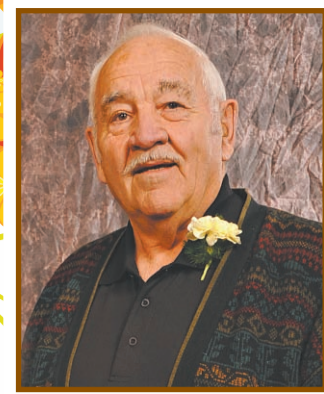


Education



**George James** has worked tirelessly to ensure that older adults have access to lifelong learning opportunities, both rural and urban. His involvement with multiple organizations, including Saskatchewan Seniors Education Corporation, Saskatoon Council on Aging, Nordic Ski Club, Saskatoon Health Committee and Saskatoon Seniors Continued Learning, has made a huge impact on making this accessibility a reality. His dedicated work in this area along with his love of learning makes George a worthy nominee for the Education Award.



In 2007, **Reuben Andres** was recognized as Heburn Citizen of the Year for his many volunteer services and positive contributions. These activities have included Mayor of Heburn, parade marshal, President of Heburn Golden Age Centre and member of the Museum of Wheat Committee. He is a talented artist and has donated many pieces to the centre, as well as for fundraising activities. He spearheaded renovations at the seniors' centre by attaining a grant and then supervising the renovations. Reuben visits people in hospitals and seniors' homes, drives for doctors' appointments, and helps widows, widowers and the disadvantaged in countless ways. He is definitely both a spiritual and civic leader in the community of Heburn.



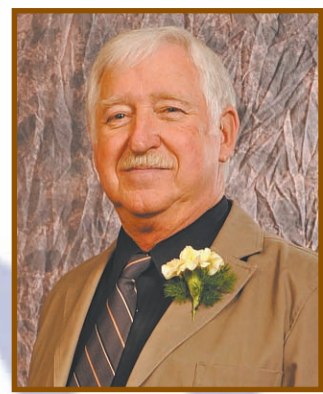
**Patricia Cooley** of Rosthern has provided community leadership for more than 30 years in the areas of fine arts, literacy programs, synchronized swimming and choreography. Her drama and choreography expertise and talent is requested by local live theatre venues. Her teaching skills have been shared with the Métis and First Nations students as they strive to achieve their Grade 12 status. She is active in her local church and in the Communities in Bloom organization. Her influence, through promotion of lifestyle changes, educational growth and physical fitness, has had a major impact on the well being of the town.



Working together with community organizations to sustain and advance a better rural community is central to **Jim Coulter's** beliefs. He has a long history of volunteerism with the credit union system as board, committee and district council member. As a member of the Watrous Housing Authority, Jim formed the Senior Housing Committee to address the shortfall of affordable housing in the community of Watrous. He is a dedicated member of the Rotary club and was instrumental in building the Rotary Walking Trail, a 2 km trail that provides huge recreational benefit to the community. The Rotary motto of "Service above self" is a true reflection of this man's attitude toward society.



**Lucie de Montarnal** is a dynamic person and active in her community of Debden. Her pride in her francophone language and culture are at the root of her volunteerism. Lucie has served as president of the local Golden Age Club for many years, on the Provincial Advisory Committee for Older People and on the Fédération des aînés francosais. She has volunteered on organizing committees for winter carnivals, centennial celebrations, school reunions and parish missions, to name a few. She is a dedicated person with strong leadership and organizational qualities. Because of her selfless dedication, she is a valued member of the Debden community.



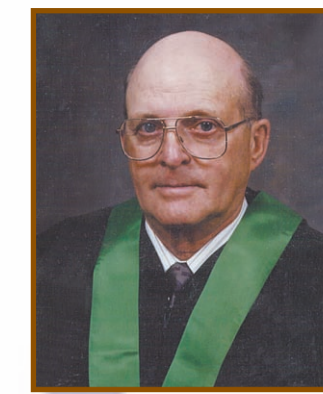
**Harry Drader** is a man with a big heart and unlimited energy. He started the "Coffee House" in Cudworth, a place where, for a nominal fee, an evening of entertainment is offered with all proceeds going to charities in Cudworth and its neighbouring towns. He not only raises the money, but in many situations he also takes the next step, using his skills to put the money to work. Recently, Harry, along with other volunteers, installed stairlifts in two local churches. Harry's technical expertise in the areas of sound systems and computers is often needed in the community. Harry belongs to the Cudworth Seniors' Recreation Association and is always willing to help out, from flipping pancakes to calling bingo.



