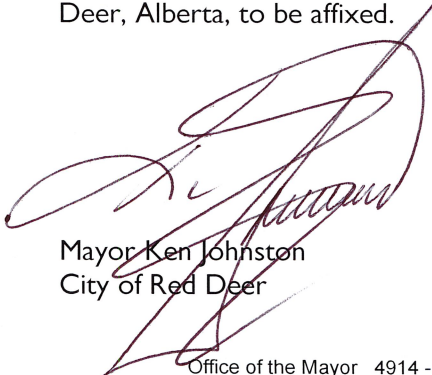# PROCLAMATION

WHEREAS: Volunteers are the lifeblood of communities, selflessly giving their time, energy, and talents to help others and make the world a better place. Volunteers of all ages and backgrounds play an essential role in strengthening communities and making them more resilient.

WHEREAS: Volunteers bring their unique perspectives, experiences, and skills to the causes they serve, creating new connections and fostering a sense of belonging and mutual support;

WHEREAS: Volunteering is known to have positive mental and physical effects on the volunteer including, but not limited to, providing a sense of purpose, combatting depression, increasing social and professional skills, increasing self-confidence, developing personal and professional networks, and providing a sense of community; and

WHEREAS: Volunteers choose to do so for many different reasons, but regardless of those reasons, there is a common desire to give back to the community, for the good of the community.

WHEREAS: The dedication and commitment of volunteers are an inspiration to us all, and their work deserves recognition and celebration. Each year, communities across Canada celebrate National Volunteer Week, with this year's theme being: *Volunteering Weaves us Together.*

NOW THEREFORE,

I, Ken Johnston, Mayor of the City of Red Deer, hereby recognize 2023 as the Year of the Volunteer. I call upon our residents to recognize the importance of volunteerism and to celebrate the contributions of volunteers who work tirelessly to make a difference in the lives of others. I urge all residents to take this opportunity to thank a volunteer, to become a volunteer or support volunteer efforts.

IN WITNESS WHEREOF, I have hereunto set my hand and cause the Official Seal of The City of Red Deer, Alberta, to be affixed.

Mayor Ken Johnston
City of Red Deer