

## Celebrating Our Volunteers

As we celebrate National Volunteer Week, April 24 to 30, Coquitlam City Council and staff would like to thank the many volunteers who support important programs and services throughout our community.

Our volunteers help keep Coquitlam safe and clean, protect our environment, and support our seniors and those in need. Volunteers make our community programs and civic events a success, fostering an inclusive, dynamic environment where all are welcome.

To all of Coquitlam’s volunteers—thank you for making a difference in our community.



### CALENDAR

#### Monday, May 2

**Council-in-Committee**  
2 p.m.

#### Regular Council

7 p.m.  
[coquitlam.ca/council](http://coquitlam.ca/council)  
[coquitlam.ca/agendas](http://coquitlam.ca/agendas)

#### Tuesday, May 3

**Eagle Mountain – Woodfibre Gas Pipeline Project Information Session**

5 – 8 p.m.  
Westwood Plateau Golf & Country Club  
[fortisbc.com](http://fortisbc.com)

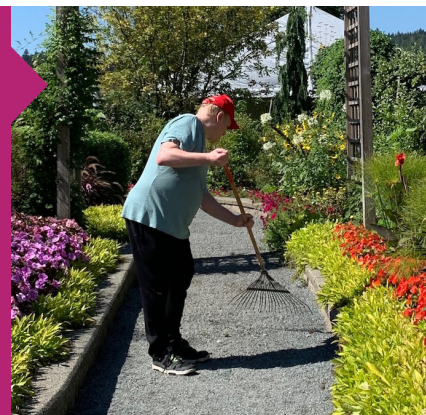
**COUNCIL MEETING  
DETAILS**  
See Pages 32

[coquitlam.ca/calendar](http://coquitlam.ca/calendar)

### Volunteer Spotlight

“I started volunteering at the Inspiration Garden in summer 2021. I did simple gardening and helped rake the paths within the garden to keep the place nice and safe for visitors. I found it tiring and exciting at the same time. It was good for me too—I needed a big change in my life. I am regularly looking for other volunteering opportunities because they bring new experiences to my life, which I love.”

– Pedro, Inspiration Garden Volunteer



“I love having the opportunity to brighten someone’s day. Whether it be a child who is looking forward to reading a new book at home after the playground, or a senior looking to relax on a park bench and read a magazine. I enjoy the sense of community our Little Library provides and I am proud to be a part of it.”

– Karen, Little Library Program Volunteer



“When I make a meal delivery to a senior in our community, I have a feeling of bringing something good to someone’s morning or someone’s day. The best reward is to see a smile on their face when I arrive and when I leave. No matter how old you are, volunteering your time to help and support others provides a sense of purpose—there is nothing more gratifying.”

– Bob, Meaningful Meals Delivery Volunteer

### City Volunteer Opportunities

If you’re looking to give back to the community, gain volunteer hours, or just try something new, there is a volunteer opportunity for you. Visit [coquitlam.ca/volunteer](http://coquitlam.ca/volunteer) to learn more about current opportunities and to sign up online.

- **Adopt Programs** – Through the various “adopt-a” programs, individuals, families, groups or businesses can help take care of park features, city roads, catch basins and more.
- **Special Events** – Help out at fun community events such as Canada Day, Summer Concert Series, Kaleidoscope Arts Festival and more.
- **Community Policing** – Work with the public in the Community Police Station and help write reports, patrol neighbourhoods and champion new initiatives.
- **Recreation** – Help out the City’s recreation team in a wide variety of areas, including swimming, skating, fitness, aquatics, outdoor recreation, children and seniors’ programs.
- **Meaningful Meals** – Volunteer as a driver to deliver meals to seniors and engage in social conversation.
- **Social Connections Program** – Get matched with a local senior and connect with them through a fun and friendly weekly phone call.
- **Park Spark** – Get outside for drop-in activities, park and garden projects and ongoing park-care activities.
- **Tree Spree / Coquitlam in Bloom** – Coquitlam Tree Spree is a new initiative supporting Coquitlam’s tree canopy. Volunteer to help the City plant 10,000 trees in 2022!
- **Bad Seed** – Participate in organized invasive plant pulls and assist at Bad Seed events.