

2014 Good Citizen Award Recipients

Mary Ann Alexander

Mary Ann Alexander is an active member of the Ladies Auxiliary of the Oliver Road Community Centre. She has been involved in the many activities the auxiliary provides at the Centre: Christmas Tea and Bazaar, the Children's Christmas Party, the annual Winter Carnivals, and canvassing for prizes for penny auctions to name a few. Mary Ann served on the Board as the Vice-President. She is an asset to the organization, volunteers her time, skills and ideas for the success of special events held throughout the year.



Brenda Barradell

Brenda Barradell is a Direct Service volunteer with the Thunder Bay and Area Victim Services. She provides emotional support and practical assistance to victims of crime or tragic circumstances and their families. She is extremely supportive, has a positive attitude, and can always be counted on in times of need. Brenda makes a significant contribution to the regular meetings and training opportunities by sharing her knowledge of community resources. Brenda is an exceptional role model for the volunteers.



Ashley Buitenhuis

Ashley Buitenhuis has been volunteering for the Children's Aid Society of the District of Thunder Bay for the last five years. While completing her degree in psychology, she began volunteering to gain experience in the field of Social Work. Ashley has also been volunteering as a "Recreational Buddy". Meeting faithfully with the children each week, they began to open up, trust her and talk to her. She is very happy with the time she spends with Children's Aid Society and the parents of the children said "it was nice to have someone take the children to places like Mount McKay and Fort William Historical Park". In addition to the Children's Aid Society, she also volunteers with Thunder Bay Street Reach, the Special Olympics and their "Have a Go" event. In this role she assists school children as they partake in different sports in the Special Olympics. Each volunteer experience has brought her joy and happiness which results in personal growth and development. Ashley hopes to make a difference in Thunder Bay for many years to come, and that her experience can help guide others who are looking to help organizations in the city.



Mary Ann Chubak

Mary Ann Chubak is a dedicated member of the Helping Hands Auxiliary to Pioneer Ridge Home for the Aged. When Mary Ann's mother became a resident, she joined the Auxiliary to help enrich the lives of all who live there. Within a few years, she was elected as Recording Secretary, a position she holds to this day. Mary Ann is renowned as a baker, and fellow Auxiliary members vie for her Christmas cakes and trays of cookies at special events throughout the year. Mary Ann has also made a significant volunteer contribution as a long- standing member of Beta Sigma Phi, and as a fund raiser for the Art Gallery, the Heart and Stroke, Diabetes Associations, and the Kidney Foundation. Mary Ann brings generosity and wisdom to volunteerism in Thunder Bay.



Sharon Corston

Sharon Corston has spent over ten years contributing and giving back to the community. She is currently the Treasurer of the District 8 Special Olympics, Secretary-Treasurer of the Thunder Bay District Women's Institute and Sunday School teacher at St. John's Anglican Church. As a volunteer, she has contributed to developing sports for local developmentally challenged athletes and to spiritual health through her involvement with the Church. In addition to the numerous organizations with which she is involved, Sharon is with the Lakehead Social Planning Council (LSPC) as Coordinator, Trainer and Leader of the Community Volunteer Income Tax Program (CVITP). She has been the coordinator for this service for the last five years, and has recruited, trained and spent hours dedicated to improving a team of over 12 volunteers who have helped to improve the quality of life for many living in Thunder Bay. Her commitment and desire to positively impact her community is demonstrated on a daily basis.



Gloria Cyr

Gloria's drive to better herself and the community has touched the lives of many. She has played a key role in many organizations where her direction and leadership have been recognized. Her resume includes: Board member of the Disaster Relief Committee, Director and President of the Thunder Bay Art Gallery, Board member for Confederation College, volunteer with YES Employment Services, and the United Way. These positions take time and dedication, something that Gloria exudes. Her passion, leadership and willingness to assist have helped to improve the quality of life for many in Thunder Bay.

Paul Fitzpatrick

As the Chair of the Exceptional Cancer Care Campaign, Paul Fitzpatrick has touched the lives of the whole community with his dedication and passion. His leadership has been instrumental in raising 59 million dollars to help achieve the goal of providing the best treatment options for

Thunder Bay and the region. Paul has shown innovation and dedication and is always the first to help out with presentations to many community groups and events on behalf of the Campaign. Paul is truly someone you can count on. He has spent countless hours, weeks and years raising money so families can have the best possible care.

