

2015 Good Citizen Award Recipients

Sylvia Boyd

Sylvia has been volunteering and attending monthly Auxiliary meetings at Oliver Road Community Centre since 2004 when she moved to Thunder Bay. She is an active volunteer at fundraising events such as flea markets, craft sales, teas and carnivals. She donates baking, new and gently used items, and offers her time and work at the Centre's activities and events. Her volunteer efforts enable the Community Centre to upgrade equipment and furnishings as well as continue to operate as a vital community resource.

Alex Boyko

Alex has been volunteering at the Canadian National Institute for the Blind (CNIB) Thunder Bay for the past seven years. He co-facilitates the Adjustment to Vision Loss Program, an essential service for clients who are blind or partially sighted. Alex shares and discusses how he successfully accomplishes his personal activities of daily living without sight or with low vision. Alex also took the lead in planning and organizing groups of clients who needed technology training on personal high tech devices. Alex is an inspiration with an indomitable spirit and a commitment to enrich the lives of others in his community.

Jane Chapman



In the late 1970s, a group of women formed a bridge group called the Hospital Marathon Bridge Group. The participants play Bridge in each other's homes once a month and make a donation to the Thunder Bay Regional Health Sciences Centre's (TBRHSC) Volunteer Association. Jane Chapman has been in charge of the Hospital Marathon Bridge Group for 19 years and her dedication has helped raise more than \$28,000 for TBRHSC. In appreciation for her dedication, the

TBRHSC Volunteer Association presented Jane with an Honorary Membership in May 2012. Jane is responsible for scheduling the Bridge games, organizing a Bridge Luncheon, purchasing prizes for the luncheon and recognizing the top team. Jane's dedication to the group has ensured its longevity in supporting the work of the Health Sciences Centre.

Stephanie Chikoski

Stephanie became an experienced student of the Zorya Ukrainian Dance Association and in 2000 began to teach dance as a volunteer. For the past five years, Stephanie has been Teacher Coordinator assisting and mentoring the teachers at each class level. She spends countless hours each year planning the annual year-end concert. She has also organized and prepared the dancers for



local charity work, including performances within the Ukrainian community, seniors' homes and Canada Day celebrations. Stephanie's dedication and leadership have provided the Zorya Dancers the opportunity to make Thunder Bay an enhanced and vibrant community.

Debbie Esquega



Debbie touches the lives of many high school students with her guidance and leadership qualities. For the past 25 years, she has been a boarding guardian, providing a loving and caring environment for high school students from outlying communities. Debbie oversees the Kateri Church Centre's St. Vincent de Paul food bank, making sure families have food when they are in need. She also assists with Kateri Prayer Days where meals are served for up to 80 people. Debbie shows compassion, respect, care and love to young, pre-teens, teens, young adults and elders, and deserves recognition for her important contributions.

Alexa Hadley

As costume assistant for the past 21 years, Alexa has given the Chaban Ukrainian Dancers the opportunity to delight audiences with her array of beautifully sewn costumes and props. The dancers are able to enjoy the colours, ideas and perfection in workmanship of these costumes and are excited to wear her creations. In addition to her costuming work, Alexa sat as treasurer of the Chaban executive for seven years and member at large for one year. She was also bingo administrator and liaison to the City for nine years. Alexa has enriched the lives of Chaban's youth, families and adult volunteers through her example of collaboration, creativity, organization, understanding, and willingness to go above and beyond what is needed.



Rick Henderson



Rick has been a reliable and dedicated volunteer with the Shelter House for 16 years. He is vital to the volunteer drivers program which is an integral part of the soup kitchen at the shelter. Rick is very dedicated and rarely misses his regular Tuesday and Thursday shifts. He takes great pride in his position and is always making suggestions to improve the delivery system. Rick touches the lives of people in our community every day, often not even seeing those he affects or the way he affects them. The clients and Shelter House greatly appreciate volunteers like Rick and believe he deserves to be thanked publicly for all his hard work.

