

Thinks it is everyone's responsibility to give back.



## Meet Jeff Shand

Jeff grew up in Nova Scotia as part of a military family. He moved several times as his father was posted to different bases, and finally ended up in Petawawa. The family decided to stay in the area after his father retired as all the family had deep connections and relationships here. That was perhaps most true for Jeff.

In 2014, Jeff is celebrating his 14th anniversary working in the kitchen at Fresco's Café Grill. Over the years, the owners have added to his list of duties and he now assists in the receiving department, catering, scheduling the dishwashers and assisting with events. His commitment at Fresco's came from a co-op placement from Fellowes High School, and following graduation Jeff was immediately offered part time employment.

When he's not at work in the restaurant, you will find Jeff at the Pembroke Lumber Kings games. He has been volunteering with the team since 1998 and enjoys the organization. He appreciates the style of former coach, Sheldon Keefe, and new coach Dale McTavish. He can talk hockey with anyone!

Volunteerism is something that Jeff believes is important in small communities.

"Everyone should give back," he says. "If we don't, who is going to do it?"

Since connecting with Community Living almost 14 years ago, Jeff has been a reliable volunteer for the community. In addition to his role with the Lumber Kings, Jeff has volunteered for the United Way, the Canadian Cancer Society and with the fundraising and awareness activities of Community Living. He's the guy who never says "no" when asked to be part of something that can help someone else.

His volunteer activities are supported by his employer, Nick Kastanias. Jeff also supports Nick's kids at their hockey games (perhaps secretly scouting for the Lumber Kings!)

"I tell him I am never leaving - that he's stuck with me," says Jeff. After 14 years, that's probably just fine with Fresco's restaurant.

Jeff is Community Living.

