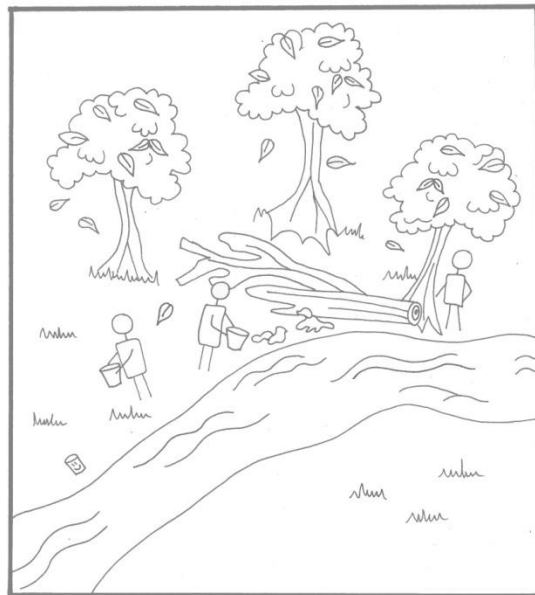


On a cool summers eve while scanning the sky
I wished for a dream. A dream which I hoped would soon catch my eye
I imagined a world without violence and crime
A healthy community was on my mind.

1



Picture the thought of youths coming together
To clean a park, no matter the weather

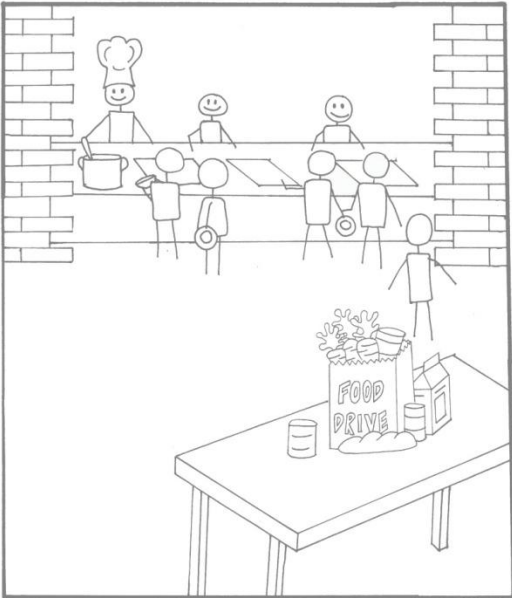
2



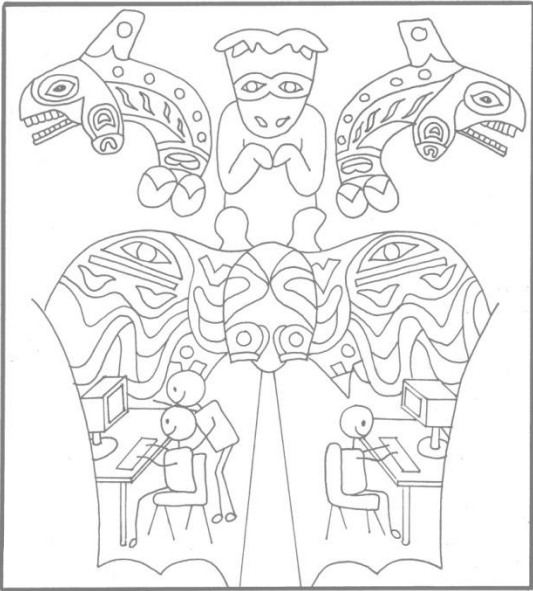
An adventurous senior in need of a stroll
A young volunteer could step in and take that role



Just one donation of an old run down sweater
Could brighten a spirit, making one's day that much better