Mary Heaslip

Mary Heaslip volunteered for the last five years for St. Joseph's Care Group, Hogarth Riverview Manor, home to 96 residents. She has her own team from St. Dominic's Parish that come in weekly to organize and prepare the chapel for the services. The residents look forward to attending the services with the volunteers. The team also volunteers at St. Dominic's Parish with all their activities. She promotes the mission of St. Joseph's Care Group with care, compassion and commitment. It is wonderful to see the benefits and impact on the residents.



Kevin Herman

Kevin Herman has been volunteering weekly in the Rehab Transport Service at Thunder Bay Regional Health Science Centre for the past five years. He comes in each week and cheerfully takes patients to and from physio appointments within the facility. Both patients and staff benefit from his warm and caring nature. Kevin has an added interest in training, and for the past year has conducted new volunteer orientations. He takes his role seriously and ensures that each volunteer is given a thorough orientation. Kevin has also been actively involved with the Foresters, Lakehead Satellite Group. He is currently Branch Vice-President, North Canada Region. The Volunteer Program at the Health Sciences Centre has benefited greatly from Kevin's expertise, knowledge and generosity.



Helen Hirvasoja

Helen Hirvasoja is an outgoing, positive and friendly individual, offering support, companionship, and encouragement to clients of the Lakehead Psychiatric Hospital. She started her volunteer experience with mental health clients at People Advocating for Change through Empowerment (PACE) many years ago. PACE is a consumer survivor initiative which is different from traditional mental health services. It is run by, and for people with lived experiences in the community. Helen spent many hours of training to become a certified Peer Support Specialist. She volunteers for the Mental Health Out Patient Program and provides socialization opportunities and mental health education. Helen is caring, compassionate and committed to volunteering to support her peers. She is an active member of the Ontario Association of Patients Council. Helen is part of the Healthy Foundations Team which is comprised of Social Worker, Dietician, Therapeutic Recreationist and Peer Support Specialist, who meet with clients once a week to support them. She is in the process of developing a Drop-Inn for mental health out-patients.

Dr. Yaoge Huang

Dr. Yaoge Huang, Master of the Lakehead Chinese Music and Dance Group, introduced the unique Chinese musical instrumental Erhu a Chinese two stringed violin to the city of Thunder Bay and its residents. He and his students have volunteered hundreds of hours playing Erhu for events, festivals, seniors' homes and schools since 2007. You might have seen Dr. Huang and his students performing at Thunder Bay Chinese Cultural Association (TBCCA) Chinese New Year Banquet, the City Peace Bell Ringing Ceremony, Folklore Festival, Intercity Shopping Mall and some parks in the summer. A professional pianist praised Dr. Huang's Erhu music as "music from the heaven". Dr. Huang established the Lakehead Erhu Music Group in the year of 2007. The group currently has around ten members who are actively involved in many cultural, musical, or fundraising activities sharing Erhu music with the people of Thunder Bay.



Ruth Hyatt

Ruth Hyatt is an incredibly selfless person who brightens the lives of everyone she meets through her dedicated volunteer work. Ruth, who is affectionately called "Grandma Hyatt", has an amazing sense of empathy and integrity which guide her through life. Her passion and compassion are evident. Ruth has been a long-time supporter of the Canadian Cancer Society, helping with many fundraising events, including the Relay of Life. For many years, Ruth worked tirelessly to raise the awareness about organ donation in our community through her work on the Run For Life organizing committee. Ruth will always say "yes" to someone in need. She has dedicated hundreds of hours volunteering for Kitty Care, the Heart and Stroke Foundation, the Crohn's and Colitis Foundation, the Fort William Kinettes and many more. At 78 years young, Ruth is a remarkable lady who lives to serve others.



Wendy Landry

Wendy Landry has volunteered at Fort William Historical Park since 2008 as an interpreter, educating others about the fur trade and the contributions of the Aboriginal People. She frequently encourages others and inspires them to also volunteer and make a difference. She has worked extensively with Thunder Bay's youth, often serving as an advocate on their behalf. She has also championed initiatives that strive to improve relationships between Aboriginal and non-Aboriginal communities. This work has influenced many in the Thunder Bay community. Wendy also recruits other members of her family and friends to volunteer at Fort William Historical Park. She devotes countless hours in leadership roles in support of many other organizations such as: Thunder Bay Women's Hockey, Shuniah Youth Center, Metis Nation of Ontario, National Aboriginal Day Committee, Negahneewin College and the City of Thunder Bay Crime Prevention Council and Anti-Racism Advisory Committee. She is a champion for initiatives that strive to improve relationships between Aboriginal and non-Aboriginal communities. She has been an active volunteer in the community since she arrived in Thunder Bay in 1984.



