

Education



Gordon Li has dedicated his passion and energy to giving back to his community. He understands the challenges of English-as-an-Additional Language adult learners and represents their voice as a tireless volunteer with the Saskatchewan Literacy Network, the Regina Literacy Network and the Regina and Region Learners' Support Group.

Advocacy



Florence Graham is the volunteer House Manager at Abbeyfield House in Saskatoon and has been active in key roles on their Board of Directors. She has been a strong advocate in the community for all issues relating to Seniors Housing and has served as an integral volunteer with the Hope Cancer Help Centre, an organization she helped form.



Don Wiks was instrumental in convincing the provincial government to allow the practice of chelation in Saskatchewan. Don has been president of the EDTA Chelation Association of Saskatchewan for 14 years. He has been active in many volunteer activities, including organizing student activities, canvassing for charitable organizations, involvement with the local constituency, and volunteer driving.



Peg Frey serves her community of Regina Beach and Buena Vista as a leader with Buena Vista Parks & Recreation Board, Leisure Time Club and Regina Beach United Church. As fundraising coordinator for the ALS Society, she has increased fundraising dollars by 25 per cent. She has touched many lives by putting others first.



Lorraine Garratt's leadership ability has been significant in Regina and provincially as a part of Saskatchewan Senior Fitness, parish member of St Peter's Catholic Church and REACH. Volunteering for positions ranging from fundraising to public relations and computer technology, Lorraine puts her heart into everything.



Les Gray works for better services for seniors, people with mental illness, exceptional children, and housing and economic development in the Moose Jaw Community. He has done this through his involvement with the Moose Jaw Housing Authority Board, Five Hills Regional Health Authority, Canadian Mental Health Association and numerous other groups



Kurt Holstein has a passion for helping organizations for underprivileged children such as Food for Learning, Sofia House, Marion Centre, Regina Rescue Mission and Carmichael Outreach. Kurt also serves on the Regina Housing Authority Board, delivering Meals on Wheels, volunteering at Pioneer Village and Regina Village Housing.



Sheldon Kraus is an active senior who gives his heart and soul to the Saskatoon community. Through his involvement with Community Living, Spotlight on Seniors, Saskatchewan Senior Fitness Association, Saskatoon Sport District Committee, and other organizations, he brings forward his belief that all seniors should be active.



Marilyn Lorence has touched the lives of thousands over years of community service. Organizations such as MS, Santa Maria, the Abilities Council, Special Olympics, Alzheimer Society, Meals on Wheels and SaskTel Pioneers have benefited from her commitment to volunteerism in Regina. Marilyn can always be counted on as a champion, worker and leader.



Eileen Rowbotham lives her life helping others. She is a vital member of St. Andrew's United Church, Echo Lodge Auxiliary, Lions and Beta Sigma Phi. Her leadership in the community of Fort Qu'Appelle has been significant and continues to take her in many directions.



People like **Don Smith** have made Saskatchewan a great province! Whenever the community hosts an activity, "Smitty" is always there to help out. Involved with Coleville's Recreation Association and Kinsmen Club, Saskatchewan Pony Chuckwagon and Chariot Association, Don's unselfish giving shows community leadership at its finest.

Community Leadership



Dick Strayer has been involved in many non-profit service clubs, and is a regular volunteer for Meals on Wheels and Stensrud Lodge. His dedication to Saskatoon Council on Aging's Caregiver Centre is a central focus of Dick's life, and his commitment to service is reflected in his Rotary Service Club's motto: "One Profits Most Who Serves Best".



Albert Thomas is currently president of the Northgate Senior Walkers Inc., Saskatchewan Representative to the National Board of Full Gospel Business Men's Fellowship, board member for North East Community Centre and a leader in a local school program, "The Builders Club". He has arranged two trips to Thailand where a crew of 20 renovated an apartment and painted a Bible College.



John Walker has volunteered at Wascana Rehabilitation Centre in Regina six days a week for 15 years. In addition to helping at recreation events and installing TVs, John spends a great deal of one-on-one time with residents. To the hundreds of people John has touched, he is an essential component to enhancing their overall quality of life.



John deVries, Esther Hagen and Bob Meek have been volunteering their musical talents in their community for many years. They play at Seniors' Dances, at seniors' residences, in the Ability Centre, the hospital and at special functions in Shaunavon and surrounding area. They also assist in other volunteer activities including driving the local courtesy van, driving people to medical appointments, and assisting at the church.

Fine Arts



Angie Wollbaum and Evelyn Dahl are part of a Saskatoon group called the "Sassy Sisters". Their love of music is in their souls and they feel blessed they can share the gift of song with others. They are dedicated musicians who actively contribute to their community and strive for a better life for our province's older adults.



Alfred Aichinger is constantly giving of himself and his time to make a difference in the lives of others, particularly seniors. As a volunteer with the Four Leaf Clover Program in Regina, he has made 50 trips transporting seniors to appointments or other errands. Alfred is an active volunteer in his church community and maintains a healthy active lifestyle.



