



# BUSTBODIES

#### **CAPITAL VOLUNTEER NEWS**

**FALL 2005** 

#### **GATINEAU PARK SKI PATROL**



By Chantal Boucher

Are you an outdoor enthusiast? Does winter make you smile? If so, you might want to consider becoming a member of the Gatineau Park Ski Patrol in Canada's Capital Region. This year, in order to have another successful and winning skiing season, we would like to bring the same wonderful and cheerful dynamic atmosphere and environment as last season.

Last winter more than 180 kilometres of trails were patrolled by 39 dedicated and hard-working volunteers who gave over a 1,000 hours of their time. These patrollers kept the ski paths clear

and safe for visitors and residents of our region, assured public safety by monitoring ski trails, promoted rules and regulations of the Park, provided first aid when needed and offered their assistance to beginner skiers. If you are over 18 years of age, are certified in first aid and CPR, and are irresistibly drawn to outdoor winter activities, we encourage you to sign up now so we can have the chance to meet and interview all candidates. Come and join the fun with our team!





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# CHRISTMAS LIGHTS ACROSS CANADA ILLUMINATION CEREMONY

Christmas Lights Across Canada By Karen Massicotte

From December 1, 2005, to January 8, 2006, the Christmas Lights Across Canada program will light up the heart of the Capital region. You can view the lights on Parliament Hill or from over 70 sites on NCC land or along Confederation Boulevard. Think about it, over 300,000 lights illuminate Canada's Capital Region!

Come and join the fun on Thursday, December 1, 2005, and help us warm the hearts of visitors who will be on Parliament Hill for the official lighting ceremony. You can volunteer as an information officer, act as a host to the VIP guests, supervise the fire pits or help distribute marshmallows and candles. No matter what you choose, it will be guaranteed fun!



### **WINTERLUDE 2006**



Bv Chantal Boucher

Are you familiar with one of our biggest events of the year? If you thought of Winterlude, you were right! Last year alone, over 800 volunteers made it possible for Winterlude to break a participation record of more than 800,000 visitors!

In 2005, Winterlude featured ice sculptures, snow sculptures, the Ice-Carving Masters Invitational competition, Public Ice-See Creations, BeaverTails™ and skating on the Rideau Canal Skateway. We also had a new entertainment zone called Snowbowl, which featured many artists and performers throughout the weekends. To top this off, in 2005, Guinness World Records officially declared the Rideau Canal Skateway to be the world's largest skating rink! For Winterlude 2006



(February 3–19), we would like to surpass last year's accomplishment and make it even more exciting and memorable than ever!

The residents of Ottawa and visitors to our region count on volunteers to provide support and assistance for this event in order to monitor slides, provide assistance at shows and to artists and sculptors, and to keep all the official sites efficient and well-organized. We need several English-speaking and French-speaking volunteers on both sides of the Ottawa River for morning, afternoon and evening shifts.

We invite you all to join our Winterlude team for another magical winter season that will make dreams come true!

## CANADA DAY 2005: A FANTASTIC CELEBRATION



By André Paul

Another wonderful Canada Day has come and gone. It was a great success on all fronts... BECAUSE OF YOU, dear volunteers! Sincere thanks, on behalf of the Volunteer Centre team and the National Capital Commission. Bravo for your active involvement and participation in Canada's 138th birthday celebration! You are incredibly dedicated volunteers.

This year, 488 volunteers contributed 3,795 hours to ensure the success of this important activity in the region's tourism sector. We have noticed that many of our loval volunteers come back to us year after year. We are proud that we can rely on them; their experience is an asset for all the other volunteers. We have also noticed that many of our volunteers (around 43 percent) were born outside Canada. We are very happy to welcome these new Canadians who are anxious to get involved and celebrate Canada with their fellow countrymen and women.





This Canada Day was a little like last year: a mix of sun and rain, including a short, heavy rain that disrupted the activities at the sites for a while and had us worried about our visitors and volunteers. But everything went well in the end. Your good humour was evident and helped to boost the spirit of the celebration and to ensure that the visitors had a good time. And that's what counts! What's more, your cheerful faces livened up the evening during the impressive military exercises along the Rideau Canal.

We hope that we can count on your participation for the 2006 celebration. Meanwhile, enjoy the rest of 2005!

By Jeanine Tartarian

## **CANADA AND THE WORLD PAVILION: BEST NEW ATTRACTION IN CANADA!**



Presented by: accenture



Located in magnificent Rideau Falls Park, the Canada and the World Pavilion is a unique destination that tells the stories of Canadians who have made their mark on the world.

Recently named Best New Attraction in Canada, the Canada and the World Pavilion ensures its visitors a memorable experience, with interactive exhibits, interpretive programs and special events. Each year, this awardwinning attraction closes down for the winter and re-opens its doors in the spring.

In October 2005, the Canada and the World Pavilion will close its doors for good. We would like to take this opportunity to sincerely thank all the volunteers who have helped out both at the special activities at Rideau Falls Park and inside the Pavilion since its inaugural season.

