

# Fourth Saskatchewan Senior Volunteer Awards 2013 Nominees

## Teamwork



The Regina Beach/Southey Primary Health Care Project Team is a dedicated group of senior community volunteers. This group of volunteers have been working together to improve health services in the rural area around Regina Beach and Southey since 2007. Countless community consultations were held and the team worked tirelessly. Through working in collaboration with the Regina Qu'Appelle Health Region, a proposal became reality when in 2012 a Nurse Practitioner was hired. The team is now working to increase the healthcare model further by hiring a second Nurse Practitioner, and looking into lab services and the establishment of a primary health communities partnership between Regina Beach, Southey and Cupar.



The Regina Education and Action on Child Hunger (REACH) is an umbrella organization that offers a variety of programming to ensure that every person in Regina has access to affordable, nutritious food at not-for-profit prices. Since its inception in 1998, volunteers have been an integral part of the Reach Good Food Box. It is a collaboration between the City of Regina, Ministry of Education and others, and since 2005 has expanded to include First Nations and Aboriginal health care facilities. Every week, boxes are sorted and packed by volunteers. Most volunteers are retirees who have grown to support one another and enjoy bringing their life skills and experiences to the tasks they perform.



The Heart Pillow Project is a partnership between the SaskTel Pioneers, the South Saskatchewan Cardiac Support Group, the Heart and Stroke foundation, and Bazaar & Novelty. The project involves manufacturing heart-shaped red pillows that are given to patients who are recovering from open-heart surgery. The Heart Pillows are made in workshops with 22 to 30 volunteers participating in sewing, stuffing and preparing the pillows for storage. The South Saskatchewan Cardiac Support Group distributes the pillows to open-heart surgery patients in the hospitals. Since 2008, over 1,500 heart pillows have been manufactured by the SaskTel Pioneers, resulting in 1,070 volunteer hours province-wide. In the Regina area, 26 SaskTel Pioneers manufactured 347 heart pillows resulting in 179 volunteer hours in 2012.

## Senior Friendly Business



The Saskatoon Public Library exemplifies a senior-friendly business in all aspects of its operations, services and philosophy. It is dedicated to meeting the needs of older adults, people with disabilities and those unable to come to the library. As part of its broader mandate, the library, through community partnerships and listening to its patrons, has built a strong foundation for the development of programs and staff, collections, and services. The Saskatoon Public Library provides an engaging, supportive environment for older adults to participate and feel valued in the community.

## Arts and Entertainment



Joseph Bernhardt, a resident of Regina, has been a volunteer and an entertainer at most of the senior homes in Regina for over 30 years. Joe is a very happy person when he sees a smile on a senior's face as they recognize a song from their past. Joe's musical show includes his quick wit and ability to engage with residents, singing and playing old time music on his accordion. His choice of music brings back many memories for the seniors living in seniors' homes, and the audience can usually be heard singing along to songs from years gone by.



Since 1984, Elizabeth Holden has been a member of the Pasqua Hospital Auxiliary and has volunteered in many areas within the hospital assisting patients at the front entrance during construction and in the Admitting & Ambulatory Care departments, training new volunteers, working in the gift shop, and fundraising for the Hospitals of Regina Foundation to purchase new and needed hospital equipment. An example of Elizabeth's contribution to seniors is the successful establishment in 1987 of the in-hospital Auxiliary Hair Care program, which continues today.

Elizabeth is a leader and an advocate for the business of the auxiliaries while adhering to the vision, mission and values of the health regions.



Jessie and Gary Carlson's involvement in volunteer activities goes back to their early days in rural Saskatchewan. Their commitment to social justice and active citizenship began with their rural roots. Now citizens of Regina, Jessie and Gary's devotion to building a better society, inspiring others and providing leadership is profound and has only increased since their official workforce retirements. Both Jessie and Gary are active in various community organizations, learning and teaching that it is not enough to just help your neighbours in trouble, but that you need to co-operate to create institutions that could alleviate current conditions and make life better for everyone.

