



### Board Members

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John Smith

Fiona Harris  
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# Abbotsford Hospice Society

## June & July

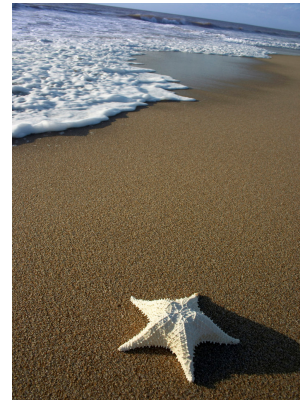
## Volunteer Info Letter

### You make a difference...

#### The Starfish - by Loren Eiseley

Once upon a time there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work. One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the day. So he began to walk faster to catch up. As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking something up, and very gently throwing it into the ocean. As he got closer, he called out, "Good morning! What are you doing?" The young man paused, looked up, and replied, "Throwing starfish in the ocean." I guess I should have asked, "Why are you throwing starfish in the ocean?" "The sun is up and the tide is going out. If I don't throw them in they will die." "But young man, don't you realize there are miles of beach, and starfish all along it. You can't possibly make a difference!" The young man listened politely. Then he bent down, picked up another starfish and threw it into the sea, past the breaking waves and said— **"It made a difference for that one!"**

Hospice Volunteer, Gail Kariatsumari, recently gave this story to each Hospice staff member. We pass it on to you!



### Staying connected through the summer

During July and August, there will be no Volunteer Support Meetings. You are welcome to contact any of the staff by email, phone, or by dropping in. Most of us will take short holidays but there will always be a few of us here! Summer is also a good time to come and borrow books from our Hospice Lending Library. We will resume Volunteer Support Meetings in September. If you have any suggestions about topics, times, or format for these meetings, feel free to contact us.

# Hospice Updates



## **Spread the Word!**

### **Garage Sale at Cannor Nursery**

By Hearts for Hospice Committee  
July 4 Starting at 9am  
Items not needed, but please come  
and shop!

### **Annual Danielle Brown Memorial Golf Tournament**

August 14  
Ledgview Golf Course  
Call Kelly for more details!

### **Ongoing Support Groups:**

#### **Compassionate Connections (Bi-weekly)**

- Gentle Conversations
- Caregivers Support Group

#### **Perinatal Support Group**

**Other groups and Client Support Training will  
resume in September.**

**Happy Canada Day!**



*"Listening to  
people can  
make a  
profound  
change...  
a smile is all  
the reward  
I need."  
Justin Baerg*



## Volunteers are the Heart of Hospice!

My name is Justin Baerg (20) and I am a third year student at Trinity Western University studying Biology with a Chemistry minor. I grew up on a dairy farm and have two older sisters. I love to travel and this last May I was in Guatemala, for the second time, working with a doctor and taking travel studies through Trinity Western University. In the fall I will return to Trinity to lead 5 guys in a study group and be the president of the newly founded Biology Club, all the while taking a full course load. I have also been taking Spanish for the last year and will continue in that so one day I will be able to return to Latin America to speak fluently to the people. The long term goal for myself is to be accepted into medical school at UBC to be trained as a physician and then apply that to world missions in Latin America. I enjoy the work I do at hospice because I can make a meaningful difference to another person who has been through difficult times. Listening to people can make a profound change, and then a smile is all the reward I need.