

Power

(Projects Organized With Energetic Retirees):

POWER is a group of dedicated and energetic TransAlta retirees (TARA) and their spouses who strive to improve the quality of life in the community through volunteerism. Their passion for community is exemplified by the projects and organizations that benefit from their many volunteer hours.

TransAlta supports POWER by providing a TransAlta employee liaison, as well as office space and printing services.

Purpose of Power

The purpose of POWER is to create opportunities for members to:

- Have a positive impact in their communities;
- Enhance the lives of members through fellowship and help to create a feeling of fulfillment;
- Create a positive image in the minds of the public regarding TransAlta, its employees, and its retirees and their partners.

We achieve our purpose through projects which target:

- Improving the quality of life for seniors and those in need;
- Improving the environment;
- Education

Quality of Life Projects

Senior's Tea

A group of devoted volunteers attend the Chinook Care Centre's monthly Birthday Party to visit with the residents while helping to serve their tea.

Playhouse Raffle

POWER volunteers, in partnership with AmoCares, sell tickets at Habitat for Humanity's kiosk at Sunridge Mall in November and December. The ticket sales, which provide an opportunity to win one of the outstanding playhouses, help to provide funds to build real houses.

Paint the Town



POWER joins forces with TransAlta employees every June on this city-wide project to paint the exterior of the home of a selected senior. An initiative of Volunteer Calgary, Paint the Town assists seniors and people living with disabilities.

Snap

POWER collects beverage can tabs and other aluminum products like pie plates for the Southern Alberta Diabetes Association.

When the aluminum is melted down and sold, the proceeds provide a summer camp for needy diabetic children.

Knit Wits

These energetic women provide a variety of mostly knitted items like scarves and mitts to Hull Child & Family Services, blankets of various sizes to the Children's Hospital, tiny hats and sweaters for preemie babies at the Foothills NICU and most recently, hats to the Tom Baker Cancer Clinic.



According to the CHFC, in 2009 our donations helped out at least one hundred families.

Something Warm

TARA retirees and TransAlta staff provide clients of the Calgary Drop-in Centre with something warm by donating their clean and gently-used winter clothing as well as hygiene supplies every Fall.

Daffodil Days

POWER helps to sell daffodils in support of the Canadian Cancer Fund. Volunteers show up rain, snow or shine to help with the sale every spring.



Tim Hortons Children's Ranch Fall Clean-up

POWER volunteers turn out every fall for two days of cleaning and maintenance work at the Tim Hortons ranch in Kananaskis. Their tasks include everything from chopping wood, fixing bikes and polishing boots and saddles to general cleaning tasks inside and out.



This donation of time enables the Tim Hortons organization to use their funds to provide more services for the children who come from across the country to this beautiful location

Hull Stampede Breakfast



A project, begun in the summer of July 2009, is the opportunity to serve a traditional stampede breakfast at the Hull Child and Family Services Western Playground Party. POWER volunteers don their western gear to help serve pancakes and sausages -- rain or shine!

Alex Income Tax Program

Annual training with the Canada Revenue Agency enables our POWER volunteer to complete income tax returns for seniors and low-income persons.

Because almost all social assistance is based on a person's income tax return, failure to file results in forfeiting the opportunity to receive the GST refund, government supplements, subsidized housing or other assistance from city, provincial or federal governments.

POWER Plants

Between May and August POWER volunteers plant, weed and harvest our 1.25 acre garden. The project is very well organized and the behind-the-scenes group of men put in many hours of preparation prior to the planting. The resulting 20,000 to 30,000 pounds of vegetables are donated to the Calgary Inter-Faith Food Bank.



Donations from many Calgary area businesses and individuals make this project very successful and also a very rewarding one for the volunteers.

Calgary Inter-Faith Food Bank

POWER is now in its third year of working at the Calgary Inter-Faith Food Bank. Once a month a group of volunteers report for duty. Usually our job is to sort the various grocery items, which come by us on the assembly line, into categories and put them into crates for the next step in the assembly process. Pasta and sauce in one crate, canned soup, vegetables, and fish in their separate crates.



Other days, we bag vegetables, transfer eggs into cartons or do any other job that is needed at that particular time.

The need has increased greatly especially during the past year.

Lest We Forget Poppy Fund Collection

Every November, a group of volunteers canvas TransAlta, AESO, AltaLink and Fortis offices to collect donations for the Canadian Legion's Poppy fund which assists veterans.

Educational & Environmental Projects

Calgary Guided Walking Tour

Beginning in 2001, six volunteer guides have organized and staged a two-hour guided walking tour of downtown Calgary during the summer months.

Tourists and locals are treated to Calgary's architectural gems along the most intact historical street west of Montreal.

Highway Cleanup Calgary

Power has adopted several kilometres of highway in Alberta for fall and spring cleanup. Alberta Infrastructure and Transportation supports this project by providing safety vests and garbage bags for the volunteers.



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TransAlta™