

SPECIAL POINTS OF INTEREST:

- Thanks to our HIPchicks who attended our December 6th event to stuff 75 goody bags for Teen Angels. We had 15 women mingle and stuff! We would also like to thank Yoga Dot Calm for their donation which helped purchase the contents of the bags. Special thanks to Sandy and the staff of the Oakridge Community Association for providing us with the perfect venue!
- Do you know a youth who goes above and beyond? Nominate them for the Leader of Tomorrow award. The 16th annual Volunteer Calgary Leadership awards is in April. Nominations are accepted until January 13th. For information and a nomination form visit www.volunteercalgary.ab.ca

h!pch!cks

JANUARY 2012

Happy New Year!

Marnie and I are having trouble believing that the holidays are over and the New Year is here with its' own agenda. Time does fly when you are having fun and as you get older-we are experiencing both!

This holiday season, with your help, we delivered 400 Christmas gifts to the children of Aspen, gifts to the women and children at Youville, the Louise Dean Centre and Teen Angels.

Sue, of Teen Angels, shared this story with us:

Hi everyone,

*Where and how do I thank you!
I can't begin to express my sin-*

cere thanks and gratitude to everyone who played a part in making this year's Teen Angels a huge success.

The schools will be collecting thank you notes from the teens and I will be forwarding those on to those who adopted a teen for Christmas. That will all take place in the third and fourth weeks of January. In the meantime, I wanted to share an email that I received from a teacher at a school in the southwest.

"Sue, I needed to share a reaction from one of our students when she saw her Santa bag. Her eyes widened and she whispered "is that for me?" When I told her it was, she

started shaking and crying. She was so overwhelmed that at this season of year when she really feels the loneliness of no family support, that someone wanted her to have a special Christmas. Bless you and those who donate to give teens a hand up and a day to experience kindness and compassion".

To all of you, I thank you from the bottom of my heart.

We echo Sue's gratitude. Onward to a bright new year with more opportunities to make a difference.

Mentoring is a life long reward

If the opportunity to make a lasting impact in the lives of young parents and their children interests you, look into the Teen Parent Friend Program at Catholic Family Service.

Volunteers are matched with young parents under age 24 experiencing stress and

isolation. Volunteer mentors provide emotional and social support, and assist their match in meeting their goals.

The time commitment is 1-3 hours per week for 6 months. Training is provided.

If you have questions about this highly rewarding & rejuvenating opportunity, or you want to help a young parent reach for the stars, please contact Melissa Bourque at melissa.bourque@cfs-ab.org; or call Melissa at 403-205-5220.

h!p HUMANITY IN PRACTICE

We connect people to causes
www.behip.ca

Connect with us on twitter at HIPtwitts

Janica: hip@shaw.ca

403-201-5488

Marnie: marnie_jo@shaw.ca

403-282-6921

We welcome 4 families and 1 new group to the h!p community!

Thank you for simply making a difference!

Our season runs October –May each year.

This year we have delivered over 1,200 items to date!



January's project is "Warm up a pet"



This month, we are helping the Calgary Humane Society keep their pets warm & cozy in the winter months.

You can collect plush towels, queen size **flat** sheets, blankets, heat lamps (for the reptiles), or gift cards for the animals. These are used to keep them warm and comfortable during their stay. You can collect loonies for the Phoenix Fund (that helps with emergency treatment for animals).

You can also make cards that give the new owner an idea of how to care for their pet or suggest names for their pet.

Website:

www.calgaryhumane.ca

We have over 1,000 participants making a difference. If you would like a copy of this season's poster, e-mail us and we would be happy to mail you one.

Humanity In Practice (HIP) provides not for profit agencies assistance with community involvement. We are 'connectors' between worthy causes and people of all ages who really want to help.

We are in our 7th year of promoting the benefits of flexible volunteerism to all ages.

We believe that anyone, anywhere can simply make a difference! Join us.