

10TH ANNUAL SASKATCHEWAN SENIOR

HERITAGE AND CULTURE



DAVID MILLER has dedicated his life and his career as a professor to uplifting, legitimizing, and supporting Indigenous peoples, knowledge, and histories. He is an example of what reconciliation can look like, using his privileges to build bridges for others. He embodies wakhochtowin, which in Cree, translates to kinship. He builds meaningful and reciprocal relationships with Indigenous communities, making great contributions to the preservation of history, language, and culture.



ARLENE WALKER has spent many hours in her community celebrating and teaching about her Norwegian heritage. Among her many activities, she had an old log house moved to her farmyard, and set it up like a traditional Norwegian homestead, using it for education, meetings, cooking classes, and more. She has helped organize The Sons of Norway "Culture Camp" at Jackfish Lake, hosted a "Troll Fest" at her farmyard, and has taught the art of rosemaking, showing others the importance of heritage in our lives.

INTERGENERATIONAL



Tributes from all ages of current and former music students attest to **ELAINE SEIFERT'S** influence as a volunteer musician, educator and mentor. She has been encouraging participation in music in children, adults, and seniors for decades, volunteering at the Elementary School weekly, as well as the Seniors' Lodge, church services, and special occasions. "Many people of all ages are touched by Elaine's joy of music and her commitment to share her time."

EDUCATION



KAY ANTROBUS has been involved in educating others, in continuing her own education, and in facilitating the ability of others to educate, all her life. She was an active member of the Seniors' Education Centre, later the Lifelong Learning Centre, serving on the SUG Board, and working to enhance the learning environment. When her husband became a paraplegic after a bad fall, she obtained a voice-activated computer so he could continue teaching university classes from the Wascana Rehabilitation Centre. She also persuaded the Wascana Centre Authority to build a path from the Centre to the lakeside path. She is dedicated to making the world a better place.



COMMUNITY LEADERSHIP (URBAN)



BRENDA FERLEYKO'S cheerful, enthusiastic volunteer spirit has become the spark that keeps Harbour Landing Village residents active. She is able to get residents to try activities that they might normally shy away from. She has made the baking club at the residence one of the most anticipated activities each month. Her participation makes both daily activities and special programs memorable. She is a crucial part of day-to-day life at the Village, always with a smile on her face.



DONNA LOLA MACKAY wants to make a difference in her community. She was involved in her community association, and now is active in her seniors' community. She volunteered at Pioneer Village and the Red Cross, canvassed for Heart and Stroke and the Kidney Foundation, knitted for Angels for Warmth, and for several years has been a volunteer tutor with the Literacy Unit at Regina Public Library, helping newcomers to Canada improve their English language skills, doing what she can to make our world a better place.

COMMUNITY LEADERSHIP (RURAL)

THE FRIENDLY PHONE LINK, PREECEVILLE/STURGIS, through the dedication and vision of **BARB BICCOM** and **LAURIE DECKER**, provides a morning and evening check-in for isolated older adults, giving them peace of mind. In the words of one of the men who is part of the program, "I feel someone cares about me." Laurie and Barb put in many hours visiting with groups and individuals, as well as attending conferences and other meetings. They go above and beyond to help make a difference in this rural community.



RON PAUL has made a tremendous impact on his community. His life of service exemplifies community leadership, as he has served in countless ways over the years. He has played a crucial role in the development of the rink, the local Dickens Festival, the enhancement of the Rusty Relics Museum, numerous projects of the local Lions Club, and more. It is said of him that when he believes in a cause, he enthusiastically throws his whole heart and soul into it.



ADVOCACY



JAN GAVEL is seen as Harbour Landing Village's 'Village Angel,' actively volunteering five to six days a week. She has truly become a part of the Village family. From her first involvement as a Forever... *in Motion* instructor, she has gone on to start several programs, including a Restful Sleep Program for residents who have trouble sleeping. She goes out of her way for the residents. She is a key person in Village day-to-day life.



MIKE KAMINSKI is a community-minded person with great energy and enthusiasm. As a retired teacher, Mike has volunteered countless hours to young people, the education profession, and to superannuated teachers. His many other volunteer endeavours include accessing funding for a community para-transit bus, then serving as a volunteer driver; serving as a volunteer firefighter; volunteering in health care, recreation, library, seniors' issues, and many others. He is truly a community advocate.

ELIZABETH'S PLACE, INC. is a group of women who came together when they saw a need for assisted living in their community. They played a crucial role in the transformation of a former convent into an affordable assisted-living facility, making a huge impact on all the residents who currently benefit from their vision, perseverance, and six years of dedicated work, as well as on future residents. The current members of the non-profit foundation continue the vision just as passionately as did the first determined group.



ARTS AND ENTERTAINMENT



JEAN FREEMAN has "lived the arts" throughout her life, performing, creating, and supporting the arts community in Regina, throughout Saskatchewan, and beyond. It is impossible to list all her community activities. She has mentored countless young people, is a founding member of the Saskatchewan Writers Guild, has served the Regina Little Theatre, the Regina Women's Network, the Saskatchewan Public Relations Society, the Regina branch of ACTRA, and the Lifelong Learning Centre. And the list goes on.

THE NOOK AND THE NEST, two independent living communities that are part of Eden Care Communities, comprise 25 older adults, typically over the age of 80, who look out for each other and work together to help others. This helps to combat isolation, fosters a positive mental state as well as contributing to physical well-being, and offers an opportunity for both giving and receiving while still respecting each other's privacy. The spirit of teamwork is their essence. It is who they are.



CECIL AND KATHLEEN WINGERTER have volunteered as a team at Elmview Extencare for 19 years, in many capacities. They give love, and many hours of their spare time to the residents, and the residents look forward to their visits – so much so that if they happen to have to be absent, the residents insist that staff phone to make sure they are all right. They have become a deep-rooted part of the Extencare family. They also volunteer at their church in whatever way they are needed.