

Why our hospice volunteers are so special

By Anne Shabason
Volunteer & Education
Director, Hospice Caledon

It takes a special person to be a volunteer but it takes an amazingly special person to be a Hospice Caledon visiting volunteer.

Hospice Caledon supports individuals and their families who are living with life threatening illnesses or a grieving a loss. That means that these fearless people volunteer to go where most of us fear to tread - into the very emotional core of someone's anger, grief and pain. What kind of person actually

volunteers to do hospice visiting?

A good hospice volunteer is forged from two cooperative elements; an appropriate personality and the right training. Hospice volunteers are usually emotionally centred individuals with the fabulous ability to listen well without having to talk about themselves. They are the friends we all go to when we need to confidentially vent our feelings; the friends who we know will listen without judging and will not be afraid to walk alongside us

in our pain. A great hospice volunteer knows intuitively that each of us has his/her own personal "holy ground" irrespective of race or religion -a place where we find meaning and truth. When illness and death touch us, our holy ground is the place where we can find comfort and the place to which a good volunteer can gently lead us.

Many of our volunteers are "called" to this work after their own personal brushes with trauma and tragedy and find that their experiences deepen their humanity and help them better relate to others in similar circumstances.

Although many caring individuals find their "calling" in hospice work, the Hospice Association of Ontario recognizes the necessity for a thorough 30-hour training program. Even in a close and well-functioning family, the

effects of stress, fatigue and worry can be devastating in the short and long term. Unique issues that arise in a family dealing with illness and grief might include interruption of daily routines, pain management,

fear of the unknown, dependence on others, worry for the future of self or family members, search for life's meaning or loss of faith. Through their training, hospice volunteers are taught to recognize signs of

these worries even when they are not spoken aloud and help the individual or family come to terms with them.

Above all, they understand that their finest contribution as a volunteer is to put their own egos aside and to lovingly help their client families in the way that the families want to be helped.

The job description for a hospice volunteer might read, "Wanted, a thoroughly grounded, flexible individual with the patience of Job, a physician's confidentiality, a clairvoyant's sixth sense, a mother's selfless love and an angel's desire to serve." Miraculously, they actually volunteer for this position! If you think you might be one of these special people, Hospice Caledon's next training runs the weekend of Sept. 29 and 30 and the weekend of Oct. 13 and 14. For more information, please call Anne at 905-951-3534.

Headwaters launches green bin composting

Headwaters Health Care Centre has introduced green bin composting at both sites to divert all patient and cafeteria food waste from landfill.

With the introduction of green bin composting it is expected that Headwaters will annually divert more than 23,000 kilograms (23 metric tonnes) of organic waste from landfill.

"At Headwaters, we not only want to be a leader in quality health care, we also want to be an environmentally responsible hospital that is doing its part to reduce our environmental footprint," said Bob Baynham, president and CEO, Headwaters Health Care Centre. "The green bins are one of several initiatives the hospital has undertaken to Go Green."

"We are pleased the hospital is enthusiastically participating in the Dufferin Compost program, said Trevor Lewis, director of public works for Dufferin. "Composting is a simple and effective method of diverting organics from landfill."

The collected compost will be sent to a composting facility in Caledon. Once the finished compost is created, it is sold to gardening centres and landscape companies. Local residents can also pick up free compost from local municipalities on designated days.

DODS AND MCNAIR FUNERAL HOME AND CHAPEL

Dods & McNair Funeral Home cares about our community through the services we provide. Orangeville's only locally owned and operated funeral home.

941-1392
www.dodsandmcnair.com

ASSOCIATED GOSPEL CHURCHES

ALBION HILLS BIBLE CHURCH
17243 The Gore Road, Palgrave

Sunday Services
9:45 am Bible study
11 am Worship

Member of the AGC
Associated Gospel Churches

905-880-5097
www.albionhillsbiblechurch.org

Founded on God's Word
Focused on Missions

ANGLICAN

CHRIST CHURCH BOLTON
Rev. Canon Gregory Symmes
22 Nancy Street, 905-857-0433

Sunday worship, 10 a.m.
Church school & nursery 10 a.m.

MONO PARISH
Rev. Barbara Hammond
St. John's, Mono Mills 10:30 a.m.
St. James, Hockley 9:00 a.m.