Taking the time to prepare a dish
Could easily become another man's wish

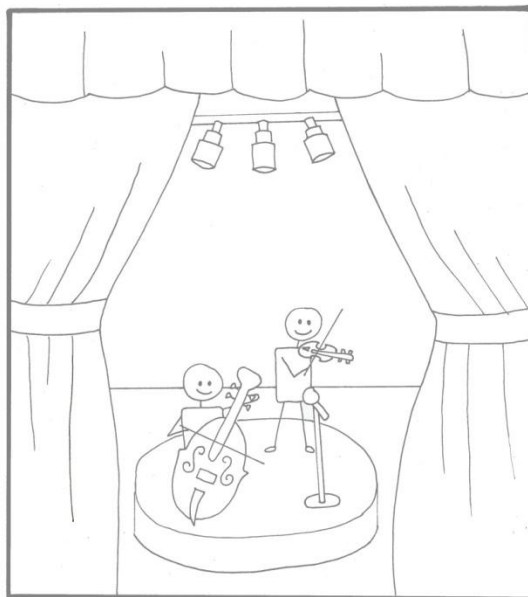


As I sit in this library filled with inspiration
I wonder how the future can fill my imagination



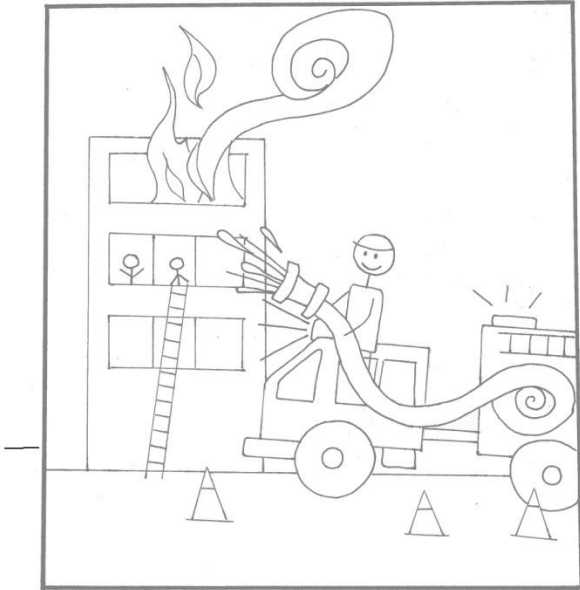
This world of ours can be so diverse
A young person like me could grow up to become a nurse

7

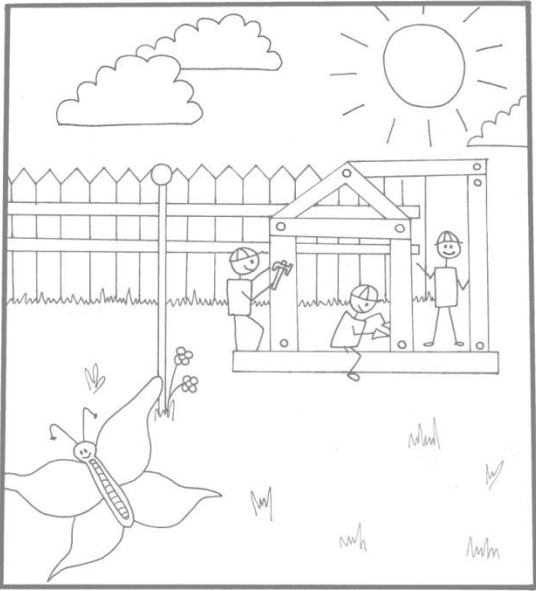


With a light shining down on me
It gives me the feeling that I can be who I want to be

