

Tell me and I'll forget; show me and I may remember; involve me and I'll understand.

Chinese Proverb

HOW TO REACH US

If you would like to receive this newsletter by way of e-mail, send an e-mail to kerri@footaim.com and we will be happy to ensure future copies are delivered via e-mail. You can also find us on the web at www.footaim.com.

If you have suggestions, articles, ideas, and comments or just want to talk to us, here is how you can reach us.

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VIM

**VOLUNTEERS
IN MOTION**

**THE FOOTHILLS
ADVOCACY IN MOTION
SOCIETY (AIM)
VOLUNTEER NEWSLETTER**

Benefits of Volunteering

During a recent seminar that I attended, the topics of the benefits of volunteering were discussed. **Turns out volunteering is good for you.** When I went on an internet search, I found 237,000 possible sites to visit. I didn't check them all, but all but one of the ones I did check, agreed; Volunteering is good for your health. Some of the benefits were: A heightened sense of well being; less likely to suffer illness; enhanced healing process; stress relieve; blood pressure control; improved mental health; longevity. These were but a few of the benefits. There are numerous studies that have taken place that indicate that if we volunteer for as little as an hour a week, we can see the benefits. So of you need another reason to volunteer; **do it for your health.**

You!

You are the person
who has to decide
whether you'll do it,
or toss it aside.

You are the person
who makes up
your mind
whether you'll lead
or linger behind.

Whether you'll try
for a goal that is far
or be contented to stay
where you are.

Take it or leave it,
there's something to do
just think it over –
It's all up to you!

UPCOMING EVENTS

The weekend of September 19 and 20 is going to be a busy one. On September 19 we are holding the Motorcycle Ride in Kananaskis. That is also the weekend of our Casino, which takes place on September 19 and 20. This creates a big strain on our volunteer pool.

There is a pool of volunteers that usually participate in all the events. As these two events fall on the same date, this is going to be a big challenge. The casino is being coordinated by the wonderful Evelyn Higham and she will be in contact if you are down as a casino volunteer.

We are still in need for the Motorcycle Ride. If you would like to help out at this event, give us a call and let us know.

REFER A FRIEND

If you know of someone who might like to help at the Motorcycle Ride, have them give us a call, or ask them if it is alright for us to call them. From my own experience, I have found that people are willing to help, but hesitant to make the first move. Ask them if it is alright to pass their name along, and we will do the rest.

GOLF RESULTS

The rain held off and the turn out was great which resulted in AIM having had another successful Golf Tournament. A big THANKS to all of the volunteers who participated and to all of the people who took part in the actual golfing.

A note from Vince Kimura, Executive Director, AIM

Between the planning and the running of the event, approximately 30 volunteers assisted with the tournament. The number of golfers was down but sponsorship was up. As a result, we raised more money this year than last year. Approximately \$12,000 was raised as a result of this year's efforts and participation. Overall, everyone appeared to enjoy the event once again. Yes, we were very fortunate to stay dry!

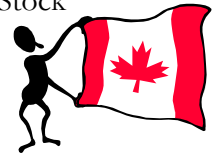
**We are grateful to all of our
volunteers for their effort and time in
making this a successful event.**

*In the confrontation between the
stream and the rock, the stream
always wins – not through strength
but by perseverance.*

ANNUAL GENERAL MEETING

On June 21, 2004, AIM held its AGM. The new Board of Directors are:

President	- Luther Dougherty
Vice President	- vacant
Secretary	- Toni Taylor
Treasurer	- Phil Durrant
Director	- Jo Balderson
Director	- Joanne Jorde
Director	- Chad Lambourn
Director	- Myrna Scovoranski
Director	- Linda Stock



FLAG DAY RUN

July 1 brought another beautiful morning to an AIM event. The 2nd annual Flag Day Run took place with a great turnout and lots of fun. Over 50 volunteers helped make this event a success. Special thanks to all the volunteers and to the youth groups who did the water stations and the ladies from Curves. We raised approximately \$5,200 for the Society at this event.

WAY TO GO!