

2010 Good Citizen Award Recipients

Sandy Axent

Sandy is a dedicated volunteer with the Thunder Bay Therapeutic Riding Association. She has a special talent for working with autistic children as they experience horseback riding. Sandy is the Association's secretary and always steps up to volunteer for new projects. Sandy is a kind, caring and committed volunteer.

Janis Beebe

Janis has been a volunteer with the Thunder Bay Regional Health Sciences Foundation for 10 years. Her work on the Board of Directors, as Chair of the special Events Sub-Committee, support of individual events – including the Save a Heart Ball – make a world of difference to the Foundation. Janis' passion for improving healthcare in Northwestern Ontario shines in all her work for the Thunder Bay Regional Health Sciences Foundation.

Tina Bucknell

Tina serves as treasurer for the Ladies Auxiliary of the Oliver Road Community Centre and volunteers for the Centre's various events and activities. Tina is also a 15 year member of the Thunder Bay Museum, serving on their Board and fundraising committee.

Laura Butler

Laura has been a volunteer at Pioneer Ridge Home for the Aged since 1994. She was instrumental in setting up the Family and Friends Advisory Committee which she co-chaired for 10 years. Laura is also a volunteer of the Soroptomist Society and past president of the Memorial Society of Thunder Bay.

Dave Knutson

Dave has served as a member of the City of Thunder Bay Heritage Advisory Committee for the past 10 years. Since 2004 he has served as the Chair of that Committee. His leadership in the preservation of heritage buildings has provided the community with a thoughtful, informed approach to renovation and restoration. Thunder Bay is fortunate to have such a strong advocate for community heritage.

Lynda and Barry Lahteenmaa

Lynda and Barry are active volunteers at Hogarth Riverview Manor – instrumental in bringing the “Gardens” back to life. Their mission has been to involve residents in making the gardens a place for all to enjoy. While Lynda teaches and demonstrates and chooses the right plants for the gardens, Barry is self-directed, picks up his tools and off to work he goes. In addition to their beauty, the gardens contribute to improved physical, social, mental and spiritual health.

Joan Loftus

Joan has been a dedicated volunteer of St. Joseph’s Hospital for the past eight years, and is past president of the auxiliary. She volunteers at the Thunder Bay 55+ Centre, as well as being past president of St. Margaret’s church C.W.L. and assisting in church fundraising activities. Joan’s contributions and commitment to St. Joseph’s Hospital and the community are greatly appreciated.

Ken and Denise Carroll

Ken and Denise, the “Rusty Notes”, have been entertaining Thunder Bay and the surrounding area for the past 7 years. It all began with Ken bringing his Karaoke machine and a variety of music to Pioneer Ridge. The residents at Pioneer Ridge look forward to their visits. Ken and Denise now volunteer their time entertaining for nursing homes, 55+ Centers and supper clubs all the way from Thunder Bay to Tennessee.

John Ellsworth

John has been a volunteer on the Port Arthur Curling Club Board of Directors for 10 years, the last two as President. John has taken the lead on many bonspiel committees, the most recent the 2010 Scotties. With his team of volunteers, John led the way in hosting the most successful event the club has ever held. Thunder Bay is fortunate to have the commitment, passion and selflessness of citizens like John Ellsworth.

Paddy and Rosemarie Fuchek

For over 22 years, Rosemarie and Paddy have organized and run The Grand Portage Casino Senior tenpin program at Mario’s Bowl for all citizens over fifty. They also organize golf tournaments and day trips and the year end award banquet for the seniors. They have created a welcoming, fun and competitive atmosphere for all the participants no matter how well they play the sport. Their dedication is very much appreciated by all who belong to this fun program.

Glenys Huskie

For the past 15 years, Glenys has been a dedicated volunteer at the Herb Carroll 55 + Centre, serving on the Board of Directors for the past 10 years. She is the convener scheduling and training volunteers for the Host/Hostess program as well as assisting with the Centers projects and fundraising events. Glenys is also involved in other organizations such as the Canadian Militia, Humane Society, Alzheimer's Society and Sibley Township Waste Management.