## Community Leadership (urban)



Ken Hawkes is a resident of Moose Jaw. He exceeds the expectations of a volunteer, dedicating his time and talents to a variety of organizations spanning several years. Ken's attitude is that everyone, pulling together, can make a difference in a community. Through Ken's volunteer efforts, millions of dollars have been raised for the Moose Jaw Health Foundation to purchase state-of-the-art medical equipment.

With his dedication to the community and work ethic, Ken is truly a leader and mentor to all volunteers.



Melinda Wozniak, a resident of Regina, is a clown. Literally! Melinda has been a clown for about four years, bringing joy, smiles and laughter to the lives of others. But this is not Melinda's only claim to fame. For many years she has volunteered at the YWCA in numerous roles and capacities, and she is involved in a seniors' choir that goes to nursing homes to perform.

Melinda is an inspirational and dedicated woman. Her kind-hearted nature and love for people shines through in her interaction with others. She encourages and inspires everyone she works with and is a role-model for the young women in our community.



Sharon Fyke lives and volunteers in Saskatoon. She is well known in her community for her leadership and tireless advocacy. Her work is all about building stronger communities that span all ages and socio-economic backgrounds. Sharon is a strong advocate for seniors, taking leadership in finding and providing information, support and resources for older adults. Sharon's activities don't stop there; she is actively involved in addressing social causes and tackling difficult issues.

Sharon gives countless hours to the community, exhibiting tenacity in the face of barriers and adversities and teaching others to do the same.

## Community Leadership (rural)



Michael Wasy Chorney is an exemplary model of a person who makes a difference in his community. Mike was born in Fosston and, upon his return from the armed forces, he participated in the organization of a 4H Grain Club. He was instrumental in the introduction of new grain crops to the area. Utilizing his organizational and leadership skills, Mike rallied his community to build telephone lines and to install electric power. Mike has been a member of numerous committees and boards, and when issues and concerns needed to be addressed, Mike enjoyed using his common sense, humour and sharp mind to think up novel ways to solve them. Even today, Mike continues to volunteer for activities that assist others and make life better for seniors.



Blaine Lake seniors Anne Sitter and Annette Pollard have been dedicated volunteers in their community for decades. They are active in the Blaine Lake Senior Citizens' Centre and local beautification projects, making a significant difference in their community. It is due primarily to the efforts of these two women that the Senior Citizens' Centre in Blaine Lake generated the finances needed to renovate and expand. It was their idea to have a cash lottery for this purpose. Anne and Annette did the leg work, organizing, planning, and managing the license and tickets sales, all without the aid of a computer.



Barb Kereluke comes from Wadena. After her retirement, she went into volunteering full-time and has never slowed down. Barb was instrumental in starting up the Red Cross Exercise Program 25 years ago and has maintained the program ever since. She has been active in her community in numerous organizations throughout her years, always demonstrating qualities of dedication, responsibility and leadership. She has a positive attitude and great outlook on life, and her high energy and respect for others is evident in all she does.



Darlene Olson moved to the Eaton area 53 years ago. Darlene has been a volunteer member of numerous organizations dedicated to economic development, town beautification projects, recreation, fitness and sports in the Eaton area.

When the Eaton hospital closed its doors, the community was devastated by its loss. The community worked together for a solution, and after much discussion and planning, the Eaton Oasis Living non-profit community-owned business was established. Darlene was a founding member of the Eaton Oasis Living Board, and the care home has been running successfully for 21 years.



Community Leader Don Hood has been a long-time Esterhazy resident. There have been many worthy causes where he has either personally taken a leadership role or ensured that corporate sponsorship was realized. Recognizing the need to replace the aging Esterhazy hospital, Don spearheaded a fundraising initiative that provided new equipment and upgrades. As well, Don has been instrumental in the acquisition and retention of doctors and has played a major role in making the new Esterhazy & District Medical Clinic a reality.

Don is well known for the personal support he has given to people who needed a "hand up" in their lives. He has voluntarily, but quietly, provided direct and indirect support to a number of underprivileged people and people from other countries that have come to the community.