Janet Beadnell was a co-founder of the Regina Osteoporosis Group, and a charter member of the Regina Buffalo Days Committee and of the Regina Council of Arts. She is a member of the Advisory Council for the Four Leaf Clover Program and has been active in the Canadian Women's Press Club and the Canadian Public Relations Society.



Isabella Frank has led exercises at the Ogema Dew Drop In Senior Centre twice a week for 18 years. Ella has participated in the SSAI Walkathon, is a Golden Age Bowler, takes an active part in the annual Relay for Life cancer walk, and was instrumental in organizing a walking path in the Regional Park. Ella is active in her church community, and has participated in the Ogema Chamber of Commerce and the Agricultural Society.



Charles Keple has been a dedicated volunteer fitness leader at the Regina YMCA for over a decade. He is a volunteer with the Active Living Coalition for Older Adults, the Lifelong Learning Centre, the National Conference of Defense Association, Rotary Club of Regina, The Canadian Military Engineers Association, and the Federal Superannuates National Association

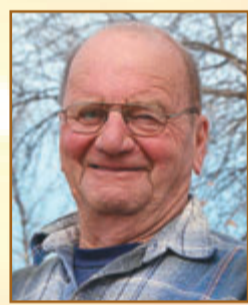
Fitness



Thelma Snow volunteers regularly with the Saskatoon Convalescent Home, Caswell Hill School, and the SPCA. She is a member of SaskTel Pioneers and Friends of the Library. As part of the Happy Soles Walking Group she is friendly, outgoing, supportive of fellow walkers, and welcoming to newcomers.



Wes and Judy Batley are active in the community and playing a solid role in volunteerism in Cupar. Both are active in the Royal Canadian Legion, the Cupar Historical Museum, and their church community. Judy has been involved with the Shalom Care Home auxiliary, the Saskatchewan Housing Corporation, Donor's Choice and as vice president of the Plus 50 Club. Wes has been involved with the Wildlife Association, the Wildlife Hunters' Education program, delivering Meals on Wheels, driving the Handivan, and is a Past Mayor and Councillor of Cupar.



Hummer Bartlett has a lifelong connection with the Qu'Appelle Valley, and has been a volunteer for much of his 80 years. He is involved in the Fort Qu'Appelle and District Lion's Club, the Fort Qu'Appelle and District Museum, his church community, and he is the Marshall for the annual Canada Day parade in Fort Qu'Appelle.



Shirley Bozarth is a motivator of all. As a result of Shirley's community involvement, McLean residents have access to many new opportunities. She volunteers with the McLean Recreation Board, the Doomsday Players Drama Club, helps organize Sports Day, the McLean Women's Club and the literacy program at McLean Elementary School.

Contribution to a Rural Community



Willie and Doreen Carnegie have contributed selflessly to their community. They have been involved in the Creelman Agricultural Society, their church community, caring for the Golden Gates Cemetery and Evergreen Park, the Memorial Hall Board, the Creelman Community Complex, Creelman Drama Club, Fillmore Lions Band, the Royal Canadian Legion, the Creelman Jug Band, and the South East Winter Games.



Marguerite Cunningham works selflessly and endlessly. Marguerite is active with Safe Communities Humboldt and Area, Humboldt Senior Citizens Club, Muenster Donor's Choice, and her local church community. This year she has been particularly involved in a very successful project, Senior's Sharing Wisdom and Well-Being



Dorothy Daniel can be seen at most community events. She is a member of the Alzheimer's Support Group, a Legion member and sits on the Committee to Celebrate Avonlea's 100th Birthday. Dorothy visits and takes meals to shut-ins, volunteers at the Drop In Centre and the school, and took an active part in decorating for the "Riderville" competition.



Pat Jarvis leads by example in the Resort Village of Shields. She has served on Council, taken an active role in the expansion of the Community Centre, is a founding member of the 50+ Club, a driving force for Canada Day Celebrations and Shields Day, coordinator of the local Emergency Measures Organization, is a founding organizer of the Shields Book Club, and has organized fundraising events to assist neighbours in times of need.



Gilbert McConnell is active in his church community, the senior's Gaiety Group, the Kinsmen, the Dinsmore Housing Authority, and as coach of the Seniors Girl's softball team. Gib volunteers at the Dinsmore Memorial Arena. He takes on the mission of beautifying the town and is always there to assist his neighbours. Singing is a passion in his life—in the church choir and as part of the Welcome Valley singing group, entertaining at nursing homes and other events.

Contribution to a Rural Community



Beatrice Struthers' volunteer contributions to Ogema have been invaluable. She is an active member of the Senior Citizens Centre and has volunteered with the Housing Authority, the Agricultural Society, the Museum, the Rink, the Curling Club, the Regional Park, the Saskatchewan Veterinary Medical Association Ladies Auxiliary and is active in her church community. She is always willing to donate time or food to various community functions.



Ken Thomas has been a very active member of the Dysart community. Ken has been involved in the Co-op, the Wheat Pool, as a Councillor for the RM of Kellross, Councillor for the Village of Dysart, and the Dysart and District Recreation Board. He is a member of the Historical Society, the Legion, and the local Senior's Club.