Pat Levesque

Pat Levesque has been a special volunteer at Dawson Court for many years. Pat has been committed to volunteering there since she had a family member live there. She has remained a volunteer and has become great friends with some of the residents. During that time, the residents and the Life Enrichment Department have benefited from her amazing decorating skills, and the Department has never looked so good. This past Christmas she made over 100 scarves which Santa delivered to the ladies on Christmas morning, with the men receiving toques and mittens. The main hallway is filled with pictures called Dawson's Hall of Fame. Pat takes the time to take the pictures and frame them. Everyone takes pride bringing their loved ones into the Home showing them how nice it all looks.



Joy Liggins

Joy Liggins is a long-time devoted volunteer at Pinewood Court, home to 128 residents. She participated in various activities at the home: Mother's Day, Father's Day, Christmas celebrations, on all four units. Lately, she has devoted her time to the monthly resident council bingos that all residents enjoy. When residents see Joy, they connect her to the bingos and serving ice cream. She cheerfully assists the residents to raise funds to purchase their newspapers each day. Pinewood Court residents benefit greatly from the time Joy spends there.



Fran Loney

Fran Loney began her volunteering at the Founder's Museum in 1999. She has also served as Chairperson on the Thunder Bay Museum membership committee which acquired many new members. Her knowledge and generosity has enabled the Thunder Bay Museum to grow, prosper, and increase the Institution's profile in the City. She has also served on the Thunder Bay Historical Society Board of Directors. Many members credit Fran with introducing them to the Museum and creating a greater appreciation of their community's history.



Sharon Mercier

Sharon Mercier is a worker-bee with special skills in advertising and marketing. She is a valuable member of the fundraising committee for P.R.O. Kids. She is always looking for opportunities where P.R.O. Kids can receive donations, for example the proceeds from a Christmas Concert High School. Over the years, Sharon has been involved in many fundraising activities.



Deborah Murphy

Deborah Murphy volunteers at St. Joseph's Hospital as Literacy Coach, helping patients with their needs. She is compassionate and dedicated as friendly visitor to clients who have no family or friends to visit them. Deborah is also a member of the Volunteer Services Advisory Committee at St. Joseph's Care Group. She is a Eucharistic Minister bringing communion to patients who are in the hospital and unable to attend church. Deborah volunteers with the Thunder Bay Multicultural Association, assisting immigrant population and refugees in their first year in Canada. She is committed and generous with her time in helping anyone who needs help.

Arlene Myers



Arlene has volunteered at Wesway for 11 years. Wesway provides respite to Care Givers, who care for people with disabilities. Arlene has been a dedicated community volunteer connecting friends with Wesway participants. She has innovative and creative ideas to support people and to explore different community events and activities. Arlene attends Connectors regularly with participants, and offers to support more people to Connectors. She is very caring and compassionate individual.

Arlene spends many hours helping to find the right individual to assist her clients.

Gail Olofson



Gail Olofson has been a board member, committee member, front-desk volunteer, advertising editor, newspaper contributor and event planner at the Thunder Bay 55 Plus Centre. As a volunteer for over the last eight years, her energy and ideas have made a lasting impact. At the Health Centre she helps seniors find the right classes, gives directions, assists with registrations and provides information to all those who require help. Her attention to detail allows

her to provide people with as much information as possible, helping them with whatever they need. Gail also volunteers with the Thunder Bay Literacy group, and volunteered for Child Find and the Nordic Games. In addition to her dedication, Gail is an innovator, enjoys evaluating projects and events. She was a pivotal part of the first five-day Open House in 2012 at the Thunder Bay 55 Plus Centre. Her time, energy and hard-work helped to make the event a success. Gail has also been coordinating submissions for a monthly feature in the Thunder Bay Seniors Paper "The Friends of the Month". She contributed over 157 hours at the Centre last year.

