

# BUSY BODIES

**CAPITAL VOLUNTEER NEWS**

**FALL 2006**

## GATINEAU PARK SKI PATROL

*By Catherine MacLaine*



When Gatineau Park is covered with a blanket of snow, come and enjoy the pleasures of cross-country skiing in the heart of the Park's lovely landscapes. Join the volunteer ski patrol group that travels the Park's trails to ensure the safety of skiers.

Each patroller works one day every two weekends, alternating between Saturday and Sunday. They advise visitors about the snow conditions on the trails and about Park activities. They also help out in case of injury or accident.

To volunteer for the ski patrol, you must:

- hold a first aid certificate (Red Cross or St. John Ambulance);
- be bilingual;
- be in good physical condition.

Get away from it all! Be invigorated and keep in shape. Register early so you can participate in the information session.



VOLUNTEER  
WITH THE NCC, AND  
**ENRICH  
YOUR  
LIFE!**

### NCC VOLUNTEER CENTRE

**Telephone:** 613-239-5373 • **Fax:** 613-239-5133

**Email:** [volunteer\\_benevoles@ncc-ccn.ca](mailto:volunteer_benevoles@ncc-ccn.ca) • **Website:** [www.canadascapital.gc.ca/volunteer](http://www.canadascapital.gc.ca/volunteer)

### EDITORIAL TEAM

**Writing (Volunteers):** Catherine MacLaine, Beverley Miranda, André Paul, Michelle Walsh •

**Translation (Volunteers):** Karen Arial, André Paul • **Coordination:** Karen Massicotte •

**Layout:** Olena Shtin • **Editing:** Karen Benoit, Marguerite Séguin

## WINTERLUDE 2007

*By André Paul*



Only a few months remain until the opening of the 29th edition of Winterlude. Will you take part in this fun winter celebration? The program is in the final stages of preparation — and it will be varied and interesting, as usual. Let's hope Mother Nature will give us nice weather!

Several sites welcome winter-lovers with shows and activities. There is something fun and educational for the whole family. Visitors from outside the region love the ambience, and many of them come back year after year.

To be able to welcome all these people and to ensure that all the planned events take place without a hitch, we need volunteers — lots of volunteers! In fact, we need more than 600 throughout the three weekends of Winterlude! One of our venues, Jacques-Cartier Park, with its fantastic ice slides, attracts many youngsters during the weekdays. So, if you have some spare time during the week and speak English and French, the Volunteer Centre will welcome you with open arms!

Several volunteer positions are available: bus host/hostess, snow slide assistant, parking officer, super games supervisor, arts and crafts assistant, Ice Hog, logistics assistant, ice carver assistant, carver host/hostess, artist host/hostess. We are counting on you to get involved once again or to help us find new volunteers. Please talk to your friends and family members. Come out and participate in this memorable event!

What are the requirements for these positions? You should enjoy winter and cold weather, be cheerful, like working in a team and, most importantly, always wear a smile.

The residents of Canada's Capital Region and visitors look forward to this winter event. Let's not disappoint them. Let's be enthusiastic volunteers. Please contact the Volunteer Centre as soon as you can. Or fill out the participation form that is being sent to anyone who has already volunteered.

Have fun at Winterlude 2007!



## ON BEING AN ICE HOG AT WINTERLUDE

*By Karen Massicotte*

It is not surprising that the “task” of being an Ice Hog is very popular among our volunteers. Who wouldn’t want to receive hugs from children and adults alike? It is magical to watch the face of a little one light up at the sight of one of these big, cuddly critters.

This volunteer activity is so popular that it is sometimes difficult for us to meet the demand. We would like to be able grant your first choice; but, if it is not possible, we will offer you your second choice. Don’t forget to tell us your size, and get ready to give out lots of hugs!