Elsie Sawatzky has been a resident of Cut Knife since 1966. Elsie worked full-time as a Certified Nursing Assistant and also volunteered with the local ambulance service. Elsie continues her volunteer duties with local clubs, her church and community. She is currently the president of the Cut Knife Seniors' Association and can be seen working at virtually every community event.

## Heritage and Culture



Originally from Flin Flon, Norma Barr now lives in the small northern Saskatchewan community of Denare Beach. Norma has been actively volunteering in her surrounding communities since 1955 and continues to be an active volunteer for the local Northminster United Church.

Next to her family, volunteering is her biggest passion in life, and for over 20 years one of Norma's top priorities has been the Northern Gateway Museum. Through Norma's efforts, the community enhanced the existing infrastructure to more than double its size. Norma is truly an inspiration, and her enthusiasm has inspired many others to help out and contribute.



Philip Hamm is a resident and the mayor of Fleming. Philip has worked tirelessly for the community of Fleming all of his life. He is always on call to deal with everything from dogs, to selling town lots, to driving seniors to appointments. Philip has devoted many hours to civic affairs and to working with the less fortunate (especially children). He donates his time to numerous fundraisers, benefits and community events. The Saskatchewan Heritage Foundation and Fleming Elevator Restoration is a passion of Philip's and, despite a major setback, he continues his efforts to memorialize the home of the oldest Lake of the Woods Milling company in Canada.



Originally from the communities of Viscount and Morse, Sask., Iona Thoen was brought up learning to volunteer and give back to the community. However, it was when Iona married that she began her life-long passion of being a volunteer. Iona volunteered with community clubs, 4H, the Carlton Trail Community College and the Viscount History Book, to name a few. Moving to Saskatoon in 1995 has not slowed Iona down. She is a very active member of the St. Stephens Anglican Church and the ladies auxiliary of the Saskatchewan Western Development Museum. Most recently Iona takes "old people" on outings from Stensrud Nursing Home and Extendicare. Iona has volunteered countless hours during her life and did not expect anything in return. What she did receive was numerous friendships and a sense of satisfaction in helping others.

## Centenarian



Doreen Banks (deceased) spent her life volunteering. Doreen was from Fleming, where she was considered the "community grandmother." She was involved in numerous organizations, such as the Fleming Historical Preservation Society and the Fleming Community Organization, where she opened the coffee shop daily and supplied all the baking. Doreen is an inspiration for young and old to serve the community and be prepared to "do your bit," as she did faithfully, and happily, for all her life.



John Boan is an accomplished and internationally recognized scholar, with a long history of volunteerism and community involvement. Jack was born in Briercrest. He has served on numerous boards, including the United Way, Regina Council on Aging and the Regina Anti-Poverty Ministry; he was also a founding member of the John Howard Society. Always an active volunteer and engaged member of the community, Jack is an active and vocal supporter of lifelong learning and early childhood education. Jack continues to be a man who believes in giving back, and in bettering his community, his province and his country.



For over 70 years, Otto Schroeder has lived and worked the land in the Rural Municipality of LeRoy. Otto is described as a good neighbour and devoted farmer, helping out his neighbours whenever he was needed. He actively volunteered, contributed to and supported many local organizations, and as a result he contributed to a better quality of life for his community.



Doris Hey, a resident of Regina, has volunteered as a senior citizen for the past 25 years with the Pasqua Hospital Auxiliary. She has also been a volunteer since 1959 for the IODE Prairie Lily Chapter, and later joined the Angels 4 Warmth, Inc. Doris contributes to the good grooming/personal property bags for women and children, who leave crisis situations in their home. She not only supplies knitted toques, scarves, mitts and socks for four inner city schools, as well as afghans, lap robes and shrogs to seniors' care homes, but also assists the service secretary with collecting, assembling and delivering all of the projects.