Karen Poole



Karen Poole has been a member of the Shelter House Board of Directors for the past 12 years. In two consecutive terms, she has seen tremendous growth in the programming and service that the Shelter House has provided the community. In the past years, Karen served as Vice-Chair, offering her support to the Chairperson and guidance to the Executive Director. During that time, Karen saw many milestones. She was involved with facilitating the construction of the new Shelter building, and implementing Kwae Kii Win, the managed alcohol program. She was involved in recruiting a new Executive Director, even though she has a busy schedule working as the Director of the School of Nursing at Lakehead University. Over a six-year span, she managed to raise over \$6500 for the Annual Raise the Rent Campaign. The work she completed on the capital campaign for the new building created much needed awareness for the costs associated with a high-density, quasi-institutional building. Recently, she supported and helped organize the organization's largest raffle, raising nearly \$30,000. Her wisdom, compassion and courage are all evidence of the tremendous value that she brings to Shelter House.

Katherine Poulin

Katherine Poulin joined Hospice Northwest in 2008 as a hospice palliative care volunteer. Over the past 5 years, she has devoted much of her time supporting and advocating for her clients living with a dementia in long term care and in hospital. Katherine is a staunchly client focused advocate who will go to great lengths to ensure that her clients are getting the best palliative care. In addition to providing one to one support to her palliative clients, Katherine also co-facilitates Hospice Northwest's Grief and Bereavement Support Group. Her calm, respectful demeanor and intuitive people skills are ideal for group leadership and fostering peer support among participants. Certified in Therapeutic Touch, Katherine often offers this complementary therapy to assist her clients with relaxation and pain relief. Katherine has recently joined the Hospice Northwest Board of Directors as the Palliative care volunteer representative, to ensure that the interests of our volunteers are factored into planning and decision making at the governance level. Katherine's willingness to share her knowledge and gifts has made her an invaluable asset to the organization.



Ed Trelinski

Ed's time with the Helping Hands Auxiliary for Pioneer Ridge Home for the Aged, has been a family affair for many years. Ed's late wife, Dorothy, served before him and was instrumental in his joining their group in 2005. Ed's work in driving sales of their raffle tickets has been never-ending. Commitments to ticket sales were becoming a greater challenge each year, and Ed led the way. He set up displays and manned them himself. His cheerful personality and enjoyment of meeting people



made him a consummate salesperson. He was solely responsible for selling \$10,000 in tickets over two years. That money went on to purchase a touch screen computer, a desk and 40 memory boxes for the residents of Pioneer Ridge. He continues to search the community for businesses to donate to two yearly bazaars as well as assisting at all the Auxiliary activities. His dedication and devotion is amazing. As such, Ed was presented with the HAAO "Exceptional Service Award" in June.

Matthew Villella



Matthew Villella has worked tirelessly within the community. His volunteering activities have helped numerous people. Whether he is fundraising or participating in events like the Easter Seals Skate-a-thon, Matthew tries to make the lives of people around him better. His dedication is evident in the role he has played in multiple organizations in Thunder Bay. Since 2005, he has been a part of Easter Seals Ontario, Leadership Thunder Bay, and the Friends of Olivia

Foundation in roles of Board Member, Chair of the Board of Directors. His efforts were recently recognized when he was nominated for a NOVA award and won Toastmaster of the Year, 2013.

Jerry (Cyril) Williams

Jerry Williams has shared his energy with the Shelter House for over two decades through various roles, including his courageous leadership on the Board of Directors. Always a champion for the less fortunate in our community, Jerry has steered the organization through pivotal change required to meet growing needs, including acquiring new property, facilitating the build of a new shelter space and most recently, insisting on supporting people in a Housing First model using harm reduction. Jerry's extensive involvement with Shelter House provides him with a



wealth of knowledge that he freely shares with all Shelter House staff and supporters. His passion for the organization is evident as he not only knows the history, but also played an active role in much of it. Along with his support and commitment to Shelter House, Jerry is a long standing member of the Fort William Rotary. The Rotary Club of Thunder Bay is strong supporters of Shelter House, allowing Jerry to integrate both his passions. Jerry's commitment to Shelter means that he is often in the building supporting staff, providing expertise, and guiding the financial management of the organization. His efforts and long-standing service have been a pivotal component in the stability and innovative service delivery that Shelter House offers to the community.

