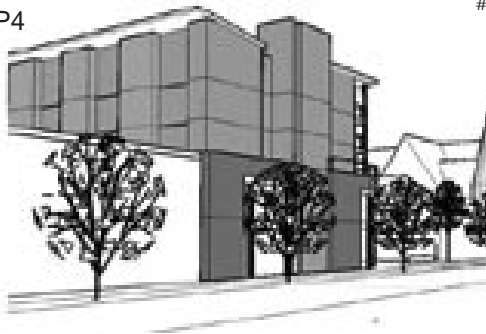


Why I Volunteer:

- To help others.
- To help a cause I believe in.
- To do something I like to do.
- To Develop my ability to relate to and care for others.
- To give something back to the community.
- To feel I accomplish something.
- To achieve personal growth.
- To enjoy meeting people and new friends.
- To offer my skills in a new setting.
- To learn new skills"
- To gain work experience

Dictionaries define a volunteer as "one who offers a service or duty of his or her own free will. Voluntary work is given freely, without compulsion; it is intentional and, in most interpretations, unpaid. It is, in fact, a form of philanthropy involving time and talent instead of money. But volunteer time does have a measurable dollar value in terms of service performed."



"Volunteers Grow Community"

The staff of our place wish to say thank you to all our volunteers. It is with sincere gratitude that we recognize the efforts that you share with us and our inner city family. Thank you all so very much.

Volunteer Help Line

Volunteers wishing information about any aspect of their work at *ourplace* are encouraged to call **385-2454** or **388-7112**. An experienced member of the staff will be happy to call back and help in whatever way possible.

The "parts" of ourplace

Ourplace drop in centre - 713 Johnson

- Office
- Kitchen & food distribution
- Drop-in staff
- Clothing & toiletries room
- Outreach programme
- Individual assistance:
 - advocacy, referrals, emergency medical aid, transportation to detox, housing, employment, resume preparation, visitations to home, hospital or jail.

ourplace - 919 Pandora

- Administrative Office
- Soup kitchen 2 meals a day, 6 days a week
- Rooms: 22 short term furnished rooms for men
- Small clothing room & toiletries
- Counselling services

Safety Corner

A reminder to all volunteers of the importance of hand washing....our environment demands it, not just the food servers, but everyone and frequently....for their own benefit and the people we serve. People can utilize the hand washing station in the coffee bar or the waterless foam stations in specific areas.

"Unconditional love given in a non-judgemental way."

DONATIONS

Our space is limited and we can no longer accept all the donations we used to. (Please, no household items, large or small.)

We Need:

Clothing- seasonal garments, socks, trousers, shirts, under garments, footwear, belts.

Bedding- blankets, sleeping bags, ground mats

Toiletries- feminine hygiene products, razors, toothbrushes, tooth paste, deodorant, brushes & combs

Knapsacks, Backpacks, small tents, **TOWELS**

Non-perishable foods: Canned or other dry packaged foods, coffee.

Workshops and Courses

In June, watch for: food safe; Aids 101, Education about hepatitis - from Cool-Aid health authority.

Profile:

Benoit

Ourplace, Johnson St.
Volunteer

Benoit has been volunteering for the past two months in both the clothing room and the custodial area. His playful enthusiasm is infectious to anyone fortunate enough to work with him! A committed Christian, Ben prays for resources when supplies are running low and God answers. His goal is to be a music therapist to show people the power of Christ through music. Thanks so much Ben for what a blessing you are to us.

Profile:

Crystal

Ourplace, Pandora
Volunteer



Crystal has been volunteering here at Our Place Pandora since May of last year. She began by assisting us in meal preparation, serving and cleaning up after the conclusion of the meal. After noticing the depressing state of our aprons, she brought her very own sewing machine and fixed all the aprons for us. Currently Crystal is maintaining the Our Place website at <<http://www.ourplacesociety.com>> Our Place appreciates the many gifts she brings to her volunteering.

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How do I volunteer?

Please call either 385-2454 or 388-7112 and ask for an appointment for volunteering.

Volunteer Shifts

7am-10am 10am-1pm 1pm-4pm

Welcome to new volunteers:

Robert, Michelle, Jeannie, Dick, Clinton

Volunteers needed at Ourplace - Pandora

	Lunch	Dinner
Mon	none	none
Tues	1-2	none
Wed	2	none
Thurs	2-3	none
Fri	3-4	2-3
Sat	2-3	3-4

Losses to our Family during the past month:

Sandy Paul, Liise McCallum, Chris Bell,
Ken Scott, Chris Rose, JJ James.

Thoughts on a Spiritual Training Course

The last 7 Saturday mornings of my life have been spent attending the Spiritual training course at the Salvation Army Citadel. Frankly, I wasn't expecting the enlightened, inspiring, and delightful class I got. The course ranged from presentations on universal spirituality (including one by a Buddhist monk), to sessions on visitations to care homes and descriptions of a variety of conditions of aging including the many faces of dementia. There was also a section of the course in which the participants made "practice visits" to a care home resident (played by one of the presentors). The entire course was a wonderful experience and I highly recommend it to anyone who is interested in volunteering as a visitor to hospitals, care homes or prisons.

Bruce More

Ourplace, Johnson St. will be closed Friday, May 5.