BAPTIST

CALEDON HILLS FELLOWSHIP BAPTIST CHURCH
16591 Airport Rd. in Caledon East

Meeting at our new building north of Caledon East across from the Caledon Inn

Sunday: Worship & KidsChurch 10:30 a.m.
Weekly: Home Bible Studies, Ladies' Coffee Hour, Youth Group (Gr. 9 & up)
Tuesday Nights: AWANA (kids program ages 3-11 6:45 p.m.-8:15 p.m.)

For more information please phone
Pastor Bill Henderson
905-584-9525
Website: www.chfbc.ca

Churchill Baptist Church

We're on Mount Wolfe Rd. 1 km south of Hwy. #9 2 km north of Old Church Rd.

Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m.
Wednesday Prayer 7:30 p.m.
(Call for location)

Pastor Marino Verecque
905-936-3786

CHRISTIAN & MISSIONARY ALLIANCE

Bolton Alliance Church
Meeting at Rotary Place (Caledon Seniors Centre)
7 Rotarian Way, Bolton

Sunday Services at 10:30 AM

Sunday Morning Children's Program

Weekday Home Groups

"Devoted to Christ and Making Him Known One Person at a Time"

Call 905-951-1051
Visit: www.boltonalliancechurch.org

NEW COVENANT

THE JESUS PEOPLE
Acts 2 Verse 37-38

EVERY SUNDAY 11 a.m.
15 King St. E.

HOLY SPIRIT MINISTRIES

PENTECOSTAL

BOLTON PENTECOSTAL CHURCH
All activities are upstairs at the Albion Bolton Community Centre
150 Queen Street, Bolton

Celebration Service 10:30 a.m.
Join us for our morning service and a coffee

Nursery & Children Programs

Visitors are always welcome!

Regular Family Night Activities held on Tuesday nights have ended for the summer season

"A church in the heart of the community with the community at heart."

For more information call
Pastor Kevin Parks
905-857-7424



Church Directory

PRESBYTERIAN

CAVEN CHURCH
110 King St. W., Bolton
Rev. Jeremy Lowther
Church: 905-857-2419

Sunday Worship Service 10:00 a.m.
Sunday School & Nursery

The Friendly Church with A Mission
www.caven-life.org

UNITED

BOLTON UNITED CHURCH
8 Nancy Street, Bolton
905-857-2615

10:00 a.m. Worship Service
11:00 a.m. Fellowship time
Church School & Nursery
All Welcome!
www.boltonunitedchurch.com

ROMAN CATHOLIC

ST. CORNELIUS CHURCH
Kennedy Road (north of the Grange)
Caledon

Mass: Sunday 8:30 a.m.

ST. JOHN'S CHURCH
ALBION
16066 Gore Road (north of Old Church Road)
Albion

Masses: Saturday 5:00 p.m. Sunday 10:15 a.m. 11:45 a.m.

COMMUNITY EVENTS

A directory of what is happening in the community

THIS COLUMN IS PROVIDED AS A FREE PUBLIC SERVICE TO NON-PROFIT ORGANIZATIONS TO ANNOUNCE UPCOMING EVENTS. PLEASE CONTACT BETH EARLY-REA AT CALEDON COMMUNITY SERVICES AT 905-584-9460 IF YOU WISH TO HAVE AN ANNOUNCEMENT PUBLISHED. THE DEADLINE IS WEDNESDAY, TUESDAY, SEPTEMBER 18

CALEDON CENTENNIAL SKATING CLUB Registration, 6:30-8:30 pm, at Lloyd Wilson Arena, Inglewood. Call Cathy 905-838-2246 or visit www.geocities.com/ccsc10.

CALEDON VILLAGE TAI CHI and Caledon East Yoga both begin. For more information on times, locations, fees, call the Caledon Centre 905-857-3313, 1-800-621-1287 or visit www.caledoncentre.ca.

Fibromyalgia Support Group meets 7 pm, at Shoeless Joes (12612 Hwy 50, Bolton). Everyone welcome. For more info, call Hester 905-838-0123.

Monthly Dinner & Entertainment, 5 pm, at the Caledon Seniors Centre (7 Rotarian Way, Bolton). Magic Show. Call 905-951-6114 or email caledonsenior@rogers.com.

WEDNESDAY, SEPTEMBER 19
Mayfield Yoga and Caledon Village Fitness both begin. For more information on times, locations, fees, call the Caledon Centre 905-857-3313, 1-800-621-1287 or visit www.caledoncentre.ca.

Tops (Take Off Pounds Sensibly) Group meets in Bolton United Church Heritage Hall, weigh-in 7 pm; meeting 7:30-8:30 pm. This non-profit weight loss support group meets every Wednesday. Call Ruth 905-857-3237 or Beth 905-857-7452.