Jil Meyer

Following retirement from the Ministry of Community and Social Services and the Municipality of Greenstone, Jil Meyer began her volunteer career with CNIB in December 2005. She has contributed her professional experiences, competence, commitment and knowledge to support CNIB's volunteer services and fund development initiatives. Jil is admired and respected by the management and staff of CNIB and is truly a special part of the team.

Sets Oda

Sets has been an active volunteer with the West Thunder Community Centre for 15 years. She is also a dancer with the Japanese Cultural Association and is a regular dancer at the Folklore Festival. She also volunteers at her church in entertainment, bazaars, and teas. An accomplished knitter and seamstress, she spends hours making beautiful items of clothing and then donates these creations to volunteer groups to assist with their fundraising. Seta is a most valued volunteer, worthy of this award.

Paul Olsen

Paul has been a dedicated member of the Kiwanis Club of Thunder Bay for over 15 years. He has served on Board of Directors, chaired the Nevada Committee and contributed countless hours in other fundraising events. He has also volunteered for the Thunder Bay Art Gallery, Easter Seals, Arthritis Society, and the George Jeffrey Children's Fundraising Events. Paul Olsen is a dedicated volunteer who works for the benefit of the citizens of our community.

Larry Perrier

Larry began volunteering at St. Andrew Dew Drop Inn in 1999. He is so conscientious; he comes in every day, seven days a week. In his position of supervisor of volunteers Larry coordinates and trains the volunteers needed to run the Dew Drop Inn 365 days a year. Larry is caring, compassionate and dedicated to the volunteers and the service that they provide.

Thunder Bay Police Pipe Band

For 25 years the volunteer members of the Thunder Bay Police Pipe Band have dedicated their time and energy to learn the most difficult of instruments and to practice weekly. Members of the band have performed for all ages of students to educate and promote the Scottish cultural heritage. The band has played at numerous charity events in Thunder Bay. Their enthusiasm and dedication has led to invitations to perform at such prestigious international and national venues as well as closer to home in the surrounding communities and the northern states.

Victim Crisis Assistance and Referral Service Volunteers

Victim Crisis Assistance and Referral Services (VCARS) is a 24 hour, 7 day a week service providing free, immediate, on-site assistance to victims of crime or tragedy. VCARS volunteers provide extraordinary support within the Thunder Bay community and surrounding area. Over 40 volunteers log in over 30,000 volunteer hours a year! The VCARS volunteers have supported those within our community through their most difficult and vulnerable moments.

Denise (Dee) Polowski

Dee has been a volunteer for Knox United Church for most of her adult life. She has helped on many committees, most recently on the 100 year Anniversary Committee. She has been a volunteer with the Association of Early Childhood Educators in Thunder Bay for at least 10 years serving on the Executive of the Association for over 5 years. Dee has also mentored many Early Childhood Educators through a certification process that furthers their education in the field of ECE.

Karen Pontello

Karen volunteers for the Brain Injury Association of Thunder Bay and area. As a board member, she has been a driving force in a number of initiatives, one of which is the Community Garden, and has spent countless hours developing innovative ways to serve brain injury survivors in Thunder Bay.

Lynda Roussel

Lynda coordinates the Hospice Northwest Palliative Care Program and a group of volunteers in one of the long term care facilities. They offer palliative care support to those who are in the final stages of their lives and those who are not expected to recover from illness. As well as being an active volunteer supporting the clients of the program, Lynda manages referrals and liaises with staff, family members and residents to ensure compassionate and comprehensive end-of life care. Lynda believes that it is an honour to help people during this part of their lives.

Robert (Rob) Speer

Bob has been a relentless and invaluable volunteer of George Jeffrey Children's Centre (GJCC) for many years. Since 1999, Bob has served as Chair and President of the Centre's Board of Directors. In addition to this, in 2005, when the Centre realized the need to form a Foundation to steer its fundraising efforts for its newly constructed building, Bob also volunteered for and was elected to the position of Chair of the George Jeffrey Children's Foundation Board of Directors. Spearheading the Foundation board, Bob's vision and hard work was instrumental in helping to raise the \$4.5 million that was needed to fund construction of the Centre's new facility.