#### **MACKENZIE KING ESTATE: A STEP BACK IN TIME**



By André Paul

During the summer of 2005, this magnificent 231-hectare estate and its picturesque ruins again attracted several thousand visitors. As in past years, the great team of seven interpreterguides welcomed visitors and helped them discover the history of Mackenzie King Estate and its enchanting gardens.

The interpreter-guides dress in the costumes of those who lived at the estate when William Lyon Mackenzie King, the 10th prime minister of Canada, used it as a country retreat. They liven up Kingswood and Moorside all summer long.



We wish to thank the 2005 team of interpreter-guides and to congratulate them for making sure that visitors to Mackenzie King Estate had fun and learned something new. We would like to invite all volunteers who are interested in becoming guides during the 2006 season to contact the Volunteer Centre. We look forward to having you on the interpreter-guide team at Mackenzie King Estate!

# FOOT AND MOUNTAIN-BIKE PATROL IN GATINEAU PARK



By Michelle Walsh

Gatineau Park plays host to hundreds of kilometres of trails and 32.5 kilometres of scenic parkways that can challenge both the novice and expert hiker or biker. By the end of August, the splendour of these pathways is made even more enjoyable for visitors because the volunteer foot and mountain-bike patrol keep watch over them to make sure that everyone is taken care of. Patrollers serve as information officers and guardians for the patrons of Gatineau Park.

If you would like to take part in the patrol program and help the people who hike and bike the trails of the Park, here are a few qualities that are needed to be a successful patroller: you must be over 18, speak French and English, have certification in first aid and CPR, be available a



few weekends, Saturdays or Sundays from 9 am to 5 pm. You will spend your days exploring the many trails, checking to see that the visitors have no mechanical problems with their bikes or need any medical assistance, filling out patrol reports and checking on the trail facilities. If this sounds like a fun way to spend your time, then call the volunteer centre at (613) 239-5373.



#### MAPLELAWN GARDEN

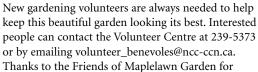
By Michelle Walsh



The historic walled garden of Maplelawn is found in the heart of the city. The group of volunteers responsible for its care call themselves the Friends of Maplelawn Garden. They meet monthly to discuss care and maintenance of the space as well as upcoming events. During 2005, 40 dedicated volunteer gardeners spent close to 1,600 hours caring for and preserving this lush green space.

Everyone is always welcome to tour the grounds at 529 Richmond Road. The garden is open from dawn till dusk free of charge. If you visit any Sunday you will see volunteers hard at work and may even be able to purchase plants at a sale. It is a great day to go if you have any questions about this historic landscape. A complete history and details of upcoming events can be found on their website at www.maplelawngarden.ca.

The website has informative facts and colourful pictures of past seasons and events.





keeping the flowers and plants of Maplelawn looking their best.



### **RECOGNITION OF YEARS OF SERVICE**

By Karen Massicotte

A whole year has passed since we added the hours component when recognizing years of volunteer service. You may have noticed that anniversaries are now recognized at the event or program volunteer-recognition parties. Some of you have been called up in front of your peers at a party to receive a framed certificate or a recognition plaque. Many of you have been pleasantly surprised to receive a card signed by Mr. Beaudry during National Volunteer Week in April. So, what is the difference? The difference is in the hours that you contribute per year. Here is the breakdown:

**1 to 15 hours per year** = card signed by Marcel Beaudry, NCC Chairman, during National Volunteer Week

**16 to 24 hours per year** = framed certificate at a recognition party

**25 hours and more per year** = plaque at a recognition party

Now, some of you have told us, "This is my fifth Canada Day and I have not received anything." To be eligible for something, you have to have worked a full five years. Here is an example, if you started volunteering on July 1, 2001, on Canada Day 2002, you will have completed one full year but participated in two Canada Days. Your five-year anniversary will be on Canada Day 2006. If you have any questions about your particular situation, give us a call and we will be pleased to go through it with you.







#### **NEWS FROM THE VOLUNTEER CENTRE**

- Things are moving right along at the Volunteer Centre. Karen Massicotte is now on maternity leave
  with a brand new baby boy who was born on August 18 at 8:23 pm. Both mother and little Jérémi
  are doing great.
- Julie Goulet from Production Services will be joining our team to replace Karen during her maternity leave. Julie has a diploma in special events, has a lot of experience with volunteer programs, and she's a hard-working lady. Please join us in wishing her all the best with her new job at the Volunteer Centre. Julie can be reached at (613) 239-5087.
- Jeanine Tartarian and Chantal Tremblay are still working hard at making your volunteer experience
  the best one in the National Capital Region. Their enthusiastic and positive ways of dealing with
  special people like you make volunteers want to come back for more.

#### TO ADD MORE FUN TO YOUR READING

By Karen Arial

"Who am I?"
I work with a smile on my face.
I lead and direct people
to help them find their way.
I work hard but without pay.

Note: If you cannot think of the answer, you might want to contact the Volunteer Centre!