Carol Lynn Henriksson

Carol is a recently retired registered nurse who has been involved in the community as a volunteer for many years, helping to meet the needs of individuals with special needs. She has volunteered as a parent advisor for Wesway's Board of Directors as well as on the Special Education Advisory Committee for the Lakehead Board of Education. Carol has volunteered as a board member for the Ontario Family Alliance, as well as for the Community Care Access Centre for the District of Thunder Bay. She has also volunteered on the Board of Directors for Community Living Thunder Bay and the Handicapped Action Group's Kids Connection. Carol was instrumental in advocating for home support for the physically challenged when the legislation was available only for those with developmental disabilities. Our community has benefited greatly due to Carol's work and dedication.



Russ Hrenchuk

Russ has been an active volunteer at Fort William Historical Park (FWHP) for more than 15 years, helping to provide both educational and entertaining programming to local citizens as well as tourists from all over North America. Russ started volunteering at FWHP through his involvement in the Canadian Corps of Voyageurs (CCV). He has served as president of the CCV for many years, coordinating the group's participation in special events and activities at FWHP. Russ's volunteer contributions go beyond Fort William and extend to our entire community. He has taken a lead in coordinating volunteer resources and personally volunteered in City-wide events for organizations such as the MS Society of Thunder Bay, the Shelter House Relay for Life, the Ontario Special Olympics, Ten Mile Road Race, Dragon Boat Festivals, and many others. His work and dedication embodies the spirit of volunteerism in Thunder Bay.

Tina Huk



Tina started volunteering at a very young age. She always knew she wanted to one day give back to the Children's Aid Society (CAS) and volunteer with them in any capacity that would make a difference. Tina also sits on the Volunteer Advisory Board, is a Life Book volunteer and helps with numerous other CAS events. Tina has taken on other volunteer work with such organizations as Leadership Thunder Bay, Thunder Bay Police Zone Watch, and the Ukrainian Catholic Church. Tina states, "Nothing has been as personal or rewarding as the work I do at the Children's Aid Society."

Debi Jolicoeur



For the past 10 years, Debi has been involved with the Thunder Bay Police Youth Corps. In her role as Uniform Officer, she single-handedly updated and revamped the uniforms the Corps proudly wears today. Debi also sits on the Board of Directors and can also be found supervising the Corps at numerous events such as the Terry Fox Run, Police Memorial Service, Remembrance Day Service and the Military Family Resource yearly sale. Debi has also volunteered each year for Operation Red Nose and at the 55+ Centre. Debi is a well-respected member of our community and is a worthy recipient of public recognition.

Teaghan Koster

Teaghan has been an active volunteer with Alzheimer Society Thunder Bay, Lakehead University Anthropology Association (LUAA) and Experience Dance. At the Alzheimer Society, she assists as a receptionist and is a volunteer for the Minds in Motion program. She makes sure that her client and visitor experiences are positive and comfortable. As vice-president of LUAA, Teaghan assists in planning and implementing events, handling monetary interests and pursuing new recruits. As a creative movement assistant with Experience Dance, Teaghan helps youth with their physical well-being and positive self-esteem. Over the past 12 months, Teaghan has been a volunteer with Lakehead University's LEAD program which attracts students to the university by orientating them to the academic community and offering mentorship. Teaghan has proven herself to be an effective community leader.



Janet Lortie

Janet Lortie is an organist with St. Michael's Anglican Church who offered her talents to Dawson Court. She plays for the monthly Anglican church services in the Dawson Court chapel and also plays for a monthly hymn sing for residents with dementia. The residents are grateful to enjoy the music she brings into their lives, reconnecting them to their faith through familiar hymns. Janet is also an integral part of the special Remembrance Day Service and Christmas Service for residents. With her quiet and modest dedication, Janet enhances the lives of our precious seniors.

Michele Love

Michele has been a hospice palliative care volunteer with Hospice Northwest for the past five years. Her kind nature is perfect for offering companionship and support for people journeying through the final stages of a life-limiting illness, and their friends or family members who are faced with the loss of their loved one. She is also gifted with excellent culinary skills, thus allowing her to provide many meals for participants of Hospice Northwest's Circle of Friends Support Group. She also



offers ideas and seeks out sponsorship and prizes when called upon. Her devotion to Hospice Northwest is a true reflection of her commitment to hospice palliative care and the importance of comforting and supporting people during difficult times.

