



**Be like Marc,  
help the people  
here at home.**

**Your  
contribution  
changes  
everything**

**The Red Cross does the same  
thing here as it does all over  
the world.**

When we think of “humanitarian aid”, we immediately think of “international aid”. And yet, the Red Cross does the same thing here, in Quebec, as it does all over the world. Following a number of experiences that involved providing aid abroad, namely in Haiti, Central America and Africa, I told myself that I should also help people here at home. A moment of personal awareness led me to apply to become a Red Cross volunteer. Over the past few years, I have taken part in several large-scale Red Cross responses such as welcoming Syrian refugees, assisting the population of Lac-Mégantic following the tragic train derailment and helping the population of Gatineau following the tornado and major flooding.

**Marc Nolet, Chibougamau-Chapais area volunteer  
for nearly 20 years.**

**[www.redcross.ca](http://www.redcross.ca)**