

Volunteer grandparents celebrated at gathering

IN HONOUR of International Year of the Older Person, and the first anniversary of Quesnel's Volunteer grandparents, held a garden party at Weldwood Park on June 25th.

The event had been postponed earlier in the month due to unstable weather conditions, but this time the weather cooperated.

Guest speaker Audrey MacLise of Williams Lake was there, as the Cariboo's representative of the Seniors Advisory Council of B.C.

MacLise spoke on a Global Movement for Active Aging.

"In our diverse and ever-changing world the aging process is one of the few things that unifies and defines us all. We are all aging, and this is something to be celebrated," she said. "Whether you are 25 or 65, 10 or 110, you too are aging. Globally, the number of older people is on the rise.

Today the world population amounts to around six billion people, with some 580 million over the age of 60. By the year 2025, more than three-quarters of the

world's elderly population will be living in developing countries.

"Health is vital to maintain well-being and quality of life in old age. Health is essential if older citizens are to continue to make active and positive contributions to their societies.

Maintaining health and quality of life across the lifespan will do much toward building a harmonious intergenerational community and a dynamic economy.

"Active Aging is key for older persons continuing to contribute to society; all dimensions of being active should be taken into account: the physical, mental, social and spiritual.

"We are all a part of the cycle of life, and each moment of this cycle, whether near the beginning or the end, is to be treasured and celebrated. Every time you, as a volunteer Grandparent, reach out and touch a child, you are sharing your wisdom and enlightening the next generation. You are truly celebrating the cycle of life!"

MacLise distributed spruce trees to those who

wanted them - to allow them to leave a legacy.

There were T-shirts, golf shirts and ball caps, all with the International Year Of the Older Person's logo.

"Right now, there are several families waiting for volunteer grandparents.

For more information about volunteer grandparenting, give Susan a call at 747-8363 or phone Ruth at 992-1567.



Ross Mitchell photo

Sue MacNeill serves strawberry shortcake to Neil Smith at the second annual Volunteer Grandparents Association of B.C. picnic.