Kathy Van Vliet (In Memoriam)

Kathy was a volunteer with the Children's Aid Society of the District of Thunder Bay for the past 10 years. She contributed over 423 hours of service with the Christmas programs, assisting with hamper deliveries and as a special friend volunteer for the agency. Kathy brought a passion to her volunteer work that was contagious and affected all who worked with her. Kathy also sat on the Volunteer Advisory Board assisting with planning volunteer recognition events, ways to improve service to the families and suggesting new programs. Kathy was an inspirational volunteer, dedicated to helping others and improving their quality of life. Sadly Kathy passed away following her nomination for this award.

Wendy and Brian Vistorino

Wendy and Brian have been outstanding volunteers at Grandview Lodge. Wendy began volunteering with friendly visiting 13 years ago. Brian often joined her on her visits then formally joined Grandview volunteers 6 years ago. They treat the residents they visit as their own family and celebrate many occasions with them. Their caring, friendly and kind natures endear them to the residents they visit and also the staff.

Chaban Ukrainian Dance Group of Thunder Bay

Celebrating its 30th anniversary this year, the Chaban Ukrainian Dance Group of Thunder Bay is known throughout the community for its volunteer contributions during the past 3 decades. Chaban is an outstanding group of dedicated and talented citizens, sharing their heritage and culture through the beautiful art, music and athleticism of Ukrainian dance. Thunder Bay has truly benefited from the teaching and performing of these volunteers who are dedicated to sharing the art, music and athleticism of Ukrainian dance.

Kiwanis Club of Westfort

For over 55 years, The Kiwanis Club of Westfort has supported many causes in Thunder Bay. The Kiwanis members donate countless hours toward fundraising events that in turn benefit the whole

community. Organizations such as the Kiwanis Playcare Centre, George Jeffrey Children's Centre, Thunder Bay Food Bank, Shelter House, Dew Drop Inn, Salvation Army, have benefited from the proceeds from the hard work of the Kiwanis membership.

North McIntyre Recreation Centre Ladies Auxiliary

The Ladies Auxiliary of the North McIntyre Community Centre are an exemplary group of women who have spent unlimited volunteer hours over 20 years assisting with the growth and sustaining of North McIntyre Recreation Centre in order to help others enjoy life's activities. Their ongoing dedication to providing activities and events for all ages has made a great contribution to the community.

Principe Di Piemonte Society Ladies Auxiliary

For 28 yrs, the ladies of the Auxiliary touched the lives of people living with diabetes and their families. They have dedicated approximately 600 volunteer hours each year toward organizing and running their annual Primavera Tea and then donate the proceeds of the tea to the Canadian Diabetes Association. These proceeds are used to provide education and support to persons with diabetes.

2010 Spirit of Thunder Bay Award Recipients

Mattie and Gilbert (Gib) Adams

Mattie and Gib have been active volunteers at Volunteer Pool since the late 1950s. They have served as Board members, as Directors and President, devoting a tremendous amount of time and energy for so many years. Mattie continues to care for the centre as if it were her home and runs many of the day to day operations that make the centre a viable organization. Gib took on the lead role in gathering volunteers in the early 1960s to hand dig what is now Volunteer Pool. He was instrumental in helping to build the facility that enclosed the pool as part of the community centre. They both were always there for any kind of fund raising event, whether it be bingos, spaghetti dinners, children's skating or hall events. The neighbourhood and the community are very grateful to these two wonderful people for their ongoing contributions.

Robert Bradley

For over 20 years, Robert has demonstrated outstanding leadership, innovation and meaningful volunteer contribution in Thunder Bay. Of particular note are his contributions to cross country skiing starting in 1988 when he served on the executive of the Thunder Bay Nordic Trails. During his tenure on the board he was the volunteer coordinator and served on the fundraising committee, chalet building committee and the liaison committee with Big Thunder. Since 2000 he

has been actively involved with the Jack Rabbit program at Kamview in many capacities. Robert has demonstrated his leadership skills and innovation by spearheading the design and construction of the “maze” and most recently “animal track.” In addition to his involvement at Kamview, Robert has been a volunteer with the Sibley Ski Tour, now the Sleeping Giant Loppet. From 2002-2005 Robert was a coach with Volunteer Pool Soccer and provided off ice backup to coaches with the Thunder Bay Speed Skating. As well he has been an active canvasser for Multiple Sclerosis Society, Heart and Stroke Foundation, the Canadian Cancer Society, volunteered with the Diabetes Association with the Camp Firefly program and served as Council chairman and youth group leader at Our Saviour’s Lutheran Church. His commitment and dedication truly demonstrate that Robert is worthy of a Spirit of Thunder Bay award.