There is no end to the volunteer activities of **Brian Knight**. From sitting on the boards of the Stewart Valley hall, rink and school and involvement with Saskatchewan Wildlife Federation, to sponsoring children in Third World countries, he is a man who believes that volunteering keeps communities together. Other volunteer activities include coaching all kinds of sports, instructing cubs and scouts, helping others with yard work, driving to appointments, house sitting, volunteering at the blood donor clinic, and helping in a variety of ways at Stewart Valley Seniors Centre. In 2011, Brian received a Volunteer Recognition Certificate from the South-west District for Culture, Recreation and Sports for the many volunteer activities he is involved in.



**Beatrice Struthers'** volunteer contributions to Ogema have been invaluable. She is an active and dedicated member of the Senior Citizens Centre. Bea has also volunteered her time with the Housing Authority, the Agricultural Society, the Museum, the Rink, the Curling Club, the Regional Park, 4-H, the Saskatchewan Veterinary Medical Association, the Ladies Auxiliary and is very active in her church community. She is always willing to donate time or food to various community functions, such as funerals, school functions and hockey tournaments. Bea's volunteer contributions have definitely enhanced the quality of life in Rural Saskatchewan.



In 2005, **William Wardill** was awarded the Saskatchewan Centennial Medal, which recognizes individuals who have made a significant contribution to society. In his home community of Eatonia, Bill has served on several town committees, as well as being mayor for several years. He has volunteered with the Archaeological and Historical Society of West Central Saskatchewan, the Lions Club, the Board of Trade, the Horticultural Club and the Eatonia Heritage Board. His love of music and writing led to involvement in the local band, as well as participating in compiling two history books for Eatonia and surrounding area. He has done extensive work setting up the CN Rail station as a museum, locating and researching unmarked graves in the local cemetery, and taking a personal interest in caring for trees and parks in the community.



**Fay Willcox** has been very active in the Village of Silton and surrounding area for many years. Her involvement in the Silton Seniors Sunshine Club, Silton Community Club and Silton United Church Women has been invaluable. She enthusiastically organizes and works at fundraisers, arranges events for the seniors club, and is always encouraging others to get involved. She assists at local functions such as birthday parties, funeral lunches, anniversaries, weddings and craft sales. On a more personal level, Fay visits in hospitals and seniors' homes, drives people to Regina for appointments or shopping, and delivers donations to the Food Bank and Carmichael Outreach. The community of Silton is a better place to live because of Fay's many contributions.



**Marian Zsombor** exemplifies what a volunteer should be: kind-hearted, generous of spirit and the voice of reason in the oftentimes chaotic world of volunteerism. She has volunteered for the Canadian Western Fastball Championships, the Pilot Butte Golden Sunset Club, the St. Agnes Catholic Church, the Rodeo Committee, the Pilot Butte Facility Expansion project, the 125th Celebration Committee and many other functions and events too numerous to mention in her role as the wife of the Mayor for 25 years. Marian is very much appreciated for her contributions to the community of Pilot Butte.

Community Leadership (Rural)

Advocacy

Contribution to a First Nations or Métis Community



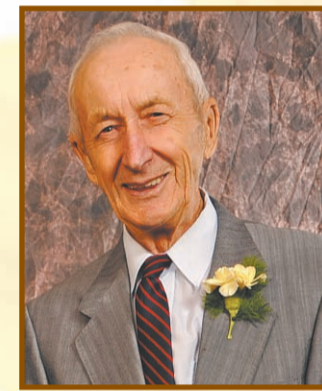
Saskatoon resident **Elliot Paus-Jenssen** is a powerful advocate who has worked tirelessly on a myriad of seniors' issues, including housing and prevention of elder abuse. Through her advocacy for improved attitude toward the availability of community services for people with dementia, the Alzheimer Association of Saskatchewan was established. Her gentle yet determined efforts on behalf of vulnerable older adults has led to the creation of SCO's Older Adult Abuse Task Force, participation in the 2007 regional meeting of the National Seniors Council and participation in the 2007 Federal/Provincial/Territorial Elder Abuse Working Forum in Vancouver. She believes strongly in respect for the dignity of each individual.



**Julie Pitzel**, known for her innovative and practical ideas, has been involved with Métis initiatives provincially and federally. She was a part of starting the first women's shelter in Prince Albert, the Cultural College in Saskatoon, the LaRonge Employment Centre and the First Nations School. Volunteering in her community of Prince Albert with numerous organizations including Community Against Family Violence, Mayor's Racism Committee, Court Worker Justice Committee and the Métis Friendship Centre, Julie's impact has been extensive. Other volunteer activities include the Association of Métis and Non Status Indians of Saskatchewan, Native Women's Organization, and the Métis Nation of Saskatchewan. She has been called on in the community as a Métis Elder.



**Muriel Baxter** is an influential leader that leads by example. She has volunteered with Meals on Wheels and the Saskatoon Food Bank, served on the board and various committees with Saskatoon Council on Aging, and chaired the committee that built the enriched living tower McClure Place and the Amy McClure House. Muriel has received three awards in recent years: The Muriel Jarvis Award from the Saskatoon Health Region, the Golden Heart Award and the Village Builder's Award, each one recognizing the positive influence she has on her community. Through her leadership and advocacy efforts, Muriel has set in motion a variety of changes that have helped better Saskatoon as a community.



**Kurt Holstein** always puts 100 per cent plus in everything he believes in. He has a passion for helping organizations whose missions are for the hungry and underprivileged children, such as Food for Learning, Sofia House, Marian Centre, Regina Rescue Mission and Carmichael Outreach. Kurt looks out for the interests of his fellow seniors by serving on the Regina Housing Authority Board, delivering Meals on Wheels, and volunteering at Pioneer Village and Regina Village Housing. Many of these organizations have benefited from his talents as a "jack-of-all-trades." He takes a keen interest in politics and is active in political constituency work. He is past-president of the Canada Post Heritage Club, whose motto is "People helping people." Kurt takes every opportunity to help others improve their quality of life.



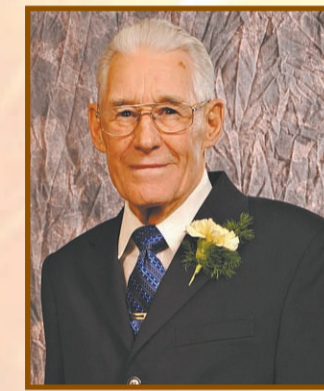
**Sheldon Kraus** is a very active senior who gives his heart and soul to the Saskatoon community. He is a leader who works full time at helping others to help themselves. Through his involvement with Community Living, Spotlight on Seniors, Saskatchewan Senior Fitness Association, Saskatoon Sport District Committee and Fairfield Senior Citizens Club of Saskatoon, as well as other organizations, he brings forward his belief that all seniors should be active. As a leader, people look up to him and enjoy working with him. The philosophy of "The more we think of others, the happier we are" can be attributed to his character.



In 2007, **Audrey Atchison** was recognized for her continuous dedication to recreation in Saskatoon by being included in the very auspicious listing of the Top 100 Citizens of the Year. She has been a fitness instructor at the University of Saskatchewan, the Saskatoon Field House and the Y.W.C.A., and has travelled extensively for the Red Cross and Royal Life Saving Society examining swimmers. For many years, Audrey volunteered at Sherbrooke Community Centre in the aqua therapy program and is presently involved in the aqua fit programs at Preston Park. Other volunteer activities include canvassing for the cancer program, participating in and raising substantial funds for the "Hip Hop Hooray" and the "Jingle Bell Run," and providing strong leadership for the youth in her church. She is a truly gifted volunteer that puts others first.



**Isabella Frank** is a perfect example of a person who promotes a healthy lifestyle. Ella, as most know her, has been the leader of the fitness group at the Ogema Dew Drop-In Seniors Centre for the last 20 years. She has participated in the SSA Walkathon, the Cancer Relay for Life walk and the Heart & Stroke Big Bike ride, is a Golden Age Bowler, and was instrumental in organizing a walking path in the Regional Park. Isabella is active in her church community and has participated in the Ogema Chamber of Commerce and the Agricultural Society. Recently she volunteered to be a reporter for the local paper. Ella is a valuable volunteer and an inspiration to others.



Physical fitness for **Peter Geres** takes many different forms: dancing, gardening, repairing, caring for others, staying mentally active and learning new skills and information. He started Sunday afternoon dance classes at Saskatoon's Aden Bowman Collegiate for the Mandarin Heritage Language School teachers, and then moved on to a new group of students at Bethel United Church. He has volunteered with resident outings and assisted with evening recreation programs, ensuring that all residents get a chance to dance at a local long-term care facility. For the last few years, Peter has grown tomato plants that he shares with the residents and staff at this facility, to their great delight. He is a role model for all seniors and those of us only dreaming of being seniors.



**Stan Hawryliw** is very actively involved in many Ukrainian spiritual and cultural activities in the Saskatoon community, spends countless hours arranging music for the Dibrova Ukrainian Folk Ensemble, which he directs, and pursues such activities as embroidery and collecting Ukrainian music and artwork. He has been an outstanding leader to all ages, from youth to seniors, teaching, motivating and mentoring. Stan travelled to the Ukraine to teach English as a second language. He is active in his local church, the Ukrainian Orthodox Cathedral of the Holy Trinity. Stan published two Ukrainian song books and has spent countless hours as a part of various Saskatoon-based choirs. He was included on Saskatoon's very auspicious listing of the Top 100 Citizens of the Year in 2006.



**Lorraine Iversen** has promoted the conservation of our heritage for many years. She 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 called "Saving the Past for the Future." Lorraine worked on both the Superannuated Teachers of SK and the Ogema history books. She is very involved in her local church and is part of a committee that is working on gathering the church's history for the 100th anniversary celebration this year. Over the years, Lorraine has volunteered on numerous boards, served for the Ogema Dance Club and delivered Meals on Wheels. She is a very talented individual who volunteers for many community projects and organizations.



**John Rennie** has given countless hours over many years as a volunteer. Some associations he has volunteered with include Saskatchewan Dairy Association, St. Andrew's United Church and the Royal Canadian Legion. His extensive involvement with the Legion, which spans over 69 years, includes a wide facet of positions and activities, from Regina Branch president to chairman of the Poppy Campaign. Even today he is actively involved in canvassing. He continues to visit veterans in hospitals and in care homes, as well as in their own homes. Jack also arranges for veterans to attend dinners at the Branch. Jack is a life member of the Royal Canadian Legion, having received the Meritorious Service Award with Palm leaf, the highest award a member can achieve. He is also past-president and life member of the Saskatchewan Dairy Association.

Community Leadership (Urban)

Fitness

Heritage and Culture

Centenarian

Lifetime Achievement



Her love of life and zest for living is a gift **Mary Ballantyne** gives to all those she encounters. She has volunteered at the Sherbrooke Longterm Care in Saskatoon since the '70s and is known as the Library Lady. Mary has helped out at Sherbrooke wherever and whenever she was needed. She has shared her hobbies with the residents and has been an outspoken advocate and a real asset in every way to the Sherbrooke community. She has been an active member of her local church, from teaching Sunday school to being a board member to Envelope Secretary. She has also volunteered at CNIB and was a charter member of FISH, an organization that addresses gaps in community services. Mary is a very responsible and dedicated volunteer with an upbeat, positive attitude and a quick smile.



**Rose Miller** is known as the "flower lady" in her area. Flowers grown in her yard are found in arrangements at Government House Teas and Regina Horticultural Society Annual Garden Teas. Rose's artistic touch is evident in the floral displays, as well as the hundreds of tablecloths and napkins she has sewn for hundreds of teas. As events director, Rose spends hours each week at the Regina Floral Conservatory, where she ensures that each event is the most special ever. Her volunteer activities have included Meals on Wheels, Wesley United Church and volunteer work with deaf children. She is a member of Government House Historical Society. She canvasses for at least eight charities on an annual basis. When asked why she does all this, she replies that she wants to give back to her community what she feels the community has given to her.



**Viola Painter** is the kind of volunteer that keeps the Humboldt community vibrant and alive. Whether she is volunteering with the pastoral care team, making jokes up for her hosting duties on bus trips, serving on a board, or visiting at the Villa and Hospital, Viola is truly an inspiration and a hard act to follow. Vi volunteers many hours every week at the Humboldt Seniors Centre, where she participates in things like calling bingo, setting and cleaning up after events, baking, and making coffee. Vi is the one who opens the doors in the morning and often the one who locks up again at night. She is the kind of volunteer who lives her life fully and, through this, inspires and changes the lives of others.



For more than the last four decades, **Phyllis Pearson** has made a significant difference in the lives of people in the Yorkton area. During her media career, Gerri had opportunity to promote community endeavours that truly made a significant impact, such as "Coats for Kids." Gerri volunteered with SaskHousing, resigning in 2010 after 25 years as a volunteer and 18 years as board chair. She volunteered with several other organizations, including Crime Stoppers, Saskatchewan Special Olympics, Shelwin House and Saskatchewan Summer Games. She is currently volunteering with Parkland Victim Services and Sunrise Health Region. Gerri's personal qualities and continuous giving to her community embody the true definition of a volunteer.



A consummate volunteer and team leader, **Geraldine Peppler** has made a significant difference in the lives of people in the Yorkton area. During her media career, Gerri had opportunity to promote community endeavours that truly made a significant impact, such as "Coats for Kids." Gerri volunteered with SaskHousing, resigning in 2010 after 25 years as a volunteer and 18 years as board chair. She volunteered with several other organizations, including Crime Stoppers, Saskatchewan Special Olympics, Shelwin House and Saskatchewan Summer Games. She is currently volunteering with Parkland Victim Services and Sunrise Health Region. Gerri's personal qualities and continuous giving to her community embody the true definition of a volunteer.



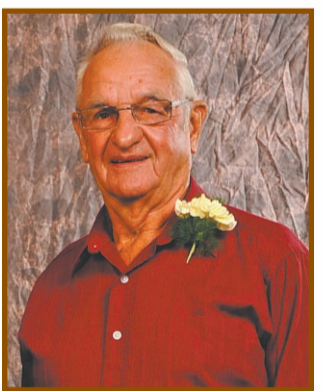
**Dorothy Zuk**, the wife of an RCMP officer, has resided in several communities in Saskatchewan. She is always volunteering for figure skating clubs, curling rinks, her chosen local church and Girl Guides, and performing a myriad of activities from catering to helping with fundraisers to visiting in nursing homes. Presently living in Yorkton, she is a volunteer for the Sunrise Health Region, a member of Beta Sigma Phi, and delivers hampers for the Salvation Army and Christmas parcels to Shelwin House. Dorothy regularly drives seniors to their doctors' appointments in town or to Regina. She is well-known for always going above and beyond the expectation of any task she willingly takes on by ensuring every need has been identified and well taken care of.



The **Founding Board Members of the Council on Aging** exemplify the spirit of teamwork. Twenty years ago, four women realized that Saskatoon needed a non-profit organization dedicated to promoting the dignity, health and independence of older adults. The founding board members worked diligently as a team to make their vision come true. This board included Muriel Jarvis, Wilma Mollard, Dan Swerhone, Mary Helen Richards, Nancy Monseler, Mary Levers, Patricia Zipchen and Demi Dunlap. Working co-operatively, they built a Council that represents seniors and advocates for seniors. They built with passion for the cause, and infused hundreds of volunteers with that same passion. Their work set the foundation for the Saskatoon Council on Aging to grow into a one-stop information and resource centre that addresses major issues of concern to older adults in Saskatoon.



From vibrant flower arrangements throughout the town, to the inviting rest stop on the outskirts, the **Churchbridge in Bloom Committee** has given travellers a reason to stop and spend time in Churchbridge. This group of seniors began with some great ideas for fundraising, gathered together and combined their creative ideas, and then spent many back-breaking hours digging, building planters, and then planting flowers and trees. Next came the hours of weeding, watering and mowing. As a team, each member takes responsibility for different tasks to ensure that everything is done. They are great at encouraging town residents to take pride in their yards. Evidence of their many unselfish hours of volunteer work is visible to all who live in and visit the community.



Photography by Dale Williams

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