Marnie Wolowich

In 1997, the Zorya Ukrainian Dance Association was formed and Marnie Wolowich decided to put her years of dance experience to good use and became a volunteer dance instructor, which she is still doing today. Marnie has also served as a dance choreographer, and an Executive member serving as a Registrar and Public Relations Director. Her volunteer efforts have helped the Zorya

Ukrainian Dance Association grow into the successful dance group it is today. Marnie is talented, dedicated and an involved citizen of Thunder Bay. As an experienced dancer, she has enriched the community not only by instructing dance but also performing for celebrations such as Malanka (Ukrainian New Year's Eve), Ukrainian weddings, anniversaries and special events. She has been involved with the Folklore Festival, Canada Day celebrations, Old Fort William, CF Telethon, Senior homes, Chippewa Park, Kakabeka Days and "International Days" in area schools. Marnie has written articles submitted to the Chronicle Journal that highlight the Zorya Dance School activities and has also organized display booths, and performances at the Folklore Festival. Marnie has strong volunteer involvement throughout Thunder Bay, making it a better place for all. Her dedication to leadership has definitely provided a meaningful volunteer contribution.

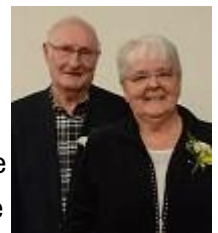
Katie Zuber

Katie Zuber is helpful and loves to be active in her community. She is well-known for championing causes close to the hearts of her family: Thunder Bay Women's Hockey, MS Society, Chaban Ukrainian Dance Group. She has also been a judge for the Thunder Bay Chamber of Commerce Annual Business Awards, taking the duties of Director and Chair of Marketing and Advertising for the Heart of the Harbour BIA, and member of the awards committee of the Thunder Bay Business Women's Network. She canvasses for donations for the "Bachelors of Hope" and Kelly McCracken's "Gold FORE Hope" events. Katie also participates in Thunder Bay Community Bingo. For the past 12 years, Katie has volunteered as the Treasurer of the Chaban Ukrainian Dance Group and has been involved in their fundraising committee. She provides advice and guidance to group performance tour options, group annual budget planning and organizing financial statements on a monthly basis. She is a tireless advocate for Chaban's executive committee and senior group members.



Corpus Christi CWL Funeral Reception Committee

The Ladies of Catholic Women's League (CWL) of Corpus Christi Parish have been providing services for Funeral receptions since 1984. They divide into groups and each group serves for two month period. They set up tables, with tablecloths and all necessary dishes; serve tea, coffee, juice, all food. After serving they also do the cleanup necessary, put away and ready for the next time. Families really appreciate the truly kind and caring service.



Friends of the Manor House

Louise Stoot and Sally McBain are the Friends of the Manor House and they have volunteered at the Adult Day Program for over 15 years. This program is a day respite program for those living with a diagnosis of Alzheimer's disease or related dementia. Every Wednesday Louise assists with the lunch program and Sally shares her musical talents by playing the piano and leads the clients in singing and dancing. They are passionate about the volunteer work they do and have made a long-standing commitment of caring for people living with dementia. Louise and Sally find pleasure in the smiles they share with the staff and clients. They promote the mission of St. Joseph's Care Group with their care, compassion and commitment.



Grandview Lodge Ladies Auxiliary

Grandview Lodge is a long-term care home with 150 residents. Over the years, the Ladies Auxiliary has raised funds to furnish the front lobby, palliative care rooms and the Fireside Dining Room. They have been actively supportive of recreational programs offered in the home including paying transportation costs for residents to go on outings, providing program equipment and running a monthly bingo. They operate the tuck shop in the Home and decorate it with flair for each of the seasons. Their main fundraiser is a yard sale that is held in June. Their compassion and hardworking ethics have enabled them to make a difference in the lives of citizens of Thunder Bay and area. Grandview Lodge residents and family members are indeed fortunate to have this dedicated group of volunteers making a significant, positive impact on the Home.



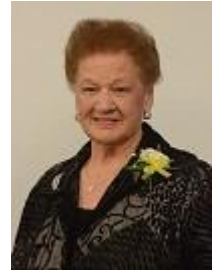
2014 Spirit of Thunder Bay Award Recipients

Judy Anderson

Judy Anderson has been an active volunteer at the Canadian Lakehead Exhibition for 24 years. She has held the executive position of Vice-President of Marketing for 18 years. In 1998, she took the reins of the Home and Garden Show and through her leadership has made this event very successful. Judy spends countless hours working with the C.L.E. Fair Committee to organize the "Kids World" program which provides hands-on, fun activities for children. The "Fall into Winter" Show began in 2011. In 2012, Judy chaired the event and, under her guidance, helped make it even more successful. Judy and her committee host many special events in Thunder Bay. She works tirelessly to promote the Canadian Lakehead Exhibition.

