VOLUNTEERISM: WHAT’S IN IT FOR ME?

In the words of Jim Gibbons, President and CEO of Goodwill Industries International “I will bet you get back more than you feel you ever gave. Volunteerism is as much for the volunteer as it is for the recipient of the volunteer service.” As you know, clubs could not exist without the work done by volunteers. By getting involved, volunteers can experience measurable health and social benefits as well as provide a greater sense of self-worth, trust, and lots of fun. This type of fulfillment and reward is not often taken into consideration when thinking about volunteering.

One benefit of volunteering is that it will connect you to other people. Volunteering allows you to connect to your club and make it better for you and for others. Dedicating our time as a volunteer helps you make new friends, expand your network, and boost your social skills. One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develops your social skills, because you are meeting regularly with a group of people with common interests. Once you have a momentum, it’s easier to branch out and make more friends and contacts.

Another advantage to volunteering is it provides many benefits to both mental and physical health; it’s good for your mind and body. Getting involved in your ski club can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. Your role can give you a sense of pride in the work you accomplish. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Volunteering for the club is good for your health at any age. Studies have found that those who volunteer have a lower mortality rate than those who do not,

Ever thought about advancing your career? Volunteering gives you the opportunity to practice important skills used in the workplace such as teamwork, communication, problem solving, project planning, task management and organization. You might feel more comfortable stretching your wings at work once you’ve honed these skills in a volunteer position first. Just because volunteer work is unpaid does not mean the skills you learn are basic. Volunteering can also help you build upon skills you already have and use them to benefit your club.

In my opinion, I feel the best reason of all to get involved within your club is because it’s fun! Yes, there is work that goes along with the fun, but I wouldn’t trade my time I have spent working on the Board for any amount of money. I personally have learned new skills, made new friends, traveled the world checking out ski resorts and other destinations and had so much fun doing it all that I’m surprised someone didn’t make me pay for it. Oh, I guess I did pay for it with my time, but I got so much more back than what I put in – and so will you.

So the next time someone asks you to serve on the Board of your club, say yes! I know it can be hard to find the time with our busy lives, but the benefits of volunteering are enormous for both you and those you serve. I guarantee you will get more out of the job than you ever put into it and have fun at the same time. Try it; you’re going to like it!!\*

**I’m asking YOU to volunteer for your club. In February we open nominations for elected officers: President, Ski Director, Social Director, Treasurer and Secretary. In addition, appointed positions need to be filled beginning in May: Vice President, Assistant Ski Director, Assistant Social Director, Membership & Assistant Membership Director, Property, Communications Director, and Web Master. Contact** **Linda\_Holt@comcast.net** **if you can serve in any of these positions or on the Ski or Social Committees. For more information, contact Linda. Your club needs YOU in order to continue. We are in our 52nd year. Please keep us moving forward!!**

\*Copied in part from the Texas Ski Council Newsletter