

# What Does Volunteering Mean To You?

By Candace Leung,  
Special Events Coordinator

“Working to help people without any desire to have anything in return,” said Kehar Aujla, a longtime Family Match and Ambassador Grandparent at Volunteer Grandparents. Volunteer Grandparents is a non-profit organization that is dedicated to bridge and enrich the generations by strengthening intergenerational relationships through connecting younger and older generations. Since 1973, Volunteer Grandparents has been facilitating intergenerational connections throughout the Metro Vancouver area between seniors, children, and families in their three



programs: Family Match, School Grandparents, and Ambassadors.

As this year marks Canada’s 150th anniversary of Confederation, Volunteer Grandparents is participating in celebrating this special moment by having one of their amazing volunteers, Kehar, be part of the legacy. Kehar has

been volunteering with Volunteer Grandparents for 10 years in the Family Match Program, where senior volunteers are matched with families that have children between 3-14 years old with no natural



grandparents accessible. Having been matched with two families over the years, his enthusiasm and devotions to the families are impeccable. As a dedicated and humble role model, he is providing an example for others by volunteering at 9 different organizations in Burnaby and other Metro Vancouver locations as he enjoys the whole process of giving back to the community while inspiring generations to enjoy volunteering as an endless learning experience.

In 2016, Volunteer Grandparents nominated Kehar for the Sovereign’s Medal for Volunteers, a prestigious award that recognizes the valuable contributions and achievements of volunteers in their community. Recently, Volunteer

Grandparents and Kehar’s family had the honour to watch Honourable Judith Guichon, Lieutenant Governor of BC, present the Sovereign’s Medal of

Volunteers to Kehar at Government House in Victoria, BC. “I was very



excited and honoured to receive the Medal of Volunteers,” exclaimed Kehar. The Sovereign’s Medal of

Volunteers is his eighth award since he started volunteering in 2006. His first award was the Simon Fraser University’s Gerontology Research Centre’s Senior Leadership Award, which Volunteer Grandparents nominated him for in 2010. From his long standing achievements in which you can find Kehar being recognized throughout Burnaby, his extraordinary dedication and significant volunteer contributions to Volunteer Grandparents and the community of Burnaby is without a doubt making a valuable legacy in Canada.

“Volunteer Grandparents has done a lot for me and I greatly appreciate the organization,” commented Kehar. So, what does volunteering mean to you? If you are contemplating volunteering at Volunteer Grandparents, Kehar rhetorically asks all readers, “What message do you want to give to the people?”

It is National Grandparents Day on Sunday September 10! Volunteer Grandparents is accepting applications for their programs on an on-going basis. If you enjoyed Kehar’s story and would like to join him in making a difference in children and families’ lives, you can be a volunteer grandparent! Visit Volunteer Grandparents’ website at <http://www.volunteergrandparents.ca/> or call the office at (604)-736-8271 for more information.

**SFU BIG FAIR 2017**  
September 18th - 21st  
Burnaby & Surrey Campus

**SAVE THE DATE!**

**VOLUNTEER FAIR**  
Tuesday, September 19 & Wednesday, September 20  
10 AM - 3 PM  
AQ North, SFU Burnaby

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**VOLUNTEER BURNABY** | 203-2101 Holdom Avenue Burnaby  
604.294.5533 [www.volunteerburnaby.ca](http://www.volunteerburnaby.ca)