# National Volunteer Week 2003

Volunteering is the most fundamental act of citizenship and philanthropy in our society. It is offering time, energy, and skills of one's own free will.

Volunteers impact virtually every aspect of society, including health, education, social services, youth, culture, sports and recreation, the arts, and the environment. While their contribution is undeniable, volunteers are

rarely recognized for their deeds - usually the first to stay behind the scenes.

It is time to push volunteers into the welldeserved spotlight. By celebrating the efforts of volunteers we create opportunities to raise awareness about the vital contribution they have made and continue to make Canadian communities and society as a whole. Older adults have a lifetime of knowledge and skills

to share as they move from the workplace to retirement.

Younger people are volunteering to gain experience as they, in turn, transition from school to the workplace, or from high school to higher education. Employers have increasingly recognized how volunteer experience can make for a happier and better-trained workforce. --Courtesy of www.volunteer.ca

### Why should I volunteer?

Help build a stronger community Learn new skills Meet new people Try something different Help others in the community Provide needed volunteer skills

Explore new challenges Gain experience Become involved Have fun!

#### Where can I volunteer?

Social service agencies Education

Arts & Culture Environmental Organizations

Health Care & Health Promotion Recreation & Sports

Justice & Correctional Services

#### What can I do?

- Volunteer with an individual or with a group
- · Volunteer at home; at the agency or organization's premises; or out in the community
- Volunteer the time you want to give: days or evenings; on an ongoing or short term basis

#### Volunteer opportunities

- are many and varied:
- Edit a newsletter
- Be a driver
- Answer a crisis line Look after cats & dogs
- Be a tutor
- Be a canvasser
- Call or visit a shut-in • Serve as a board member or
- committee member
- Do computer work
- Deliver meals



Halton Region's Services For Seniors, which encompasses Allendale Long-Term Care facility, the Adult Day Programs, Supportive Housing and ESAC, would like to thank all the wonderful volunteers who have helped seniors throughout the region.

You have truly made a difference you are our 'Hands Across The Years'.

Thank you so much

For information on volunteering, Please call (905) 878-4141 #8025, or e-mail hoarea@region.halton.on.ca



#### DISTRESS CENTRE NORTH HALTON 1973 - 2003

To the many volunteers who have given their time and dedication to help others over the past 30 years.

Thank You

905-877-1211

# Meals-on-Wheels

Would like to sincerely thank all our volunteers for their support

905-373-6699

### The Canadian Cancer Society To our volunteers,

we sincerely thank you. You are the faces in the fight against cancer.

#### Victorian Order of Nurses HALTON BRANCH



Thank you to our dedicated volunteers. You have made an excellent contribution to your community. Well Done!

To volunteer with VON Halton

(905)827-8800Toll Free 1-800-387-7127

please call

Many thanks to all Red Cross Volunteers, especially our Drivers, who provided over 14,000 rides for our clients in 2002.



Canadian Red Cross

April

27th

May

3 rd

Thank

nou

to all

volunteers

905-875-1459



More than eighty active volunteers support Halton Women's Place. They fall into three categories; residential, or shelter volunteers, committee volunteers and special event volunteers.

Shelter volunteers, at both locations engage in activities with children, cook, assist with phones, and light housekeeping duties.

Committee volunteers include the Board of Directors, Fund Raising Committee, the HWP Business Advisory Committee and the Planned Giving Committee.

Special Event Volunteers assist at events throughout the community to raise awareness and funds for Halton Women's

All of these volunteers are important. Halton Women's Place would like to salute the wonderful volunteers, past and present who have made this organization a safe alternative for victims of domestic violence.



HEART AND STROKE **FOUNDATION** OF ONTARIO **FONDATION** DES MALADIES DU COEUR

DE L'ONTARIO

Our sincere appreciation to all who donate their time in getting us one step closer to fulfilling our mission in reducing the risk of heart disease & stroke by raising funds for research & health promotions.

> Thank You Volunteers



SERVICES UNIT 878-5511 ext 5035 Box 2700

Oakville, ON L6J 5C7

The Halton Regional Police Service has long been supported through the efforts of many citizens, who have donated their time volunteering for the Police Service. The Service would like to recognize and thank the members of the Victim Services Unit, Police Auxiliary, Citizens on Phone Patrol, Acton Store Front, Neighborhood Watch and the Community Consultation Committee, and other individuals who volunteer their time. The dedication and work performed by these people certainly enhance the services provided to the community by the Halton Regional Police.



## COMMUNITY LIVING NORTH HALTON

Community Living North Halton's mission is to provide supports and services to individuals with developmental disabilities and to enhance their personal growth and inclusion in the community.

THANK YOU to all of our volunteers who help us toward our vision; "An inclusive community, where everyone belongs."

We greatly appreciate all that you do and the difference you make in the lives of others.

For volunteer opportunities please contact Heather Thompson at 905-878-7656 ext. 34