## CHRISTMAS LIGHTS ACROSS CANADA ILLUMINATION CEREMONY

*By Michelle Walsh*

*Christmas  
Lights  
Across  
Canada*

Since 1985, the brilliant colours of tiny Christmas lights have been illuminating the Capital and its many landmarks. Every year, the light show gets bigger and brighter — and each year, more and more volunteers are needed to ensure its success.

Last year, 63 volunteers contributed 247 hours to help light up the Capital. These tireless volunteers worked as information officers, led marshmallow roasts, and played host to various artists and special guests.

This year, the show begins on December 7, and the lights will keep glowing until January 7, 2007. Positions are limited and are assigned on a first come, first served basis; so don’t hesitate to contact the Volunteer Centre — and you, too, can help spread the Christmas cheer!



VOLUNTEER WITH THE NCC, AND  
ENRICH YOUR LIFE!

## CANADA DAY 2006

*By André Paul*



It was a successful 139th birthday! BRAVO and CONGRATULATIONS to all the volunteers who helped out! Whatever task you had, it was essential to the success of the celebration — and we are grateful to you!

This year, 428 volunteers participated in the event. You worked more than 3,350 hours in all. We are proud that 68 percent of our volunteers had already worked on a previous edition of Canada Day. This is very encouraging for us, because it shows us that you like to participate in the event, and that you like the ambience and the tasks you do. We are happy to note that the proportion of volunteers whose ethnic origin is other than Canadian was 30 percent. This shows us that Canada's multiculturalism is reflected in our team of volunteers.

The many visitors to the sites liked the wide range of festivities, shows and family activities that make up Canada Day.

Canada Day was wonderful — and the recognition night was just as great! The volunteers who attended had a fun evening. Bravo, and our sincere thanks to the wonderful Volunteer Centre team for another job well done!

So, all of you — logistics assistants, crowd control officers, artist assistants and hosts/hostesses, activity assistants, and information officers — we're waiting for you at the 2007 edition of Canada Day. We will need you again!



## MAPLELAWN GARDEN

*By Catherine MacLaine*

There is no better place than Maplelawn Garden to fully enjoy the beautiful days of summer.

A wall encloses and protects this magnificent garden, where a charming old home, characteristic of a century ago, is nestled. Maplelawn, located at 529 Richmond Road, was built in 1831 by William Thomson, a Scottish immigrant. The garden, which covers about one acre, is a rare example of European landscaping design in Canada.

Maplelawn Garden is carefully maintained by a group of volunteers called “The Friends of the Maplelawn Garden.” In 2005, 36 volunteers contributed 1,398 hours to its care. You too can look after a section of the garden and help to maintain the flowers in the style of years gone by. For information on participating in this project, visit the garden’s website ([www.maplelawngarden.ca](http://www.maplelawngarden.ca)).

Come and be rejuvenated among the blooms of Maplelawn Garden.



## THE STORY OF THE VOLUNTEERS AT MAPLELAWN GARDEN

*By Karen Massicotte*

I just had to find out, so I visited the Maplelawn Garden website ([www.maplelawngarden.ca](http://www.maplelawngarden.ca)). I thought I knew the history of volunteering at the garden, but I was pleasantly surprised to find a photographic history from 1993 to 2003. It is quite interesting, and I invite you to visit the site. Congratulations to the volunteers who have contributed so many hours to this tiny paradise in the city. For volunteers who have a green thumb and who would like to be part of the team next year, please contact us at 613-239-5373.

## PATROLLING THE TRAILS IN GATINEAU PARK

*By Catherine MacLaine*



Do you love nature, beautiful landscapes and walks through the woods? Gatineau Park charms volunteer patrollers with its open spaces, forests, fresh air, and diversity of plant and animal life.

In 2006, 20 volunteers travelled the Park's maintained trails, ensuring the safety of hikers and mountain bikers. They helped out by giving information about the trails and paths and watching over trail conditions. And some volunteers helped out when accidents or injuries occurred.

