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Weather



TODAY:
40 PER CENT
CHANCE OF
SHOWERS

HIGH OF 15
LOW OF 0



TUESDAY:
CLOUDY

HIGH OF 12
LOW OF -1



WEDNESDAY:
CLOUDY

HIGH OF 12
LOW OF 0



THURSDAY:
SNOW

HIGH OF 2
LOW OF -2



FRIDAY:
CLOUDY
PERIODS

HIGH OF 11
LOW OF -1

It's Volunteer Action Week-2021 campaign "Volunteering is chic!"



THE SCOOP

MABLE HASTINGS

April 18-24 is National Volunteer Week and the Missisquoi North Volunteer Centre (CABMN) is proud to acknowledge the inspiring acts of kindness made by its some 225 registered volunteers serving the MRC Memphremagog West (Potton, Bolton-Est, Saint-Etienne-de-Bolton, Eastman and Stukely-sud).

The FCABQ, the Federation for Community Action (volunteer centres) of Quebec, has themed this year's 2021 campaign slogan as, "Volunteering is Chic!" The theme encourages those wanting to volunteer to join in the stylish trend and find their own "fashion" in giving of their time and talents. "Volunteering is more stylish than it has ever been!" The Federation reminds us that today's health crisis is a perfect example of the many ways that volunteer centres and community organizations have brilliantly adapted volunteering in order to respond to a growing demand and requests while respecting the various protocols put in place for the safety and well-being of all.

The Federation also reminds us that volunteering has been proven to benefit the physical and psychological health of volunteers themselves. In fact, according to a survey conducted by the FCABQ in November 2020 among people who volunteered during the COVID-19 pandemic, 77% of respondents believe that the mere fact of being involved had a direct impact on their psychological well-being. They also found that it gave them a real sense of personal fulfillment and increased their self-esteem. In addition, numerous studies have proven in the past that volunteering can strengthen the immune system, decrease the incidence of heart disease and even lower blood pressure! Volunteering is



Debra Harding and Krysten Vanier, the Missisquoi North Volunteer Centre (CABMN) Volunteer Coordination Team.

essential for society and today more than ever, showing solidarity has never been so beneficial!

For the Volunteer Coordination team at the CABMN, Debra Harding and Krysten Vanier, working with the many volunteers in the five municipalities served by the CABMN has been a privilege.

"Prior to the pandemic volunteers were giving their time to events and projects of choice that brought many a connection with the community in a fun way," shared Debra Harding, who coordinates the volunteer bank for the CABMN. "During the Covid pandemic we have had to call upon volunteers to deliver medications, to make more than a thousand regular check-in calls to the senior population, to shop for groceries, drive those in need of treatments to their appointments, to assist with the emergency food bank requests and many more essential cries for help," she added. "Our volunteers have not let us down and in fact, we have registered more volunteers in the various municipalities than ever before!"

The efforts, willingness and devotion displayed by the volunteers have allowed the CABMN Volunteer Centre and its staff to continue to provide essential services without stopping throughout the past year. Without the support of the many individuals who

have come forward, the CABMN could not have accomplished all that is has in support of those served.

"I joined the volunteer coordination team at the CABMN just as the Covid pandemic began," stated Krysten Vanier, who works alongside Harding coordinating the volunteer service at the non-profit. "I have to say that my admiration, pride and sincere gratitude to those who volunteer have only grown. The giving of time and the commitment is one of the most amazing things to witness in this job," she added.

CABMN Executive Director, Mable Hastings summed it up in this way in regards to the week celebrating volunteer action: "Those of us who have long worked at the CABMN Volunteer Centre are well aware of the impact volunteers have on a community and we thrive in our action and service to the diverse clientele we serve because of our volunteers. What we have learned in the past year however is that volunteers in respect of the directives and protocols necessary during this pandemic, have been willing to put their own safety at risk to help others. The selfless contributions made have been amazing to witness. The words "thank" you seem so inadequate to encompass the efforts made and the gratitude felt."

To volunteers everywhere, "hats off" (masks on) we salute you ALL!

Ben by Daniel Shelton

