

## **Speaker 1 at the National Walk for Values in Adelaide on 28 March 2009**

### **John Lamprell, President of Fred's Van 1, which is part of St Vincent de Paul.**

I have been involved with Fred's Van for 13 years as a volunteer.

I retired from full time work 4 years ago and work now as a Civil Marriage Celebrant along with my Fred's Van responsibilities.

As President of Fred's Van 1, I am responsible for the day to day running of the van where we operate on 4 evenings a week in the CBD to provide food, drinks, blankets & companionship to some of Adelaide's homeless and disadvantaged people. There are 120 volunteers who work on the van who give up one evening every 3 weeks to Fred's Van.

My Talk –focus on *Gratitude* is giving thanks and being grateful for what you have.

- Most of us are privileged to enjoy a reasonably comfortable lifestyle in this beautiful City of Adelaide. Easy access to 1<sup>st</sup> class beaches, beautiful Adelaide hills, a City ringed with parklands, walking trails, bicycle tracks through the River Torrens Linear Park, wonderful historic buildings along the North Terrace boulevard
- Most of us have jobs which enable us to enjoy the lifestyle we have or have retired on savings we have made during our working life, or may do some voluntary work and are supported by the Government with a pension and various concessions
- We generally have a network of family and friends to support us in times of need and to allow us to socially interact
- Rarely would we stop and take stock of how much we should be grateful for in our everyday lives
- Many of our “Street Friends” who come to Fred's Van are people just like you and me. People who have enjoyed all that we enjoy about our lives today, but now they find themselves in a very different world. (Peter's story)
- Need a daily check on what we have, compared to those who are so reliant on the likes of Fred's Van and to acknowledge our gratitude for all the little things that make our life what we have and to do what we can to make those less fortunate than ourselves to have a better life.
- Conclude with story of “Street Friend” searching for warm place to sleep for a night compared to our warm & comfortable bed
- Let's all give thanks for what we have and never take it for granted.
- Fred's Van is grateful to our friends at Sathya Sai for providing delicious homemade curries for our ‘Street Friends’ twice a week.