

# The Endless Rewards of Volunteering

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

At Kamloops Heritage Railway Park and Museum, volunteers are the lifeblood of the organization.

Our tour leaders - or docents - are the face, voice and character of what can be

experienced here. Our docents have the magical power of turning a child's learning experience from blah to awesome.

Our back shop team bring skills, creativity, and teamwork to the shop floor. While behind the scenes in comparison to the docents, they are charged with bringing life back to steam locomotives, speeders and 100 year old baggage cars.

And our research team uses their incredible knowledge of and passion for history in concert with well honed detective skills to ensure we can gather any and all information related to our rail cars, artifacts, and archival materials in our collection.

If you're looking to fill some time, meet new people, or gain experience, check out the world of volunteering - the rewards are endless.

**Ken Milloy**, *General Manager*,  
Kamloops Heritage Railway Park  
250.374.2141  
[www.kamrail.com](http://www.kamrail.com)

**Kamloops Heritage Railway**  
Where volunteers make the experience!

Tied to the Past.  
Connecting for the Future.

Located in Pioneer Park  
Kamloops BC  
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