Fred Bragnalo

Fred has volunteered for many years with the Metro Council of the Royal Canadian Legion. His efforts have also significantly enhanced the opportunities in sport for the youth of Thunder Bay. For quite a few years, Fred was on the executive of the District 3 Little League Baseball Association. Along with others, Fred was the driving force and innovator of the Sports Celebrity Dinner and was the Dinner Chair for over 25 years. Money raised from this event helped offset the cost of youth sports leagues sponsored by the Legion. Fred was also instrumental in establishing and developing the Northwestern Ontario Sports Hall of Fame which preserves our rich sporting heritage and honours citizens who have made a significant contribution to our community. Fred has been inducted into the Hall of Fame. Fred is now working on the erection of a memorial wall that will honour those from Thunder Bay who have given their lives while serving in our military forces.

John Collins

John is celebrating his 32nd year as a member of the Kiwanis Club of Westfort. He has served five terms as President and has won the Distinguished President Award. John was the Lt. Governor for the Western Region and was the Western Canadian Representative to the Kiwanis International Foundation located in Indianapolis, Indiana. John has volunteered in numerous other Kiwanis projects, acting as chairman for such events as the Kiwanis Playground Centre, Father’s Day Motorcycle Raffle, Hymers Fair food booth, and the Kiwanis Christmas Tree Lot. John’s contribution to our community also includes supporting many sports teams as well as such agencies as the George Jeffery Children’s Treatment Centre, the local food bank, and Shelter House. John is a most worthy recipient of the Spirit of Thunder Bay Award.

Nancy Elmslie

Nancy is a dedicated community minded volunteer whose sole passion in life is service to others. For 44 years she has been a leader in hospital volunteering beginning with the General Hospital of Port Arthur and then with Thunder Bay Regional Health Sciences Centre. In 1985 Nancy was

honoured locally with an Auxiliary Life Membership and in 1995 a Provincial Life Membership from the Hospital Auxiliaries Association of Ontario. Nancy has also been very active in St. Paul's United Church currently organizing a monthly education session and luncheon for senior ladies. She is also an active and enthusiastic member of the Sounds of Superior Chorus – Sweet Adelines International. The words “kind”, “sincere”, “thoughtful”, and “wise” describe this woman who truly cares about people and always reaches out to lend a helping hand.

Bob Foley

Bob has been an active member in a volunteer leadership role for Trinity United Church, Thunder Bay Kinsmen K40 club and the Industrial Accident Prevention Association. In 1982, Bob joined the Lakehead Shrine Club and has served as Club Secretary, Circus Secretary, Drill Patrol Unity President, and Lakehead Shrine Club President. Through Bob's efforts, particularly his fund raising and administrative skills, it has been possible for the Lakehead Shrine Club to fund transportation for hundreds of children from Thunder Bay and Northwestern Ontario to Shrine Hospitals and Burn Centers throughout North America where they receive medical treatment at no cost to their parents. In recognition for his service in 2009 Bob received a 40 year volunteer award from the Province of Ontario.

Laura Fralick

Laura has been an active volunteer in a variety of capacities over many years. Most recently she has been tireless in her promotion of the realization of the Lake Superior Discovery Place project since its inception in 2005. Laura has volunteered with the PARO Centre for Women's Enterprise for over 8 years serving on the boards and with various advisory committees. As a Host Ambassador for the Thunder Bay Multicultural Association, she assists newcomers adjust to life in Canada and particularly in Northwestern Ontario. With the Thunder Bay Institute of Professional Advisors, Laura enjoys serving as a mentor for young women starting out in their careers. Laura is also a volunteer for St. John's Anglican Church, sitting formerly as a Council member. Laura's capacity for caring and helping serves as a terrific role model for people of all ages.