Joyce Bonden

Joyce Bonden has been, and continues to be, an active, dedicated and loyal member of the Auxiliary to St. Joseph's Care Group since 1969 - 45 years. She has held positions of Second Vice-President, Recording Secretary and is presently the Scholarship and Education Chair. Joyce has also helped with fundraising, helping to make a difference in the lives of the clients with the purchase of much-needed equipment. As well as volunteering for the Auxiliary, Joyce is a volunteer with the Royal Canadian Legion, Polish Veterans, Branch 149 Auxiliary. She has been Corresponding and Recording Secretary as well as first Vice-President. In March 2001, Joyce was nominated as the District 8 Commander of Manitoba and Northwestern Ontario. She volunteers as a "Dorm Mom" for one week at the Royal Canadian Legion Sports Athletic Camp each summer, something she has been doing for over 20 years. Joyce volunteers at the Thunder Bay Community Auditorium; participated in the Children's Festival from 1992 – 1997, has sold tickets, performed office duties and has been involved with fundraising by volunteering at teas and coat checks. She is also first Vice President of the Auditorium Guild. Joyce is truly a dedicated and committed volunteer who has made a difference and helped enrich the life of many people in our community.



Lorne Clifford

In 1983, Lorne Clifford moved to Thunder Bay from Southern Ontario and joined the Thunder Bay Police. The following year, he formed the Thunder Bay Police Pipe Band, which is still operational today. Under his direction as Pipe Major, the Band has performed at many events throughout the City, such as Canada Day, Remembrance Day, Fallen Officers Parade, as well as at shows and competitions in Central Canada and the United States. Lorne has instructed many students in the art of Highland Bagpipe over the years. He has published an instructional book entitled "So You Want to Play the Bagpipes", as well as a collection of original works entitled, "Frozen Fingers, Tunes from the North". Lorne has composed more than 70 tunes for the Great Highland Bagpipe. One of these compositions was presented to Her Majesty by Government House as an official gift from Canada. In 2011, Lorne volunteered as a Canadian Peacekeeper and spent a year working in Palestine as the Canadian Contingent Commander. While in the Middle East, he performed at the Canada Day and Remembrance Day celebrations and military decoration ceremonies for Operation Proteus. He is a life member of the Pipe Band, which will be celebrating its 30th Anniversary this year. Lorne has received many accolades for his superb piping ability, including being decorated with the Canada 125 and Queen's Golden Jubilee Medals.



Helen Del Ben

Helen Del Ben started volunteering with the MS Society 41 years ago; one year after her daughter was diagnosed with Multiple Sclerosis. Helen has been her main caregiver, taking her to all her medical appointments and managing her care in an assisted living facility. She is 86 years young, a mother, a grandmother, and a great grandmother and still has the energy and time to volunteer for MS, as well as the Women's Auxiliary of the DaVinci Centre and Branch 5 Legion. For over 15 years, Helen was the mall captain for the annual MS Carnation Campaign, which demanded she organize all the volunteers and manage the money. She helped organize the fashion show and a bowling league for the Ortona Legion. She volunteers to bake for teas and dinner events for Branch 5 Legion. Over the years Helen has been a dedicated and reliable volunteer.



Barb and Gerry Erb



Barb and Gerry Erb have been volunteering for Wesway for 28 years, having hosted over ten participants regularly throughout the years. They have offered participants opportunities they would have never experienced otherwise. Wesway provides respite services focusing on support for families who are caring for a loved one with a disability or chronic health issue. Host families provide short-term periods of respite for families, by welcoming a child, adult or senior into their home, including them in their family activities for a few hours, or an occasional overnight or a weekend. Barb and Gerry have supported many participants at their camp and they enjoy various activities such as using the sauna, beach and ski-dooing. They strive to be flexible and when families are in need have been described as easy going and very caring. Barb and Gerry have made wonderful connections with the caregivers of the participants they host and they have stayed committed throughout the years they have been volunteering with Wesway.