Duncan MacGillivray



For the past six and a half years, Duncan has been volunteering his time with the Brain Injury Association of Thunder Bay and Area (BIATBA), currently as the President of the Board. Through his leadership, BIATBA continues to work towards supporting people living with brain injuries through education, public awareness, information and advocacy. He has also been instrumental in implementing the Peer Support Mentoring Program which connects people living with brain injuries through supportive relationships. In addition to his work with the BIATBA, he has partnered with the Ontario Trial Lawyers Association to bring the Bike Helmets for Kids program to Thunder Bay. He is generous, caring, and gentle in his leadership roles throughout the community, and an advocate and visionary in the area of brain injury and awareness.

Dolores Mechtab



Dolores has spent ten years as a dedicated volunteer in leadership roles at Thunder Bay Regional Health Sciences Centre. She is the Service Leader of Surgical Day Care where she plays an important role of overseeing a group of volunteers who assist in enhancing the patients' stay in that unit. For the past six years, she was also a member of the Volunteer Association Board and served two terms as president. Her dedication to leadership and contribution to enhancing the lives of her patients is well deserving of recognition.

Michelle Morettin

Since 2009, Michelle has touched the lives of the residents of Grandview Lodge. The residents look forward to spending the afternoon with her at the bar or purchasing items from the tuck shop. She independently makes the calendar for the bar, sets up, serves residents, tracks drinks and attendance, cleans, and puts in supply needs. In addition, she also runs the Auxiliary tuck shop at the same time as running the bar. Dedicated to the position, she is always there for her residents. While working with the Auxiliary group, she makes various knit items and crafts that she donates to the shop to be sold. Her time and patience is appreciated by staff, families and residents.



Judy Mostow



Judy had a stroke in December of 2005. She went through rehabilitation with the Moving On after Stroke (MOST) program with St. Joseph's Hospital. When she graduated, the physiotherapist asked her to stay on as a volunteer and she started doing so in September of 2006. Judy continues to help with the MOST program and also volunteers with St. Joseph's Care Group's Physical Rehabilitation Advisory Committee, the Client and Family Council Committee, the Client Centered Care Committee and the Volunteer Services Advisory Committee. Judy says that volunteering gives her purpose and makes her feel good.

Colleen Peters

Colleen was the driving force behind the development and implementation of the Thunder Bay Youth Strategy which tackles such issues as housing, employment, racism and the environment. Colleen is currently President of Thunder Bay Youth Centre and has donated hundreds of hours to the development of an incorporated board and to fundraising for the Centre. Colleen sat as a member of the City of Thunder Bay's Youth Services Advisory Committee, assisting through surveys and social media to get feedback on the needs of youth in our community. Her perspective on the importance of positive experiences for youth was invaluable as the committee developed its Youth Services Plan. This Plan is now a guiding document for the City of Thunder Bay in the delivery of programs and services for local youth.



Tullio Provenzano



Tullio has served on the Thunder Bay Regional Health Sciences Foundation (TBRHSF) for 17 years. As the Vice Chair of the Exceptional Cancer Care Campaign, he has touched our entire community and region with his dedication and passion to raise 5.9 million dollars to help TBRHSF achieve its goal of providing exceptional cancer care close to home. Tullio wants to make sure that if cancer touches anyone, they are given all options to fight the disease at home. He has spent countless hours knocking on doors and asking for donations and leading the Cabinet in securing an extensive number of major gifts from individuals and organizations. Tullio's leadership, innovation and dedication have contributed to a successful campaign and to better cancer care in our community.

Dr. Jack & Brenda Remus

Dr. Remus and Brenda have been instrumental in sustaining the existence of the Thunder Bay and District Humane Society for the past 20 years. They wanted to ensure there was an organization that would care for abandoned and distressed animals. As members of the Board, they devoted much time to leading the Board in many fundraising activities. Dr. Remus served as President of the Board for 10 years as well as a member of the Ontario Heritage Foundation. Dr. Remus and Brenda adopted many pets as well as helping to fund the operation of the Thunder Bay and District Humane Society when it was in financial distress for a few years.



