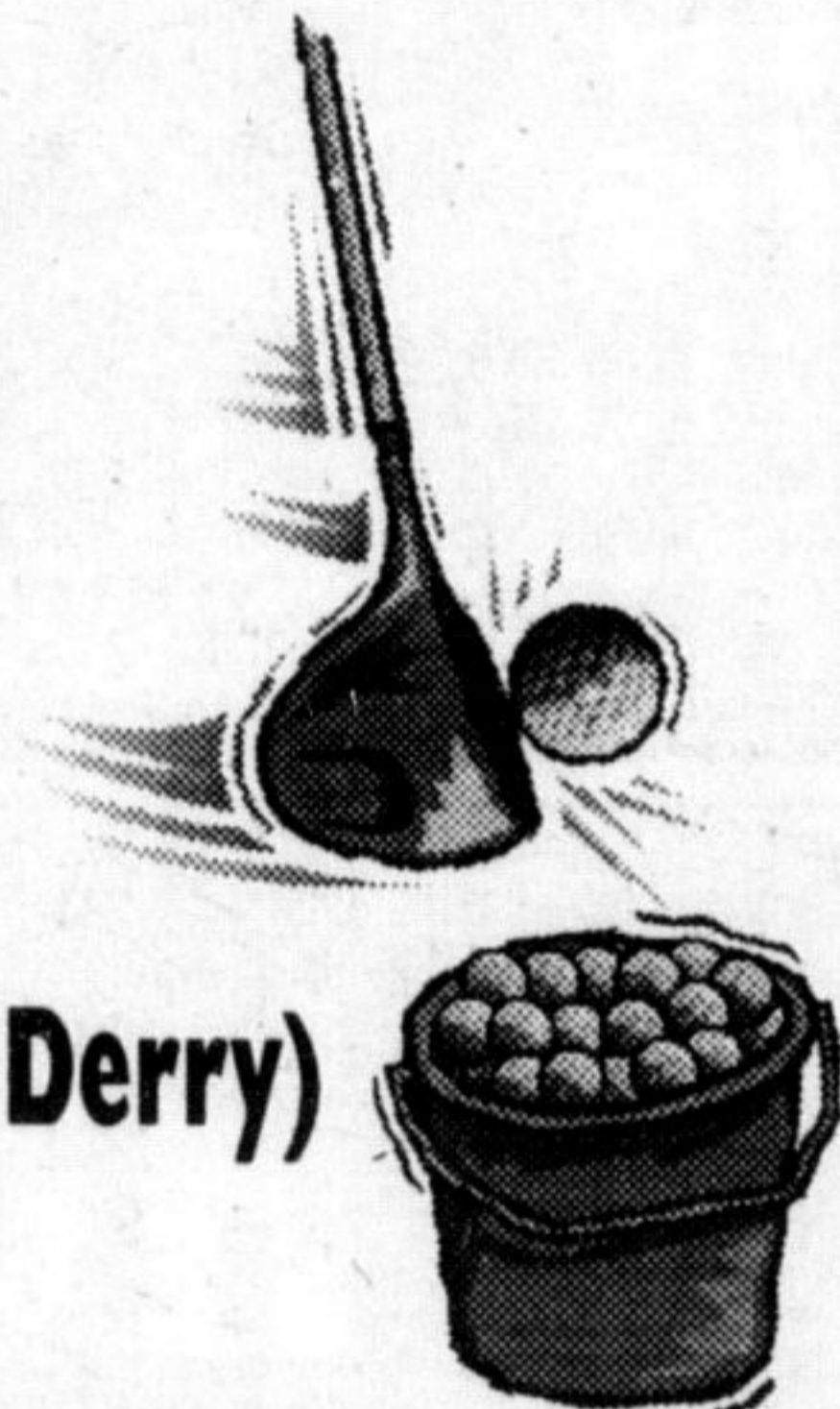
## Royal stroll

King Ryan Mitchell and queen Caitlin Beck pass beneath the swords of knights (from left) David Evan, and John Galick at a Medieval feast held last Friday at E.W. Foster School. Also pictured are court ladies (from left) Cheryl Robinson and Mandy Landon.

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## Bird watch event Sunday

Wild birds have begun their return home for the spring season and anyone interested in seeing them can visit Mountsberg Conservation Area Sunday from 10 a.m. to 4 p.m.

In conjunction with National Wildlife Week, Mountsberg will host Waterfowl Watch Day. Staff will lead a tour to the Mountsberg reservoir to view migrating waterfowl species. Last year, 27 different species were seen there.

Participants should bring binoculars for better viewing.

Bushnell Canada has also given the conservation area several telescopes for birders of all levels to better their bird-watching experience.

