

What does volunteering look like?

By Mable Hastings

Some people wear a variety of hats in their professional careers and I am happy to count myself among them. My "day job" as it is sometimes referred to is my role as Director for a non-profit charitable organization serving the MRC Memphremagog West called, The Missisquoi North Volunteer Centre (CABMN). Through my job, I have had the pleasure of working alongside some amazing volunteers who have contributed and continue to contribute so much to the communities that our organization serves. As part of our volunteer coordination bank and under the guidance and support of our Volunteer Coordination team, these individuals bring abundance to our organization on a daily basis.

To volunteer means to give of your time and abilities to aid others (often a non-profit without the want of financial compensation). Volunteering is a service to your community. Organizations like the CABMN rely on volunteers to accomplish day-to-day objectives and reach long-term goals. There are many other groups, establishments, and efforts that benefit from the kindness of others in this way.

The face of a volunteer can come in all shapes and sizes and it is the diversity of those who share their time and talents that bring multiple services, programs, and activities to

the clientele an organization strives to benefit and devote itself to. In essence and simply put, we are stronger and better as a group due to the implication and involvement of others. Be it our community firefighters and first responders, those supporting emergency food distribution, volunteer drivers partaking in accompanied transport services, youth who bake and deliver cookies or bring fresh eggs to seniors, income tax volunteers providing a much-needed service for those with low income, a helping hand with a variety of events and community happenings; the list of tasks that make communities better is an endless one.

During the Covid Pandemic volunteers made a world of difference to so many in a variety of heartwarming ways. Repetitive tasks and small gestures; all of the heartfelt efforts carried our communities through the darkest of days.

Where do volunteers come from? Volunteers are an amazing resource stemming from retirees who relocate to a particular area, families arriving in a new location, locals who for whatever reason or passion get involved to be helpful... volunteers come from multiple places and cover a wide age range. From the smallest to the tallest, anyone with a desire to help another without expecting compensation but rather just a great feeling of accomplishment can volunteer.

I consider myself extremely

fortunate to be able to take this opportunity to marry my day job and my sideline in writing this article as a Record contributor and sharing photos of some of the dynamic and talented people who volunteer at the CABMN organization where I work doing my "day job." When I count my blessings, these and many other smiling faces enter my mind and warm my heart.

If you want to know what a volunteer looks like I would suggest you stop in front of your bathroom mirror and take a good long look. Likely a volunteer in one shape or form will be looking right back at you!

On behalf of all communities near and far, to those who volunteer, THANK YOU!



Mr. Domaldson volunteer driver



Jenn Income Tax volunteers 2021



Acts of Love volunteers



Students and Nutri Santé Committee members with their finished Christmas jars



Madeleine Langlois Secretary on the CABMN



Terry Stott one of the CABMN weekly reception volunteers



New SADD members for Mansonville Students Against Destructive Decisions

Thank you

all for your resilience and devotion.
Our communities are incredibly lucky to have you.

JTEKT 4, rue Victoria Sud, Bedford (Québec) J0J 1A0
450-248-3316 | jtekt-na.com/koyo-bedford