John Ritchie

John Ritchie has been coaching baseball since he was 16. He has been on the executive of the Thunder Bay Men's Senior Baseball Association since 2001, currently as vice president. He also volunteered on the ground crew when the Thunder Bay International Baseball Association hosted the 2010 International Baseball Federation World Junior Baseball Championship in Thunder Bay. In 2000, John coached the Thunder Bay North All Stars who competed in Ottawa for the Ontario Big League Championships and returned home as the Ontario Big League 2000 Champions. John also volunteers for the Port Arthur Curling Club (PACC). In 1985, John started the PACC Fish Club and in 1988, he organized the first PACC Super Bowl Bonspiel, which has become an annual event. John's volunteer involvement has greatly enhanced and raised the profile of the sporting community in Thunder Bay.



Kathy Rozenuk

As the mother of a daughter with Autism Spectrum Disorder, Kathy has served as a representative for Autism Ontario Thunder Bay on the Special Education Advisory Committee (SEAC) at the Thunder Bay Catholic District School Board. During her 15 years of her volunteer work, Kathy's direct and relevant experience helped her to make many recommendations to the school board on matters affecting the establishment, development and delivery of special education programs and services for exceptional students. Kathy continues to help special education students by sharing her extensive experience and knowledge.

Marcus Simpson

Mark has been an active volunteer with the Knights of Columbus and St. Andrew's Church. He served as Grand Knight from 2005 to 2006, and has been involved with other Knights' activities such as visiting the sick in hospital, volunteering at the Dew Drop Inn soup kitchen, coordinating Bingo at Dawson Court and fundraising for the Arthritis Society. Every December, Mark sets up the Nativity



scene in front of the Waverly Public Library. For 15 years, Mark has served as Eucharistic Minister at St. Andrew's Church where he sets up for all services and Masses, opens and closes the church and serves at funerals. He has been a member of the Pastoral Council for 12 years and he organizes events for the Special Events Committee. The Knights of Columbus and St. Andrew's Church are grateful for Mark`s dedication, devotion and hard work.

Dean Storry



Dean has been a dedicated peer supporter of the Northwestern Ontario Peer Council for seven years, including four years as president of the board. He volunteers closely with consumer/survivors of mental health services, advocating on their behalf to make systemic changes to mental health and addictions services. He has planned conferences on peer support and rehabilitation. He also assists with the planning of recreational activities for adult rehabilitation at Lakehead Psychiatric Hospital. Dean has demonstrated his dedication by completing several courses on mental health and peer support, receiving certification from the Ontario Peer Development Initiative.

Sister Dolores Turgeon

Sister Dolores is the Assistant Chaplin for Bishop Colli and is also a valued volunteer with St. Joseph's Care Group. Sister Dolores served on St. Joseph's Care Group's Board of Directors from 2005 - 2014 but has also been an exceptional volunteer working directly with the clients. She has been a feeding companion at Bethammi Nursing home and specialist in reading with stroke patients at St. Joseph's Hospital. Presently, Sister Dolores volunteers seven days each week among twelve different sites throughout Thunder Bay, nine long-term care homes and three hospitals, including Lakehead Psychiatric Hospital, bringing Communion to the sick and friendly visiting with clients, making sure they have someone in their life connecting with them. She sees up to 460 clients each week. When asked why she volunteers she stated, "I love working with the elderly so I find my volunteer work is very rewarding."

Carol Voth



Carol Voth has volunteered with the Multiple Sclerosis (MS) Society for the past 10 years. She has been the social action director, Secretary and most recently Treasurer on the Board of Directors. Most recently, Carol organized the development of a MS Society Park to commemorate those who have passed away from MS and to honour those who still struggle with the disease today. In addition to volunteering with the MS Society, Carol has committed 10 years of volunteer involvement with the Canadian Ski Patrol as a certified ski patroller and first aid personnel. She also volunteered for several years with St. John Ambulance, providing pet therapy

at various long-term care facilities. Carol is a dedicated volunteer who gives her time generously to support her community.

Canadian Lakehead Ten Pin Bowling Association



Lakehead Ten Pin Bowling Association has provided a sporting opportunity to Thunder Bay Citizens for more than 50 years. At present, there are 350 adult bowlers and 48 youth who meet once a week for the recreation and sport of bowling. Several bowlers have won national and international medals, and two are Hall of Fame members in the Canadian Ten Pin Federation. The adult bowling association has been providing this recreation opportunity for 51 years and the youth association (21 and under) for 35 years.