When the campground at Churchbridge was on the verge of closing a number of local seniors stepped forward and formed the **Churchbridge Volunteer Campground Committee**. These volunteers work in the spring to prepare the campground, collect daily fees and maintain washrooms and facilities during camping season. They have built picnic tables, trimmed trees and done minor maintenance at their own expense.



Saskatoon Council on Aging's growing array of programs and services for seniors, and its evolving role in advocacy as a voice for seniors in Saskatoon can be directly traced to the **Saskatoon Council on Aging Volunteer Board**. This board of 14 portrays teamwork at its best, following Andrew Carnegie's reflection, "It is amazing how much you can accomplish when it doesn't matter who gets the credit".

Team Work



The **SaskTel Pioneers HAD Allen Life Member Club Meals on Wheels Volunteer Team** have been invaluable for the past 15 years. This project runs with 13 teams of 50 retired SaskTel Pioneers and their spouses. The most important part of this service is the personal contact between client and volunteer. The teams are very dedicated and always report to the Meals on Wheels office if they have a concern about a client.



Margaret Beach has an amazing amount of commitment to her communities: the Battlefords, St. Andrew's Presbyterian Church and the Assyrian Community. In 2003, she organized the 100th anniversary of the arrival of the Assyrians to North Battleford. In 2009, she helped with the design and dedication of four stained glass windows depicting the Assyrian heritage and organized the amazing story of the Assyrian history for the archives.

Heritage



Lorraine Iversen is a board member of the Deep South Pioneer Museum, catalogues the archives and is contact person for the Elementary School Tours. She played an integral role in the New Horizons project, "Saving the Past for the Future". Lorraine worked on both the Superannuated Teachers of SK and the Ogema history books.



Gladys Petrar created a committee to establish the Dysart and District Museum under the auspices of the Dysart Historical Society, which she has been president of for 29 of its 30 years! She initiated the publication of the 'Yesterday and Today History Book' of Dysart and District. Gladys wrote a history of the Village of Dysart which can be accessed on line as well as at the Western Development Museums

Centenarian



Ellen Manton has been an invaluable part of the committee that organizes major events for the Saskatoon Branch of the Century Club. She is a Certified Leader in the "In Motion" exercise program and is active in this and other volunteer activities at McClure Place. Ellen has been involved in her church community for many years, serving on the Board, as president of the United Church Women, and singing in the choir.



Since 1990 when the Moose Jaw Union Hospital Auxiliary was formed and the Gift Shop opened, **Essie Shiels** has been an exemplary volunteer at the hospital. She has been a dedicated member and volunteer at the Moose Jaw and District Seniors since its inception. She pitches in whenever needed.



Wally Coates has given of himself tirelessly and unselfishly in service to his country, his career and his community. He has been a constant voice in the promotion of progressive policies that would improve the lives of all citizens. He was a founding member of Senior Power, an organization dedicated to giving seniors a voice in matters that affect them. He is also the founder and editor of the Seniors Voice newsletter.



Wilma Mollard's commitment and dedication is evident in the list of initiatives and projects that she was influential in initiating or ensuring continued success for. She was the Developer/Coordinator/Co-chair for the Interim Board for the fledgling Saskatoon Council on Aging and has been an inspiration and one of the key success factors for many things they do.



Bill Rekrutiak is a top-notch supporter of the community of Lloydminster. He has given thousands of hours of volunteer service with organizations including the 4H, the Hospital Board, Sandy Beach Lake Regional Park, the Co-op, Twin Rivers Home Care, the regional Health Board, the Housing Authority, and the Lloydminster Cancer Unit.



Audrey Schlamp demonstrates 'community spirit' with her cheerful disposition and willingness to help others and she demonstrates 'dedication' by her strong family values. Audrey has volunteered every week for the last 15 years at the Envision Counselling and Support Centre as well as volunteering with a variety of other community organizations.



Jean Thomas is a long time Scouter and has served in various capacities within that organization. She coordinated the "Community Volunteer Income Tax Program" for Saskatchewan and formed a choir at Mutchmor that travels to seniors' homes and churches to entertain. She is the accompanist and music director of the War Brides choir group, is active in her church community and is a member of the Air Force Association of Canada.



Mae Wesley has been involved with the Duke of Edinburgh's Awards Program since 1973. Under her leadership, the Edgeley Youth group has contributed over 40,000 hours of recorded service to their community. In 2007 the Board of Directors of the Saskatchewan Division of the Awards created the "Mae Wesley Award for Exemplary Service". The Edgeley Jazz Band and Jazz Vocal Choir were organized with Mae as the manager. She is active in her church community and in the Fort Qu'Appelle Lions Club.



Margaret Willette has provided many years of volunteer service to the South Saskatchewan Hospital Chaplaincy visitation program, to Clare Parker House, the Sons of Scotland and many other volunteer endeavours. She has provided much energy assisting and supporting others in their times of need. There is no doubt that her sense of humour, generosity and compassion have served her well in her volunteer work.

A special Thank You to our Platinum sponsor



ALL SENIORS CARE LIVING CENTRES™