



VOLUNTEER WALL OF FAME

Jean Bristow, AB



1. What type of organizations do you volunteer for?

Over the years I've volunteered for all types of organizations! Way back in the early seventies, I did volunteer work for the Canadian National Institute for the Blind, working mostly with older folk who were residents of the CNIB home in Ottawa. In Yellowknife, I did a lot of volunteer work for the Anglican Church (locally and also nationally), plus (of course!) the Yellowknife Ski Club, and also for the Senior Citizens Home, the Yellowknife Film Society, Beavers Canada, the Air Cadets League, Meals on Wheels, and so on (some of these were because my children belonged to the organization, and I always felt it was important to be involved in the same organization so they would know I was interested in what they were doing).

My involvement with the ski world started at the club level, as the membership coordinator, and progressed to being president of the NWT Ski Division, which led me to the board of Cross Country Canada (before the new constitution was enacted) and subsequently I was chair of the Women's Committee and later chair of the Clubs and Membership Committee.

In North Bay, most of my volunteer work was with the North Bay Nordic Ski Club, but from time to time I helped out at running races, triathlons and so on. In Canmore, I am fully involved with the Alberta World Cup Society (I'm the Secretary), so am usually somewhere around the place when there are World Cups, NorAms or other races going on. I'm also a Mountain Grannie,

which is a fundraising organization for the Stephen Lewis Foundation, and lately I've become involved with the Dog Guides Walk, another fundraiser which raises money for Guide Dogs.

2. What is the most rewarding part about volunteering?

I think it's making new friends, or working alongside old friends to make things happen. As well, invariably one learns new skills when doing a volunteer project, and that's always fun and challenging. This spring, for instance, I learned how to design and send out a survey on Survey Monkey - amazing!

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

The events wouldn't happen without the volunteer involvement, and in my experience I've seldom met a crabby volunteer! There is always a laugh or two along the way, and over time there are shared memories and experiences which help to solidify a friendship.

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

It's something I've done since I was a teenager and it's just part of life - a really enjoyable part.