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**Teenager blooms as a volunteer
volunteer of the week**

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TRURO – Frances Castein has learned the value of time management and organization. Although only 15 years old, the Truro teenager juggles school, social life, work and a number of different volunteering efforts. She is a member of the 2928 Royal Canadian Army Cadet Corps, helps The Salvation Army, Colchester Food Bank and participates in the Truro Lions Club Speak Off, a public speaking forum.

“I used to be one of the shiest people, especially with cadets, but now I can speak in front of a large crowd. It comes natural now,” the Grade 10 Cobequid Educational Centre student said regarding the time she spends with Speak Off.

Frances has also learned a valuable lesson by volunteering at the food bank.

“There is one time I came to tears there. It was Christmas and some people have it so bad,” she said, recalling the magnitude of assistance the food bank provided.

Frances also used to volunteer at The Mira and was a peer mediator and counsellor at her school.

“Volunteering takes a big part of my time. It’s getting used to juggling everything and time management. But it’s fun and it’s a good feeling to know I can help other people,” she said. “If you volunteer it helps you grow as a person and motivates other people.”

And Frances doesn’t foresee herself stopping anytime soon.

“It’s always better to see younger people volunteer because (it says) if a young person can do it, anyone can,” she said.

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