Kay Geravelis

Kay has been a part of the Vale Community Centre for 36 years. She is there every day, sometimes starting early in the morning to open for the Breakfast Program. She also steps in and cooks so the children do not go hungry. Kay also volunteers to help at the Wednesday Hot Lunch Program. If there is a job to get done, Kay can always be counted on to lend a hand. If you visit the Vale Community Centre and Kay is not there, then you know she must really be under the weather. The number of lives she has had an impact on are far too numerous to count. For 36 years Kay has made an outstanding contribution to our community and is most deserving of the Spirit of Thunder Bay Award.

Len Godwin

Len has been involved with the Scouting movement with the 16th Fort William Scout Troop for more than 30 years. His interest in and support of the youth of Thunder Bay has been without bounds and has been an inspiration to other adult volunteers. He works hard to ensure that the leadership and programs being offered are both effective and efficient of volunteer time. His encouragement and involvement in offering a supportive training program for all volunteers is outstanding. He has also attracted and retained an active parent association to provide administrative & financial leadership. He has also adapted a fundraising program consisting of the manufacturing and selling of winter sand bags by the Scouting youth. This program helps the youth experience the direct benefit of their own efforts and labour and minimizes the need for other fundraising ventures that take valuable time away from program activities. In a large youth program such as that which Scouts Canada offers it is important to be patiently dynamic, adapting and evolving to youth interests, needs and skill sets which change annually. Len Godwin has always insisted on the motto "Always only the best".

Susan Imperius

Sue has been devoted to St. Joseph's Care Group since 1973. She started volunteering in pastoral care and with the rheumatic disease program at St. Joseph's Hospital. Currently Sue volunteers every Friday with the Adult Day Program in the Manor House at St. Joseph's Heritage. She assists clients with Alzheimer's disease or related dementia with a wide variety of activities. She patiently helps them in communicating and working on their tasks. She has brought humour and many smiles to those in the program. Sue is also a hospice volunteer and sits as volunteer representative for St Joseph's Heritage on St Joseph's Care Group Volunteer Services Advisory Committee. Sue has truly touched so many lives over her 37 years of volunteering with St. Joseph's Care Group.

Viola Inkila

Viola started dancing with the Finnish Folk Dancers Kiikurit in 1970. She was one of the members of the first group in Thunder Bay and is still dancing and performing with them today. In addition to performing at many activities with Kiikurit, she has also done Irish tap dancing and sings with the Finnish Female Choir, ORAS, as well as the Silver Sound Choir at the Thunder Bay 55+ Centre. For 40 years, Viola has provided entertainment and promoted the Finnish Culture locally as well as outside Thunder Bay. She is an inspiration to this community and all who know her.

Elsie Koivisto

Elsie has been an active and dedicated volunteer at the Thunder Bay 55 + Centre for the past 10 years. Her involvement has included fundraising for the Centre, special events and organizing the bus to Grand Portage from the centre once a month. She was part of the Cando Players and the

Saints; a shopper for Christmas cheer and in earlier years volunteered at the Port Arthur General Hospital's gift shop and at the Shelter House. She is a life member of the Ladies of the Moose, the Eastern Star and the Ladies Auxiliary Branch 5 of the Port Arthur Legion. Today, at almost 95, Elsie sings in the Interlink choir, works at bingos, luncheons, teas and banquets at the Legion, the Moose and the 55 Plus Centre. Elsie's commitment and enthusiasm for volunteering is a wonderful example for all generations in our community.

Roy Lamore

Roy has been a member of the Port Arthur Branch #5 Royal Canadian Legion for 66 yrs, serving as President of Branch #5 for 17 years, Royal Canadian Legion Zone commander for 10 years and R.C.L. Correspondent for 23 years. He refereed and worked the lines in the Thunder Bay Hockey Association for 40 years. Roy also umpired Little League Baseball and Men's Fastball and coached Ladies Fastball (Northshore Hotel) winning the City Championship 5 times. He also took that team to the Western Finals in Winnipeg. Roy has also been involved as a volunteer with CNIB. He has received many awards for his volunteer service and dedication including Sportsman of the Year from Port Arthur Branch #5 Canadian Legion; the Royal Canadian Legion Meritorious Service Award and in May 2000 the highest award in the R.C.L – the Palm of Leaf. Roy is truly deserving of the Spirit of Thunder Bay Award.