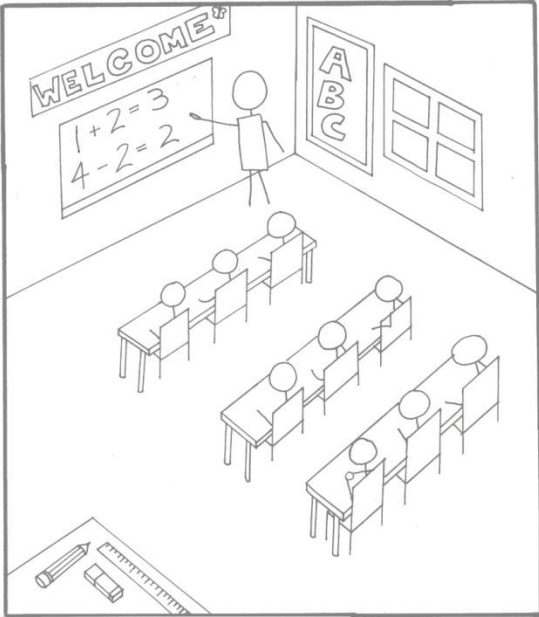
8



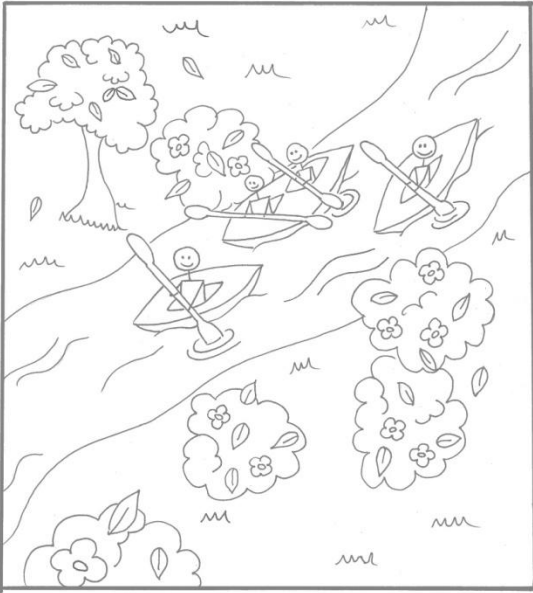
As I come to the rescue for people in need
I get a great feeling I've done a good deed



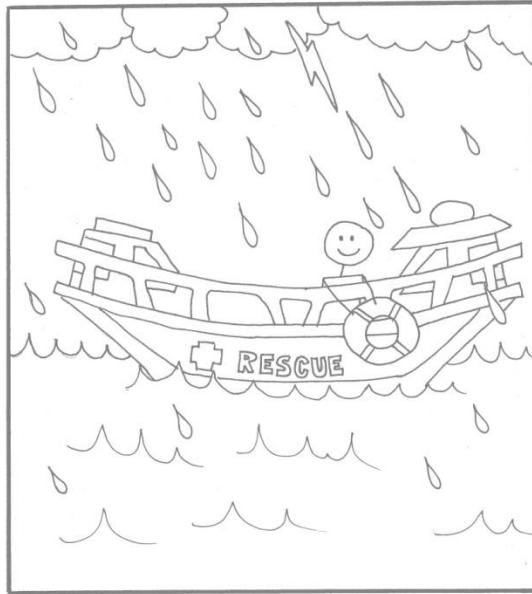
To accomplish a task such as building a house
Could bring great reward to someone such as yourself



Listening to the teacher give a lesson on math
It makes me wonder if I will choose the right path

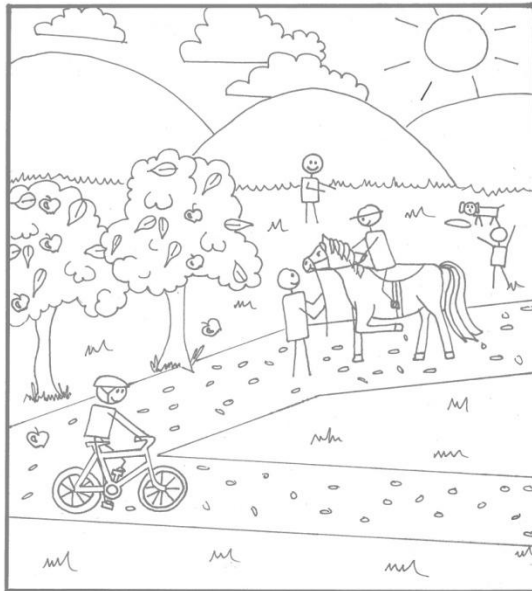


Will I flow down the river to become one with nature?



Or will I search and rescue amongst all kinds of weather?

13



Whatever may come I'll be ready to help
To ensure that my community will always be in good health

14

It started as a simple thought;
That became a small idea.
It turned into a vision;
That sprouted a rainbow.
It inspired many great ideas;
That grew and grew and grew.
As good ideas so often do!

This simple thought so far has grown into:

A recipe for a healthy community
A guide to volunteering
A Youth in Action group
An emergency preparedness campaign
A 12 foot mural & artist mentoring program
And now...this book

How will you colour your community?