Thank you to the 2006 volunteers who patrolled the Park on foot or on mountain bikes. A special thanks to Anne Gosselin, who took up the challenge of coordinator of the fall volunteer patrollers.

Why not get some fresh air and give your energy a boost in Gatineau Park next year?



## MACKENZIE KING ESTATE INTERPRETER-GUIDES

*By Michelle Walsh*

Get through this winter by thinking ahead to being a volunteer at the scenic Mackenzie King Estate, nestled in Gatineau Park. Spend the days of summer as a bilingual interpreter, dressed in period costume, guiding people through the countless walking trails that make up the Mackenzie King Estate. You can also use your knowledge of gardening and horticulture to describe the gardening passion of King himself to all who come to visit.

So mark your calendar for June and, on the long winter days when you just want to stay inside, think of the lush gardens and beautiful estate. Thank you to the 10 volunteers who contributed 200 hours to the 2006 season.



## WHAT DOES IT MEAN TO BE A VOLUNTEER AT THE NCC?

By Beverley Miranda

Let me start off with a quote:

*“A healthy social life is found only, when in the mirror of each soul, the whole community finds its reflection, and when in the whole community the virtue of each one is living.”*

— **Rudolf Steiner**, Austrian philosopher and scientist

Read this quote a few times, and you may start to recognize that the success of Ottawa lies with its community. Ottawa is home to many nationalities. It offers beauty, peace, multiculturalism, willing people — and four distinct seasons. Year-round, there is something to do, and something to see. What does it mean, then, to be a volunteer? There are many answers to this all-important question. For me, it is doing all that I can with what I have, in the time I have, and in the place where I am. What better way to give back to a community than by being a volunteer?

It is often said that success in life has nothing to do with what you gain in life or accomplish for yourself; it's what you do for others. By volunteering for the NCC, I have met so many people; assisted the lonely; put a smile on the broken-hearted; reunited a lost child with an anxious family; assisted a senior; showed a visitor the spirit of Ottawa; and bonded in friendship with like-minded, community-spirited volunteers.



The NCC treats its volunteers with first-class hospitality. They give back to each and every one of us in triplicate. They adjust to our volunteering time schedules, feed us and look after our every need on site, and, most importantly, they praise us at every opportunity, and go out of their way to thank each of us in a warm and special way that has come to be branded “the NCC style.”

So, is this why I am a volunteer with the NCC? No, not at all. The reason is better explained by the following quote by John Ruskin: “The highest reward for a person's work is not what they get for it, but what they become because of it.” I have become a changed person, because I empathize with others, understand the needs of others, and treat everyone with respect. By volunteering, I am making a choice every day about the kind of community I want to live in, and I hope to mirror what life could be if our whole community could reflect positive core values.

If you are stuck in life's web of trying to find yourself, then, to know what the fabric of your life is made of, start by applying yourself to the service of others. What's holding you back? Do the right thing, and volunteer today!

## **WOULD YOU LIKE TO KNOW MORE? VISIT THE VOLUNTEER CENTRE WEBSITE!**

*By André Paul*

Are you a bit curious? Would you like to know about other volunteer opportunities and read about the tasks involved? Would you like to see the photos and videos from recent events? Do you prefer to read *Busy Bodies* online? All you have to do is log on to the NCC's Volunteer Centre website ([www.canadascapital.gc.ca/volunteer](http://www.canadascapital.gc.ca/volunteer)) and, with the click of your mouse, you're in. Welcome!

## **NEWS FROM THE VOLUNTEER CENTRE**

*By Karen Massicotte*

What a warm welcome back! Thank you to all those who made my return to work after my maternity leave easier. My year was full of small pleasures, and I am ready to roll up my sleeves and get to work. I really missed you and my work team, and I am anxious to see you again!

Chantal and Jeannine have returned from holidays well rested. The Thunder Trio is at the ready to make your volunteer experience a memorable one. Thank you for your help. We look forward to working with you again!



**THANKS** FOR  
**VOLUNTEERING!** 

---