Corpus Christi Sunday & Funeral Choir

The Corpus Christi Sunday and Funeral Choir have contributed their time and talent to the church for close to 63 years. When called upon, as many as 23 people make themselves available to perform. They bring comfort to the family that requires this service during the Mass or Memorial Service. The choir sings the hymns the family requests as well as those chosen by the conductor. The Sunday choir also sings at special occasions such as Christmas celebrations. Corpus Christi Church is extremely fortunate to have such a dedicated group of volunteers who have given so much over such a long period of time.



John & Friends Entertainer Group (John Scaffeo & Albert Budiselic)

John & Friends have been entertaining the residents of Hogarth Riverview Manor and St. Joseph's Heritage for nearly 10 years. These two committed volunteers share their musical talents with the Thunder Bay community and multiple agencies at events and celebrations. While John is playing the accordion and the synthesizer, Al is playing the guitar and leading the singing. Music is therapy for all, especially for people living with Alzheimer's disease. The music John and Albert play helps bring back treasured memories and helps people feel good. These musically gifted volunteers are committed, compassionate and caring about the residents who have come to know them and look forward to their visits.

2015 Spirit of Thunder Bay Award Recipients

Richard Bauch



Richard has been an active volunteer since 1958. He began with the Fort William Kinsmen Club assisting with fund raising projects for Toys for Tots, Christmas hampers and other projects as well as holding various executive positions over ten years. He has been a member of the Kaministiquia Masonic Lodge #584 for 43 years. In 1987, he was Master of the Lodge and remains an active member and ardent supporter of the Masonic Child Identification Program. Since 1981, Richard has also been a member of the Scottish Rite of Canada. As a member of the Khartum Shrine and the Lakehead Shrine Club since 1982, Richard has worked tirelessly with the annual Shrine Circus and many other fund raising projects. He was appointed Deputy Chief of Staff for the Lakehead Shrine Club from 1990 to 1993. Richard visits seniors that are shut in, volunteers with the Salvation Army Christmas Kettle Campaign and is an active member of Calvary Lutheran Church.

Margaret Bianco



Margaret is one of the longest-serving volunteers at the Thunder Bay 55+ Centre since it was built almost 25 years ago. Her volunteer positions over 22 years have been numerous, including board member, ambassador, special events committee member and art committee event planner. Margaret has also participated as a planning member of the Northwest Senior Games Committee, as well as the Elder Abuse Committee. Margaret is a great leader with incredible organization and focus for detail. Her volunteer time commitment and dedication to the 55+ Centre provide a great place to grow, share and socialize.

Margaret Capon

Margaret has been an exemplary volunteer for more than 12 years with the Thunder Bay and Area Victim Services, a 24-hour, 7-day a week service providing immediate, on-site, free assistance to victims of crime. She has also been a dedicated volunteer as a companion for Hospice Northwest for four years. With Victim Services, Margaret is a Direct Service Volunteer, supporting victims of sudden death, assault, domestic violence, elder abuse and property crime. She inspires her fellow volunteers as she is reliable, well organized, an excellent communicator, a peer motivator and excellent problem solver.



Moffat Makuto



For over 30 years, Moffat has worked with the young, old and everyone in between. He challenges youth and helps them gain self-confidence and stay in school. Moffat participates in numerous organizations which assist him in getting his message on behalf of youth moved forward. Moffat is driven to make Thunder Bay a more welcoming community to all newly-arrived youth.

Bill Mokomela (In Memoriam)

Bill has been a dedicated volunteer in Thunder Bay for more than 40 years. He has been a member and past president of the Hill City Kinsmen Club, and has organized golf tournaments for senior golfers in support of the Fragile X Research Foundation of Canada. As a Board Member of the Northwestern Ontario Sports Hall of Fame, he introduced the Fame 500 Club, a major fund-raising project for the Hall. He has been Chair of the United Way Campaign and Kidney Foundation March Drive. He volunteers for St. Joseph's Care Group, the Children's Wish Foundation and the Thunder Bay Regional Health Sciences Foundation. He is also a member of St. Paul's United Church choir and canvasses door-to-door for several local charities. Bill's volunteer activities have made a significant contribution to our community.