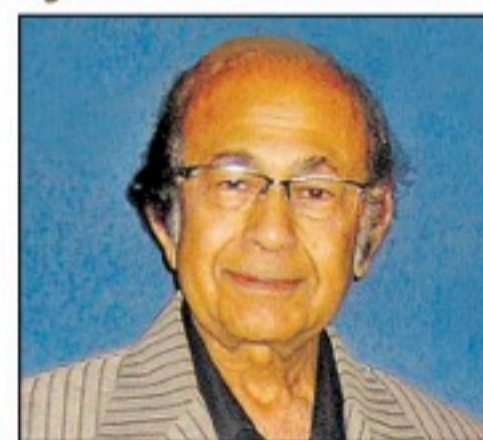
Doris has logged in excess of 8,000 hours to date with the Hospital Auxiliary Gift Shop.



Laverne Hockey joined the Midale Volunteer Fire Department and, in 1988, became the volunteer fire chief. Laverne is an active community member, whether teaching CPR, First Aid or WHMIS, to name a few, or taking part in fundraising for a new community rink. In 1996, Laverne volunteered as a First Responder, and he is now an active member of the Midale Emergency Planning Committee. He was also the emergency flood co-ordinator for the RM of Cymri.

Laverne donates his time to educate preschool children on fire safety. He organizes demonstrations in the community to show life-saving techniques or new equipment. He also does safety and fire inspections with local businesses.

Laverne's true passion in life is his desire to help others. He responds to calls at any time, day or night, no matter what is going on in his personal life.



Om Kochar is a proud Saskatoon resident who has worked tirelessly for many years to make Saskatoon a wonderful place to live. Om is dedicated to promoting intercultural understanding through numerous community initiatives and volunteering his time for various important causes. He has achieved distinction, noted by his numerous awards, as a community leader, and he has been noticed for his outstanding contribution, which has reflected positively on the community of Saskatoon. Om exemplifies all the qualities of a dedicated individual who continually demonstrates excellence and achievement, and contributes to the social, cultural and economic well-being of the province and its residents.



Vickie La Rose, a resident of Prince Albert, has a long history of volunteerism and serving her fellow citizens. It is worth noting that Vickie and her husband, Irvin, were actively involved in the PA Foster Parents Association for over 17 years and were foster parents to 49 newborns. She has accomplished much in her lifetime, and continues to be active with many projects such as: Big Sisters, the Canadian Cancer Society, Meals on Wheels, the Parkland Health Region and the PA Community Clinic. Vickie is known for her outstanding volunteer services and exceptional community involvement.

Vickie continues to live life to the fullest and contributes her gifts and talents to those in her community. She has proven to be an exemplary citizen and, as a senior, continues to be role model for us all.



Arliss Dellow was born and raised in Gainsborough. Upon receiving his law degree, Arliss opened a practice in Yorkton and immediately became an active and dedicated volunteer. Arliss is well known for his more than 23 years as a swim referee, and as a local, provincial, national and international speed swimming master official. Arliss also gave countless hours of his time to the Yorkton Jacees, the Optimist Club and Yorkton's Housing Authority; fundraised for the Soup Haven Lunch Program and the Salvation Army; and was active in the Saskatchewan Literacy Network and the Yorkton Friendship Centre.

Arliss is very active with the New Horizons Senior Citizens of Yorkton, having become a member and advisor to the board. He has given new energy to the seniors' community. Arliss is a tireless volunteer, giving of his knowledge, advice and expertise.



Since retiring 18 years ago, Margaret Gailing-Stapp has been a diligent volunteer. Margaret's initiation to volunteerism started with the Canada 55+ Games. Through this experience, she recognized the importance to seniors of remaining physically active. Margaret's passion is to implement the mandate of the Saskatchewan Senior Fitness Association (SSFA), resulting in more active living opportunities and improved quality of life for seniors. Through Margaret's affiliation with the SSFA, she became involved with numerous other local, provincial and national organizations involved in senior's fitness and healthy lifestyles. Under Margaret's leadership, the Saskatchewan Team at the Canada 55+ Games in Whitehorse won the "Spirit of the Games" Award.

In 2005, Margaret moved to Weyburn. She is actively involved in planning and staging activities in the Southeast Connection District. Margaret continues to be the provincial president of SSFA.

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