



## VOLUNTEER WALL OF FAME

Jacques Dumont, QC



### **1. What type of organizations do you volunteer for?**

Basically, I work with Club Skinouk, in Gatineau, Quebec. I was club president several times, and I've filled all of the other roles on the executive. Lately, I work mostly on club races and managing Relais plein air, Skinouk's building. Among other responsibilities, I was Chief of Competition and Chief of Timing for the Skinouk Cup and the Eastern Canadian Championships, several times over. I am a Level 3 official for cross-country skiing and I am working on Level 4 as we speak. I act as provincial technical delegate for Ski de fond Québec. Skinouk also has a mountain bike programme; they organize mountain bike races, and I lend a hand to organizers there too.

### **2. What is the most rewarding part about volunteering?**

Accomplishing work that a lot of people find useful and helpful: colleagues, friends or simply people who like outdoor sports. I also like making sure that group activities and competitions go forward without any problem, and that all the participants have a good time and are very happy with the experience. There is a lot of pride that comes from the thanks that we receive for our volunteer work.

### 3. What do you have to say about all the volunteers who make events possible?

Obviously, without them, nothing would be possible. We have to show them our appreciation. If volunteers get a sense of satisfaction from working towards a common goal in the company of people they enjoy being with, or if they are made to feel important, that's half the success of the event right there, and the chances are that much greater that these people will come back as volunteers again and again.

### 4. Finish this sentence: I volunteer because...

Doing things that contribute to the community and make it better gives a sense of value and gratification, and I hope also that today's volunteers can be an example for future generations.

