



# Bridging Generations Winter 2010



## Program Update:

SFU Gerontology  
Research Centre:  
Senior Leadership Award

We are pleased to announce that one of our Volunteer Grandparents, Mr. Kehar Singh Aujla, was awarded a Seniors' Leadership Award through SFU's Gerontology Research Centre, on Friday, November 12<sup>th</sup>, 2010. The Award Ceremony preceded the SFU Annual Ellen Gee Memorial Lecture, which featured Dr. Leroy Stone, formerly of Statistics Canada who spoke about "Personal Retirement Risk Management: Who is Doing Well and Who Needs Help?" Congratulations. We are very proud of your accomplishments Kehar!

On the following page, please see an excerpt from our Legacy Book, '**Growing from the Roots**' regarding Mr. Aujla's contributions.

We have been working hard to continue to recruit volunteers for our programs to keep up with the demand from families. Positive media coverage (a recent interview by CVC- Community Volunteer Connections) has created more program exposure.

Lack of funding has been a barrier to increasing program capacity. A recent United Way grant proposal has been submitted and we hope to hear a favorable response in late December.

We would like to thank the City of Burnaby for an in-kind grant in the amount of \$1000. to help with printing our promotional materials.

Furthermore, we would like to thank Mary and Paul Florio for their generous contribution of \$2000. towards the Florio Bursary Fund.



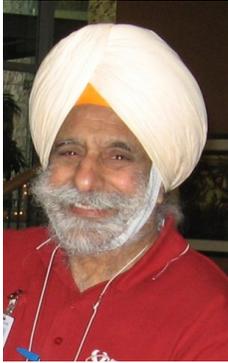
***Sending out warm holiday wishes to  
all of our wonderful volunteers,  
families and  
Board Members!  
Happy New Year!***

*Bridging and enriching generations since 1973*

# Busy Bee Buzzing

## Kehar Singh Aujla

(Interviewed and Written by Po-Yi Liu)



*Mr. Kehar Singh Aujla is a professional Super Volunteer in his community, committing his time, energy, and enthusiasm to many places. While he has a lovely family filled with children and grandchildren of his own, he has invited more young ones into his life by becoming a volunteer grandfather to three wonderful children.*

Mr. Aujla is originally from the western part of India. Before migrating to Canada, he had worked in the coal mine industry for 40 years and a coal mine rescue organization for 23 years, all the while obtaining a Medallion in First Aid and a First Class Coal Mine Manager Certificate. He immigrated to Canada in 1996 to retire here and reunite with his son.

Ten years later, Mr. Aujla wanted to continue to keep busy through volunteering in his community. He says that a person can only do so much at home, and he loves to meet and help people in his community. Instead of doing nothing, he has volunteered most of his time at the Burnaby General Hospital since then. In addition to that, he has volunteered for the Burnaby City Hall, Burnaby Village Museum, the Shadbolt Centre for the Arts, and his own community Sikh temple in many capacities.

In 2007, Mr. Aujla saw an advertisement in the *Burnaby Now* newspaper about Volunteer Grandparents. He figured he might give that organization a try because he truly missed being around younger children, as they bring him immense joy. He has his own grandchildren, but many of them have already grown into adolescence and adulthood. After calling Volunteer Grandparents to apply, Mr. Aujla has become a full-fledged volunteer grandfather for a family.

Ever since the match between him and the family started, he has been spending time with the family's three children (aged 4, 6, and 8) very regularly and consistently. He enjoys *going with the flow* with them. Together, they usually draw, paint, play ball, bike, go to the park, and do many other activities. He says that he just allows them to decide what they want to do, and he will happily go along with them. "*They like me and I like them,*" he laughs.

Mr.Aujla has built a very special relationship with the rest of the family. He has already met the children's maternal grandparents twice. After meeting them for the first time at a family gathering to which he was invited, he decided to call them for coffee and tea. So his relationship with the grandparents flourished. Mr.Aujla notes the importance in getting to know the biological grandparents who are in the children's lives, even though they live out of province.

Besides volunteering, he likes to garden. He has many flowers and vegetables planted outside of his house. He comments that although he does all the gardening work, his son helps him organize the placement of the flowers. "*He [his son] has a good eye for that. I just do what he tells me to do!*" Mr.Aujla grows spinach, mustard, turnips, peas, and French beans.

Mr.Aujla now proclaims himself to be a "professional volunteer", and a happy grandpa and father at best. He loves keeping himself "*busy and healthy*", as he explains. No one can stop this busy bee from buzzing!

To read more excerpts from '***Growing from the Roots***', please visit:  
<http://www.volunteergrandparents.ca/growingfromtheroots.html>

Please contact Veronica Grossi (604-736-8271) if you are interested in purchasing a copy of the book. All proceeds from the sales go back into our program.

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