

Volunteering: don't wait to give back



On March 13, CCNH held its annual service awards. Pictured are a few of the award recipients. From left, Linda Morgan (five years), Ria Johnson (five years), Sue Mowers (five years), Aleck Radovanovics (10 years), Helen Jackson (25 years), Glen Inglis (15 years), Joan Foster (15 years), Jenna Schewen (five years), and Melody Radovanovics (10 years). Absent from the picture are Barb Czerwinski (15 years), Sonia McAllister (five years), Lynette Clegg (five years), Herb Fontaine (five years) and Karen Fontaine (five years).

We hear it every day that there are cutbacks here and cutbacks there. The reality of today is that agencies are relying more and more on the goodwill of volunteers. With our busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family and our North Hastings community. According to Statistics Canada, 47 per cent of the Canadian population volunteered in 2010. Each volunteer contributed an average of 156 hours!

Volunteering isn't something to put off until you have extra time or money. Here are five reasons why you should consider making volunteering a part of your everyday life:

- Volunteers are happier and healthier
- Volunteering establishes strong relationships
- Volunteering is good for your career
- Volunteering is good for your community
- Volunteering can give you a sense of purpose.

Community Care North Hastings is a volunteered based non-profit agency that provides a variety of services in our community. We could never support individuals and their families without our dedicated and caring volunteers.

Our community is the wonderful community it is because of our volunteers and all the other individuals who find the time to give back. We'd like to acknowledge this year's service award recipients. CCNH would like to thank this year's five-year service award winners Linda Morgan, Jenna Schewen, Sue Mowers, Ria Johnson, Sonia McAllister, Lynette Clegg, Herb Fontaine and Karen Fontaine. Our 10 year recipients were Aleck and Melody Radovanovics. Fifteen years awards were presented to Glen Inglis, Joan Foster and Barb Czerwinski. Helen Jackson was recognized for 25 years of dedicated volunteer service to CCNH.

During National Volunteer Week April 10 to 16, take a moment and thank a volunteer because they are making your community a better place to live.

If you would like more information on becoming a volunteer for Community Care North Hastings please call 613-332-4700 ext. 441.

?Help one another; there's no time like the present and no present like the time.? ~James Durst

Submitted by Sarah Krieger, Community Care North Hastings