Admission to the one-day event costs \$5 per person (ages 5 and up). Children aged under 4 years are admitted free.

Mountsberg Wildlife Centre is located on Millborough Line, 5 km west of Campbellville between Hwy. 6 and Guelph Line.

Call the Wildlife Centre at 876-2276 for more information.

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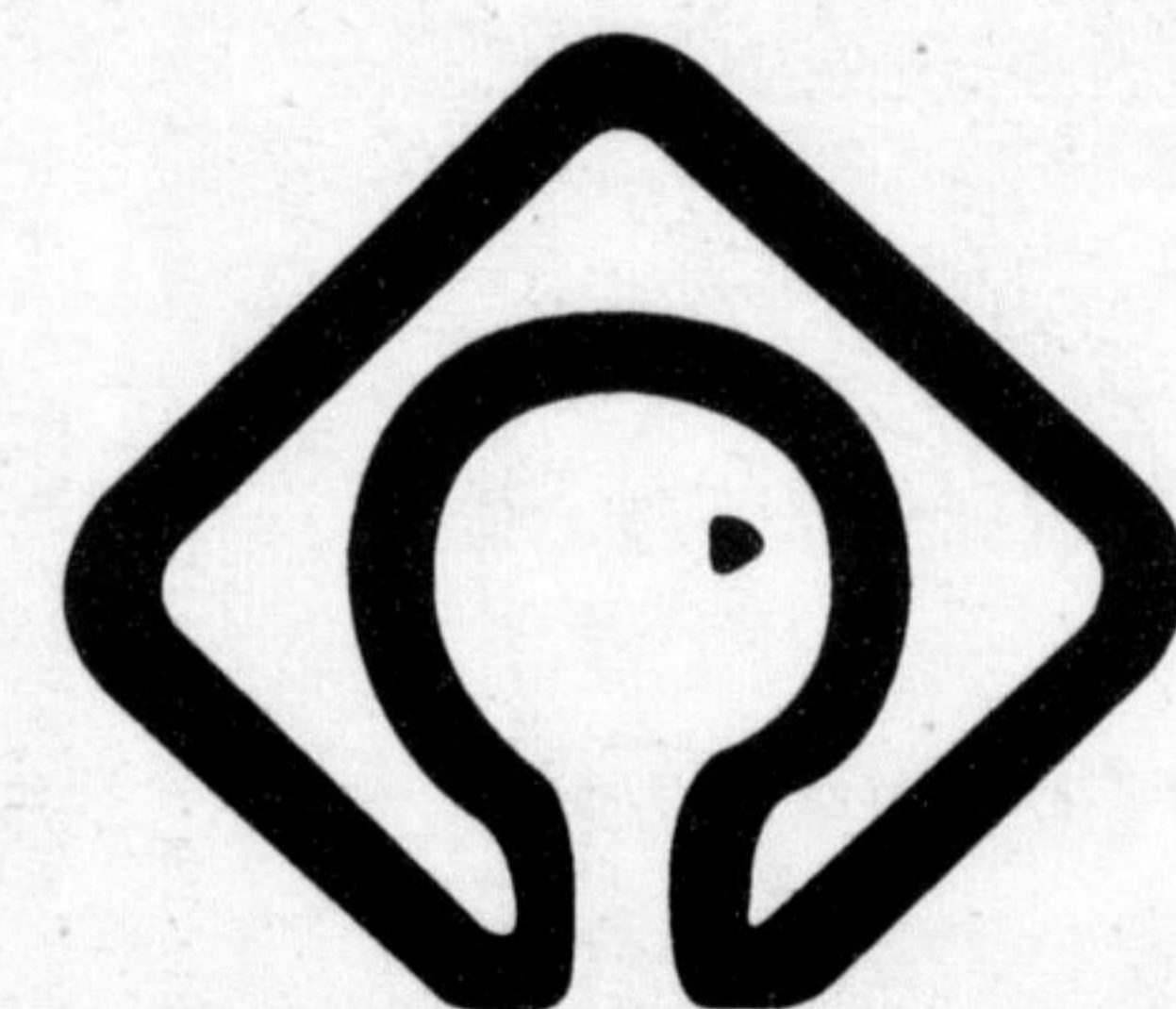
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*Craig and Kim Thomas  
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April Is World Parkinson Awareness Month

The Parkinson Foundation of Canada is dedicated to raising funds to eliminate Parkinson's Disease and to ease the burden it imposes, through research, patient services, and education.

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Symptoms Of Parkinson's Disease

- Slowness of movement (bradykinesia)
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- Muscular rigidity
- Difficulty with balance and walking
- Reduced volume and clarity of speech
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