

Volunteering is
the ultimate
exercise in
democracy.

You vote
in elections
once a year,
but
when you
volunteer,
you vote
every day
about
**the kind of
community
you want to
live in.**

Flagstaff Community Adult Learning
Learn Here.
Connect Here.
Belong Here.

Volunteering . . .

- ⇒ Reduces stress and makes you healthier.
- ⇒ Saves resources.
- ⇒ Helps you gain professional experience.
- ⇒ Brings a variety of people together.
- ⇒ Promotes personal growth and self esteem.
- ⇒ Strengthens your community.
- ⇒ Teaches you about yourself and your community.
- ⇒ Offers a chance to give back.
- ⇒ Encourages initiative and leadership.
- ⇒ Makes a difference!

5005 50 Street
Killam, AB T0B 2L0
780-385-3712

**Flagstaff
Community
Adult
Learning**

**Get Connected—
Volunteer!**



www.fcal.net

780-385-3712

Killam, AB

Get Connected!

Want to meet people and feel at home? Volunteer!

(Check with your town office for local contacts and other ideas.)

Serve on a board

Agricultural Society
Chamber of Commerce
Community Hall
Emergency Preparedness
Flagstaff Community Adult Learning
Hospital Auxiliary
Library Board
Museum Board
Recreation Board
Victim's Services

Join a service club

4-H Club
Church Group
Elks Club
Friends of Battle River Railway
Hardisty K-Club
Lions Club
Parents for Fun in Flagstaff
Royal Canadian Legion
Senior's Club
Women's Institute

Provide a community service

Care-a-van (transport to medical appointments)
Communities in Bloom
Fire Department
Flagstaff Food Bank
Meals on Wheels deliveries
Tutoring Newcomers in English

Offer your skills

Bookkeeping
Construction
Cooking
Driving/delivery
Grant writing
Painting
Technology advice
Website design or updates
Et cetera . . .

Support a Fundraiser

Bake Sale Bingo
Bottle Drive Casino Concert
Community Supper
Hi-way Cleanup
Silent Auction

Get involved with a special event

- ◆ Killam Sedgewick Triathlon (last Saturday of May)
- ◆ Killam Indoor Rodeo (3rd weekend of June)
- ◆ July 1st parades & events – Alliance or Daysland or Sedgewick
- ◆ Hardisty Rodeo (3rd weekend of July)
- ◆ Loughed Annual Agricultural Fair (2nd weekend of August)
- ◆ Movie in the Park (Fundraiser for the Family Resource Centre held the 4th Wednesday of August)

Connect with a sports team

baseball, bowling, curling, football, golf, hockey, lacrosse, skating, skiing, soccer, swimming, volleyball . .

Help out at school

Field trips
Hot lunch
Parent Council
Reading buddy
School sports