

# 9TH ANNUAL SASKATCHEWAN SENIOR

## ADVOCACY



**Robert (Bob) Gawley** has volunteered with the Canadian Diabetes Association for more than 32 years. He has held a variety of advocacy and educational leadership roles including Vice-Chair and later Chair of the Regina branch, serving on the Saskatchewan Division Board, and the National Board. He is currently on the Saskatchewan Advocacy Committee. He is committed to making

life better for people living with diabetes.

## COMMUNITY LEADERSHIP (RURAL)



**Leigh Bishop's** passion to effect change, to face challenges, and to find solutions sets him apart. He has held leadership roles in a wide variety of organizations, including the Piapot First Nations Wellness Committee, Legion, Kinsmen, Lions Club, the local Museum board, church and nursing home boards, town council and others. Wherever he is needed, he works hard to benefit

others, to encourage and support them.



**Mavis Ashbourne-Palmer** serves her community in countless capacities: welcoming new immigrants, serving children, encouraging youth, educating adults, and celebrating culture through the Multicultural Society of Saskatchewan, the Regina Multicultural Council, the Saskatchewan Caribbean Canadian Association, the Saskatchewan Jamaican Association, SaskCulture, the aboriginal community, and more. She is dedicated to ensuring that all people feel they belong and have a role to play in the community.

## CONTRIBUTION TO A FIRST NATIONS OR METIS COMMUNITY



**Robert A. Walker** has a keen interest in agricultural concerns, health and seniors issues. He also advocates for aboriginal issues. Through the Royal Canadian Legion, he has been an advocate on behalf of veterans. He was a driving force behind the formation of what is now known as the Saskatchewan Retirees Association, and is still active with the SRA. His drive

to serve is an integral part of his nature.



**Adeline Fossey** has been involved in the life and work of her community in a multitude of ways over the years. Her service has always gone far beyond the expectations of her position. She researches projects, applies for grants, does publicity -- she is the go-to person for practically everything. She has truly made a lasting impact in her community.



**Eddie D. Bitternose** is an advocate for his community, for First Nations traditions, and for residential school survivors. He offers cultural and traditional teachings in a variety of ways, such as providing bison and tipi teachings, leading a commemorative three-day trail ride from George Gordon First Nation to the Treaty 4 Territory Gathering at Fort Qu'Appelle, and being a

positive role model and a leader in his community.

## ARTS AND ENTERTAINMENT



**Ronald Crone** uses his love of music to enrich the lives of others. Every Friday afternoon will find him in a care home, singing and playing for the residents, and he often entertains at special occasions for seniors in the community as well. Music can reach a person when other methods no longer can. Ron's music is truly making a difference in many peoples' lives.



**Beverley Keyser** has been a driving force in her community for decades. She was the driving force for the Forever... *in Motion* group. She advocates for care home residents and families, contributing greatly to the quality of residents' lives. She is active in her church, in community groups, and her advocacy for children and seniors, as well. She embodies commitment, time and caring.



**Marie M. Favel** is known as "a powerful listener with a great inner strength." She helps Métis and First Nations people struggling with mental health issues and addictions, as well as working on projects dealing with issues such as suicide prevention, family violence, and sexual abuse. As an Elder resource person she provides traditional teachings to youth and adults. She has touched many lives, and has changed many lives.



**Lynn Kot** has promoted the performing arts in her community for over 50 years, particularly with the Weyburn Concert Series. She has served as the Series' president and as performing arts coordinator. She has acted as a mentor to high school students in a program which engages young people in the arts. Her lifelong commitment to the arts has enriched her community greatly.



When **Genny Novak** sees a need, she makes sure that it is dealt with. She played a key role in revitalizing the Senior Center in her community, organizing events, applying for grants, promoting senior fitness, and more. She takes on all tasks with keen enthusiasm, inspiring everyone around her. She's thought of as a blessing to the whole community.



**Lorna J. Standing** has dedicated her life to bridging gaps, utilizing community partnerships, providing education and mentoring, instilling First Nations culture, enhancing self-sufficiency and sustainable healthy lifestyles. She works to address the impact of residential schools on survivors. She is also a strong advocate and community builder for First Nations women, children and families, and for all children, women and families, continually going beyond what is expected.

## CENTENARIAN



**Marjorie Englund's** gift of music and love of the arts have enhanced lives since she was a young girl. Now in her 90s, she still plays for the Sunday church service and for monthly services at Last Mountain Pioneer Home, as well as for informal jam sessions. She supports community events any way that she can. She is truly a role model for community involvement.



**Chris Oehler** has been a leader in his community throughout his life. For 60 years, he was involved in the Strasbourg Lion's Club, working with countless projects. He served on Town Council, in his church, and with the Golf Club, among other activities. Where he now lives, he is involved in nearly every activity that presents itself. He is always there to lend a helping hand.

## EDUCATION



**Dr. Ann Grahame** is dedicated to fostering learning and literacy in her community, encouraging all to keep learning throughout life. She tutors in literacy both one-on-one and in group sessions. She is active with the Rotary Club of Regina in a number of projects, including literacy, and has been involved with or has home-hosted for the Educational Foundation for Foreign Studies and the Rotary Youth Exchange Program.

## FITNESS



**Jan Gavel** goes to Harbour Landing Village nearly every day, helping with outings, teaching exercises, bringing residents down to activities, taking residents out to appointments, and visiting with lonely residents. She leads Forever... *in Motion* classes, runs a walking club out of the Southland Mall, and has encouraged countless people to stay physically active. She goes above and beyond

in her dedication to fitness and to the community.

## COMMUNITY LEADERSHIP (URBAN)



In retirement, **Margo Anderson** has become a vital part of the Food Bank's program. She is active with the Food Bank's Making Community Connections mini health fairs, community kitchen programs, cooking demonstrations and classes, and is a volunteer peer leader for LiveWell with Chronic Pain and Chronic Conditions. She goes above and beyond in all that

she does, enhancing the lives of many in the community.



**Marj Thiessen** is a life-long volunteer who has made valuable contributions as a volunteer educator at the Lifelong Learning Centre since her retirement. Her passion for intergenerational connections shows through in her service as a preschool assistant, and teaching kids to Dallas Valley Ranch Camp. Through these and many other opportunities, Marj contributes to the education and wellbeing of all ages.