

Chimo phone volunteers sought

Have you ever considered becoming a Chimo telephone volunteer? You may think you need to have special skills but, if you are a good listener and are sincere about helping others, you are an ideal candidate.

As a volunteer, you will be given an intensive training program which prepares you

to handle all types of calls. The training session has the added bonus of equipping you to more effectively deal with just about any life situation at home or on the job. An outside professional counsellor conducts a special section on the limitations of the helping relationship and how you can become a better "helper."

There are exercises that will teach you how to really listen to what people are saying and zero in on what is bothering them. In addition, volunteers get to know the resources of the community inside and out since Chimo has a storehouse of information.

As a Chimo volunteer, your role will most often be simply

that of a friend to the caller, someone who will listen and not pass judgement. Approximately one third of the calls you will handle will be straight-forward information requests. The other calls range from loneliness and family stress situations to a general need for support and understanding. Since both the

caller and the telephone volunteer are anonymous, there is no danger of involvement once the call has terminated.

Telephone volunteers are never cut on a limb when it comes to a more difficult call. Thanks to the back-up support of two hundred resource people, professional expertise is available at all times.

As a Chimo volunteer, you will join one of the largest volunteer families in the community. We have students, single parents, career people, senior citizens... in fact, every category of person from 18 to 80!

Although there are not always pats on the back, the work is personally satisfying in many ways. One volunteer expressed it this way: "At Chimo, I'm able to genuinely help others without obligating them to do something for me in return."

But how much time will I be expected to give to Chimo? you may be asking. Volunteers are only required to work two 4-hour shifts per month and these are scheduled at their convenience.

Since Chimo is open sixteen hours a day, seven days a week, there is a continual need for volunteer manpower. Our winter training session will begin Tuesday evening, February 15. Why not call us at 455-9464 and offer to become a friend who cares.



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Warning: Health and Welfare Canada advises that danger to health increases with amount smoked — avoid inhaling.
Average per cigarette: 9 mg "tar", 0.8 mg nicotine.

Camera Club holds exhibition in Memorial Hall

This year the UNB Camera Club will once again be holding its annual exhibition in Memorial Hall. The exhibition will run from March 6 to 15 and for this event, the club invites the submissions of photographers in the Fredericton area. Either slides or prints can be entered, however, prints should be 5" by 7" or larger and mounted. All entries must bear a title, name, and telephone number and be submitted in an envelope together with a 75¢ per item entry fee. Entries can be dropped off at Memorial Hall before noon on March 4 and can then be picked up following the exhibition from Memorial Hall. Cash prizes will be awarded in several categories. For further information, photographers can contact Jeff Fryer at 453-4985 weekdays between 7:30 a.m. and 5 p.m.