Frank Macdiarmid

Frank is currently the treasurer on the Board of Directors of the Thunder Bay Food Bank and has contributed countless hours on behalf of that organization. He is also on the Board of Directors of Trinity United Church and has served in various capacities on this board for over 20 years. Frank has also served on Boards for the Nishnawbe-Aski Development Fund and the United Way, where he was President for four years. Frank loves the natural beauty of Thunder Bay and ensures the preservation of this beauty by making his daily sun rise walk through Hillcrest Park cleaning up debris left by others. His visits to the Mission Marsh always include bringing a garbage bag for the litter he collects in the conservation area. Frank's commitment to his community includes his neighbourhood as he often found mowing someone's lawn, helping with gardening or doing other chores that a neighbour may not be able to do. Frank embodies all that it means to be an outstanding citizen and is a worthy recipient of the Spirit of Thunder Bay Award.

Rudy Maronik

Rudy began volunteering at the Canadian Lakehead Exhibition 25 years ago. He served in the position of Associate Director for many years and then advanced to the position of Director on the C.L.E. Board. He served for many years in the position of Vice President of Buildings and Grounds. Rudy has spent countless hours volunteering on many of the C.L.E. different working committees. At present he is serving as Chairman of the Cooking Show, an annual event held each August at the Canadian Lakehead Exhibition.

Bonnie Paajanen

Bonnie's many years of outstanding leadership and commitment in Thunder Bay have enriched the lives of many young people. For 23 years, Bonnie served as a Board member with the Thunder Bay Figure Skating Club. She has also served on the North West Ontario Board as Treasurer and on the larger Section Board. She chaired many competitions in Northwestern Ontario and was hostess for Skate Canada competitions in Thunder Bay. Bonnie has received awards from Skate Canada for her dedicated service and volunteering including the Skate Canada Volunteer Award of Excellence for devoted service 1973-2002. Bonnie was actively involved in Scouting leadership at St. Michael and All Angels Church for 12 years as well as a volunteer at CD Howe Elementary School as President and Treasurer of the Parent Association. She coached 3 pitch baseball, track & field, for 12 years. She still volunteers at St. Pius X School teaching sewing and making teddy bears. In 2004, and then in 2009 she co-chaired the 75th and 80th anniversary celebrations of Hillcrest High School. Bonnie has provided committed and enthusiastic volunteer leadership in our community for almost 40 years

Doris Pomanti

For the past 26 years, Doris has been a devoted member of the Auxiliary to St. Joseph's Care Group. She continues to be an active participant in most fundraising activities sponsored by the Auxiliary assisting in many different areas including baking, jewellery donations and even modeling in fashion shows. Doris received her life membership from the Auxiliary in 2000. In 2009, at a special awards ceremony Doris received life membership from the Hospital Auxiliaries Association of Ontario, in recognition for her leadership and volunteering efforts. Her care, compassion and commitment contribute to the success of the Auxiliary and make Doris most deserving of the Spirit of Thunder Bay Award.

Carolyn Syvitski

Carolyn recently received her 30 year service award from the Amethyst Trefoil Guild of Girl Guides of Canada. She started work in the Youth Units which provided many enrichment opportunities for both the girls and the leaders. Later she became a member of the local Council including a term as Division Commissioner. Most recently, Carolyn has served as the President, acting as the liaison between the local Guild and the Provincial & National offices. Throughout all of Carolyn's 30 years of service, her upbeat enthusiasm has been a true attribute. Recently, there have been many organizational changes in Guiding. As they work through these changes, Carolyn continues to present issues fairly. Her personal and organizational skills and fair-mindedness are admired and respected by all who serve with her.

