



GF&RD

the Gilbert Fire and Rescue Department

VOLUNTEERS

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Kim's Corner

By Kim Yonda

It's time to grab your running shoes! Many people make a New Year's resolution to put on their running shoes and become more active, but our Volunteers have already done that, and are very ready for the many Volunteer adventures that await them in 2015!

There are many reasons we each choose to Volunteer, and while many of us are planning our New Year's resolutions, perhaps one of ours could be to Volunteer more in our communities?

Research shows us that the health benefits of Volunteering are astounding. United Health Group's report, "Doing Good is Good for You," reveals that of those who Volunteered in the last 12 months:

- 78% report that Volunteering lowers their stress levels
- 94% say that Volunteering improves their mood
- 76% say that Volunteering has made them feel healthier
- 95% say they are making their communities better places
- 96% say that Volunteering enriches their sense of purpose in life

Make 2015 your year! Embrace it! Continue Volunteering! Seize the moments!

Grateful thanks go to each and every Volunteer for incorporating service into his/her life, and for making a difference in Gilbert.

HAPPY NEW YEAR
2015

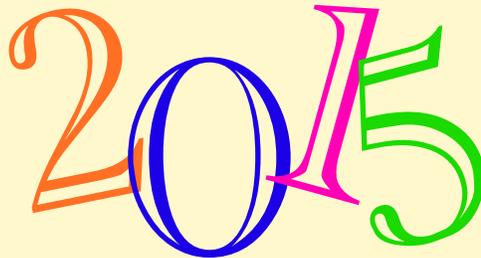
COMING UP

JANUARY

10 COM251 Quarterly Meeting	9:00 - 11:00 AM	Room 6	COM251 Only
12 Operation CoA	6:00 - 7:30 PM	Room 2	△
21 Credentials Renewal	4:00 - 8:00 PM	Room 6	CERT / FC

FEBRUARY

7 Credentials Renewal	9:00 AM - 1:00 PM	Room 6	CERT / FC
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△ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov