



# Ann Grahame



My mother from England was a consummate volunteer. I can remember being sent outside at 6:00 am to sell roses for Queen Alexandra's charities in summer and to sell poppies on Remembrance Day. I would carry a tin for money and a tray of for the roses or poppies. These were hung around my neck on a strap which hurt.

In 2003, after the death of my husband and retirement from clinical practice, I spent seven months back in England caring for my youngest maternal aunt. I returned to Canada with renewed energy. Initially, my volunteer work was patchy, adopting two adult cats from the Regina Humane Society, selling raffle tickets for the Regina Humane Society, canvassing for the Salvation Army and CNIB and volunteering for the Canada Summer Games and for Run for the Cure.

As a volunteer tutor with the Literacy Unit, Regina Public Library, I have been matched one-on-one with two physicians, one pharmacist, one biochemist and two engineers. I have always felt that being a volunteer tutor is a two-way street, one learns so much from one's learners, and has such admiration for the ways in which they and their families have overcome adversity.

I became a volunteer with the Government House Historical Society, initially helping to prepare the food for the Victorian Teas. Several volunteer opportunities arose including being a member of the GHHS Board of Directors, editor of The Portico newsletter, and the Art, Antiques and Collectibles Committee.

I joined the Rotary Club of Regina, Eastview in 2004. Since then I have worked with the Canadian Mental Health Association as Rotary provided financial and personal support to bring "new Canadian" mothers and their pre-school children to the "Learning Together" program at the Regina Public Library.

I have hosted many high school students for Exchange programs that included England, Brazil, Tasmania, New Mexico and Scotland. I even went on a Group Friendship Exchange to New Mexico in 2013 and it was a wonderful experience.

In my 14-plus years in Rotary, including my year as President, (2013–2014), I have felt most satisfaction from my position as Literacy Chair for Rotary District 5550, which consists of 47 Rotary clubs in Northwestern Ontario, Manitoba and Saskatchewan. There was so much inspiration found in the annual reports on Literacy that I collected from each Club.

My experience in researching and drafting a resolution, "Reclaiming and Sustaining Canada's Healthcare" for the Senior Liberals National Policy Group demonstrates the excitement, satisfaction and intense learning I found when working with others throughout Canada. We read voraciously, bounced ideas off one another through daily emails and I feel that I have made several friends, although we have never met in person.