Katie Zuber

Katie is one of those people that love to be busy and helpful. Some of her volunteer commitments over the past 20 years include Thunder Bay Community Bingo, Advertising Committee and Vice President of Sponsors Association; Judge for Annual Business Awards for Thunder Bay Chamber of Commerce; Director and Chair of marketing and advertising committee for Heart of the Harbour BIA; awards committee for Thunder Bay Business Womens Network; and Chair of Advisory Board for EcoTourism and Travel Program at Confederation College. She has also volunteered for large fundraising events for the Thunder Bay Regional Health Sciences Foundation. The M.S. Society, Wesway, and Chaban Ukrainian Dance Group, Thunder Bay Multicultural Society, Canadian Hearing Society, Lions Club and Boys & Girls Club have also found her a very enthusiastic volunteer. She also managed and coached as well as fundraised and worked on a yearly tournament for Thunder Bay Women's Hockey project activities.

2010 Youth Award Recipients

Kayla Berst

Kayla, a third year student at Lakehead University, has a goal of pursuing a career as a physician. She currently volunteers at the TBRHSC (emergency room liaison) and as part of the stroke recovery patient liaison program. At L.U. she participates in province wide research and promotes a campus campaign which aims to reduce smoking rates among fellow students. She has also coordinated community wide tobacco free initiatives.

Colton Burdick

Colton already has an impressive history of volunteering. His volunteer contributions include: helping with pancake breakfasts and bingos, helping with parking at the Murillo Fair, collecting garbage (with the Scouts), planting trees at the new city dump site, and volunteering at the Recreation Centre (collecting garbage, doing dishes). Colton is a very hard working young man. He is only in grade 10 and has accumulated over 500 community volunteer hours.

Cynthia Khaper

Cynthia has been a volunteer with the Canadian Diabetes Association since April 2007. Her roles have included everything from putting up displays at different events, assisting with presentations, and assisting with ticket sales for various fund raising events. Cynthia was also a committee member for the 2008 Youth Event, and in 2009, worked the registration desk at the Diabetes Expo. She was the display attendant at the Youth Volunteer Fair at the Thunder Bay District Health Unit and a youth team member with the Canadian Diabetes Association. Cynthia is always willing to lend a hand where needed.

Janine Landry

Janine, a 19 year old student at Lakehead University, has been active with the Thunder Bay Metis Council and Community for the past two years. Janine has been an ambassador for Thunder Bay, representing youth, across the province at Annual Assemblies as well as at youth and elder meetings and workshops. She was chosen to be one of only 11 aboriginal youth flame keepers with the Olympic torch relay. Unlike the standard torch bearers, Janine's journey began in Fredericton, New Brunswick on November 22nd and ended in Winnipeg on January 5th. Janine is such a positive role model not only for Metis youth but for all youth in Thunder Bay and across the country.

Andrew and Allan McCutcheon

Andrew and Allan are nominated together as it would be difficult to separate their service to Scouting, as they do everything together. Over the past two years they have volunteered many, many hours at the Dog Lake Cabin helping restore the cabin. They volunteer at Grey Wolf Scout Camp doing general maintenance and helping with the Beaver & Cub spring and fall camps. For Andrew and Allan volunteering is now a big part of their lives.

Elizabeth Nucci

Elizabeth has been very involved in a variety of volunteer positions and has amassed over 850 community hours. She has volunteered with the Canadian Cancer Society, the City of Thunder Bay, the Dragon Boat Festival, and St. Anthony's Church. Her church youth group raised over \$15,000 in two years to build a school in a third world country. Elizabeth is a hard working and selfless young lady who loves to help others.

Niharika Shahi

Niharika is a student in the International Baccalaureate Program at Sir Winston Churchill High School. She is excelling academically while balancing remarkable community service. Niharika is active with the Youth Volunteer Corps, the Thunder Bay Multicultural Association and most notably, the India Canada Association. This has allowed her to share aspects of her own heritage with others in the community and at her school. Niharika truly believes in the value of giving back to her community and is a worthy recipient of the Citizen of Exceptional Achievement Youth Award.

Thunder Bay Police Youth Corps

The Thunder Bay Police Youth Corps consists of teens between the ages of 13 to 19. They are instructed in all aspects of policing through volunteering with the various police agencies in addition to Corrections and the Ministry of Natural Resources Law Enforcement. The cadets are

learning at an early age how to be contributing members of our community and the importance and rewards of volunteering. “Lead by example” is the standard to which they aspire and definitely live up to.