SEPTEMBER 19-23
North Peel Community Church (6060 King St, Sandhill, Caledon) invites everyone to its Annual Convocation. Daily seminars 1-4 pm, evening evangelistic services 7:30 pm. Sunday service 9:30 am. Also learn more about joining them on their trip to Greece and Israel. Call 905-584-9032 or 416-258-

0551.

THURSDAY, SEPTEMBER 20
Caledon Village Yoga begins at Caledon Village Place, 8:15-9:30 pm. \$110 for 10 weeks. Call the Caledon Centre 905-857-3313, 1-800-621-1287 or visit www.caledoncentre.ca.

FRIDAY, SEPTEMBER 21
Caledon Meals on Wheels offers a Gentle Fitness Program for Seniors each Friday, 10:15-11 am, at St. James Church Senior's Drop-In, Caledon East. This program helps increase muscle strength, flexibility & mobility. Call 905-857-7651 or 905-584-2992.

SEPTEMBER 21-23
Bolton Fall Fair Weekend at the Albion Bolton Fairgrounds. Family entertainment, demolition derby, poultry & livestock shows. Visit www.boltonfair.ca.

SATURDAY, SEPTEMBER 22
Tournament of Champions Weekend Yard/Trunk Sale/Craft Sale, 8-4 pm, at Palgrave United Church (34 Pine Ave). Tables available for \$20 indoors or \$10 outdoors. Call 905-880-0303.

SUNDAY, SEPTEMBER 23
Meeting of the Halton-Peel Branch Ontario Genealogical Society, 2 pm, at Oakville Public Library (120 Navy St, Oakville). Speaker: Rick Roberts on "Comparing Family Tree Maker, Legacy & Rootsmagic Software". Visitors welcome. Call 905-846-0408.

MONDAY, SEPTEMBER 24
Meeting of the Caledon F.A.M.E. Family Support Group, 7-9 pm, in the Albion Bolton Community Centre, Rm A (150 Queen St S, Bolton). This group provides support to those with family members with mental illness. No cost. For more info or to register, call Frank Logue 905-488-7716.

SEPTEMBER 24-29
Mystery Sale Week at Chez Thrift (new location at 301 Queen St S, Bolton). Come in for the surprise unannounced specials. Call 905-857-8121.

TUESDAY, SEPTEMBER 25
"Help for Working Parents Workshop: Parenting Styles", 7-9 pm. Study parenting styles. Child

care is not available. To register, call the Caledon Parent-Child Centre/Ontario Early Years Centre 905-857-0090.

Meeting of the Upper Credit Field Naturalists, 7:30 pm, at Orangeville Seniors Centre (26 Bythia St). Topic: "Monarch Butterflies", an illustrated talk by Bruce Parker, who has been tagging Monarchs for 20 years. Everyone welcome. Call Joanne 519-925-3968.

SEPTEMBER 25 & 27
Boat Operators Course at the Caledon Centre for Recreation and Wellness, 6:30-10:30 pm. \$90/person. Call 905-857-3313, 1-800-621-1287 or visit www.caledoncentre.ca.

WEDNESDAY, SEPTEMBER 26
Potluck Lunch, 12 noon, at the Caledon Seniors Centre (7 Rotarian Way, Bolton). Followed by Bingo and the Italian Club at 1 pm. Call 905-951-6114.

THURSDAY, SEPTEMBER 27
The West Humber Naturalists meet 7:30 pm, at Vellore Hall (9545 Weston Rd, Vaughan). Hart Brasche will present the documentary, "The Bird People", about the Mohana people in southern Pakistan who have established a harmonious co-habitation with wild birds. Everyone welcome.

SATURDAY, SEPTEMBER 29
The Annual Salamander Festival, 10-3 pm, in the village of Belfountain. Historical walk, live entertainment, silent auction, dog acts, and fun for the entire family. Visit www.belfountain.ca/salamander.

The 892 Snowy Owl Royal Canadian Air Cadets 25th Anniversary Alumni Reunion, 7pm-1am, in Hanger No. 3 Brampton Flying Club. County Style Open Air Dinner/Dance. Meet up with past Officers and old Cadet friends. Visit www.892snowyowl.ca.

SUNDAY, SEPTEMBER 30
Red Cross Babysitting Course, 9-4 pm, at the Caledon Centre for Recreation and Wellness. \$85/person. Call 905-857-3313, 1-800-621-1287 or visit www.caledoncentre.ca.