Tom Sarvas



Tom has been a volunteer member of the Board of Directors of the George Jeffrey Children's Centre for 20 years as Chair of the Finance Committee and as Treasurer, as well as serving on the Executive Committee, many of the Board committees, and fundraising for the Centre's new facility. Tom has also been on the Board of Directors of Avenue II Inc., which supports adults with developmental disabilities, serving in leadership roles as Chair and Treasurer. He has volunteered for a number of years on the Board of Directors of the Lakehead Express Soccer Club. Through his volunteering and leadership, Tom has made a significant contribution to our community.

Jim Whatley

Jim has been a faithful member of St. Stephen's Anglican Church for 57 years, serving in various leadership capacities. He has been a member of the Board of the Kiwanis Club of Thunder Bay, serving as President twice. He was Chair of the Easter Seals fund raising for two years, during which more than \$90,000 was raised. Jim received the Kiwanian of the Year and the Easter Seals 10-year Recognition Awards. He has volunteered at the Dew Drop Inn, the Mission to



Seafarers, the Thunder Bay Symphony Orchestra, 55+ Centre, Kidney Foundation and Canadian Cancer Society. Jim has conscientiously worked to assist the citizens of Thunder Bay and to make the City a better place to live.

Sandra Wieckowski



In the late 90s, a group of women conceived the dream of having a children's museum in Thunder Bay. Sandra, along with a small, similarly minded group, turned that dream into a reality. With a 17 year commitment of dedication and hard work, the Children's Museum flourished and became one of the primary children's attractions at the Marina until fall 2009. Sandra has been an active volunteer for many other organizations for 50 years. She was chair of the Provincial Committee for the 60th Anniversary of the Ontario Catholic Women's League. She has volunteered for the Alzheimer Society, Salvation Army, Canadian Cancer Society, Ontario March of Dimes, Dew Drop Inn, Shelter House, Girl Guides of Canada and the Northern Credit Union in many capacities. From the young to the elderly, Sandra has endeavoured to improve the quality of lives in our city.

2015 Youth Award Recipients

Ashley Andrea

Ashley provides help, support and guidance to younger students in schools and our community. She has increased the profile of youth in Thunder Bay through 1416 hours of voluntary contributions. She worked as a camp/instructor's assistant with Superior Science, a soccer coach with Lakehead Express Soccer Team, and a helper in first communion preparation with Corpus Christi Church. She has also volunteered for the Dew Drop Inn and St. Ignatius High School. Ashley is a positive role model who shows interest and enthusiasm for helping the youth of Thunder Bay.



Lauren Differ Saxberg

Lauren is a highly talented and self-motivated youth who joined the Kam Valley Fiddlers first as a student, then a performer and for the past two years as a teacher. She is dedicated to her music and has a well-developed work ethic: she has rarely missed a rehearsal and never missed a performance. She quickly establishes a rapport with younger students, while expanding her own musical repertoire with the tutelage of international musician, Pierre Schryer. Lauren has been accepted as an undergraduate at the University of Toronto and will be greatly missed by the Kam Valley Fiddlers.

Owen Bai

In the past three years, Owen has volunteered more than 700 hours for 11 organizations. In addition to volunteering at Sir Winston Churchill CVI, Owen has devoted his energy to the Thunder Bay Regional Health Sciences Centre, Fort William Rotary Club, Heart and Stroke Foundation, Lakehead University, Superior Science Camp, Thunder Bay Multicultural Association, Lakehead Adult Education Centre Mandarin Chinese Class, Thunder Bay Boys and Girls Club, Equality Rocks Choir, Fort William Historical Park, and Operation Eyes Wide Open Cadets Canada. Owen is a skilled, ambitious, energetic, enthusiastic and talented young man.



Erica Wdowiak

For Erica, volunteering is a way of life at church, school or in the community. Throughout her four years at St. Patrick's High School, she has accumulated more than 1400 hours of volunteer work in the community as well as participating in school band and drama productions. She taught Sunday School and Vacation Bible School for Calvary Lutheran Church, was Junior Counselor at Aurora Lutheran Bible Camp, was a day camp leader for Evangel Church, and an assistant with the Vacation Bible School for Christ Lutheran Church. In the community, Erica has performed and helped younger dancers with the Zorya Ukrainian Dance Association, and she has assisted preschool children at the Step by Step Child Care Centre.

