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## PENINSULA NEWS REVIEW

### Circles of giving

By Christine van Reeuyk - Peninsula News Review

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On Tuesday mornings, Lindy Deas is a welcoming face at Shoal Centre in Sidney. She works the front desk answering the phone, providing directions, assisting with events. It's just one of the many aspects of her volunteer work in the community, and a reason Deas was awarded the 2010 Hearts of the Community Award for service to seniors. The award recognizes exceptional service that improves the quality of life for seniors on the Saanich Peninsula and was handed out during the Hearts of the Community event Feb. 17 at the Mary Winspear Centre.



Lindy Deas receives her Hearts of the Community Volunteer Award from (right) Penny Thomsen and presenters Pauline Pierce, MLA Murray Coell, MLA Lana Popham and Central Saanich councillor Susan Mason.

Christine van Reeuyk/News Staff

Volunteering is its own reward says Deas.

"I just thoroughly enjoy it. I just get so much energy, the feedback ... I get a real rise out of it. The energy makes me feel good," she said. "It's wonderful."

Deas is also ready to help out when residents are at their most vulnerable, as a member of the Community Access Network and a senior peer counsellor. She's also coordinator for the Multiple Sclerosis Society of Canada's local Carnation weekend in May and for Sidney's MS support group luncheons. Deas was the model in a photo shoot for an Eldersafe online brochure, is on the racing committee for canoe bay sailing club and even finds time to help with the Community Christmas Dinner.

Her work with the MS Society dates back to her days of living in Toronto.

"I didn't volunteer when I was working. I stopped working when I was diagnosed with MS and that was in 1980," she explained.

So when she started feeling a little better, Deas began her volunteer career with the MS Society in Toronto. That was about 30 years ago.

"Give back to the society. Give back to the universe what you get," she said. "People have given me so much. Life has given me so much. It goes around in circles."

Five years ago she moved to Sidney.

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"I haven't stopped since I came here. I just love it," Deas said.

People make the time and energy worthwhile.

"I love the energy and excitement that comes from working with people and the community. Their pleasure is rewarding," Deas said. "I feel volunteering is the hub of the wheel that keeps the community working."

Learn more about the Multiple Sclerosis Society of Canada online at [www.mssociety.ca](http://www.mssociety.ca).

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