Gwen Gamble



Gwen Gamble has been involved with the Thunder Bay Women's Soccer Club for many years. She started as a player and then took initiative and managed numerous soccer teams in the Club since 1989. This past year Gwen managed six indoor teams, four spring teams and two outdoor teams, supporting over 200 individuals. She actively encourages women to join the Club. Gwen embodies the mission of the Club: "to provide the opportunity for women of all ages and skill levels a chance to play soccer for fun, fitness and friendship". Currently, she is the President of the Club and has held this position since 2011. In this role she has written a history of the Club from its inception in 1981 and documented the achievements of the women of the Club. Gwen is the reason the Thunder Bay Women's Soccer Club continues to grow. In 1989, there were seven teams in the outdoor league and now there are twenty and there are an additional four divisions with thirty teams for the indoor league. She is a vital link in connecting youth soccer players with

the league. Gwen is an irreplaceable asset to the Thunder Bay Women's Soccer Club, recruiting players, old and new, coaches, mentors and female referees. She is a positive role model and believes in what women's soccer can and has done for many women. Without her, the Soccer Club and soccer in Thunder Bay would not be where it is today.

Jay Henderson

Jay Henderson has been an upstanding volunteer of the Thunder Bay Meter Eaters Running Club since its inception in 1979. He has held numerous positions on the Executive, including terms as President. He spearheaded the development of the Club's constitution and served as Race Director for many races for the past 33 years. He also sets up the finish line for the annual Firefighters 10 Mile Road Race, with thousands of participants crossing the line and celebrating their amazing achievement. In addition, he has organized a group of Meter Eater Club members to staff an Aid Station at the Sleeping Giant Loppet (previously known as the Sibley Ski Tour) since the inception of that event. The Thunder Bay Meter Eater Running Club's motto is "Fitness, Fun and Friendship" and Jay Henderson is an example of those three goals. The Club has provided support and encouragement to help runners reach their personal goals, from those just beginning and wanting to complete a 5K race to those who want to chase their dream of qualifying for the Boston Marathon. Through his involvement in events, he has helped to provide people with the opportunity for activity and socialization. Thunder Bay is an active city and Jay Henderson is one of our citizens who helps make that possible.



Kerri Hnatiw

In 1994, Kerry Hnatiw, at the age of thirteen became a cadet with the Thunder Bay Police Youth Corps. Twenty years later, she is the longest standing volunteer with the same group. She started as a cadet and during the ensuing six years, worked her way up from Constable to Sergeant then Staff Sergeant. At nineteen, she "aged out", and was asked to stay on as Staff Sergeant an extra year and then became an Inspector, helping to teach lessons and supervise young cadets. For more than twenty years Kerri Hnatiw has volunteered upwards of 100 hours a year, ensuring the Police Youth Corps maintains its high calibre reputation as a visible, community -friendly youth group. At one point, when the group was considering folding due to lack of interest, Kerri took it upon herself to raise awareness with the public, standing in the mall, promoting the Corps. She has committed herself to raising funds in order that some of the senior cadets are able to take part every year in a skill development camp in Nova Scotia. Kerri has an uncanny ability to strike a balance between friendship/trust and discipline/respect with participants. Presently, the group of 33 cadets volunteer approximately 1000 hours each year within the community. Kerri is at every event. "Lead by example" is their motto and Kerri Hnatiw is an excellent example of "leadership".



Jaro Kotalik

Jaro Kotalik has been an active volunteer for the Port Arthur Rotary Club for the past 33 years, assisting with fundraising and service activities for many different organizations. He is also one of Thunder Bay's Champions of Health Care Ethics, currently Chair of the Executive Committee. He has served as Co-chair of the Ethics Team of the Thunder Bay Regional Health Sciences Centre as well as a member of the Research Ethics Board at St. Joseph's Care Group. Jaro is a board member of the Centre of Regenerative Medicine and a member of the Ethics Advisory Committee of the Ontario Health Study. Currently, Jaro mentors students at the Northern Ontario School of Medicine and is a valuable resource to both medical students and faculty members. Jaro publishes papers and book chapters, and gives workshops on the ethics of the patient-caregiver relationship, end of life care, Aboriginal health care, human research and pandemic planning and response. This year is the 15th Anniversary of the Centre for Health Care Ethics and Jaro will be receiving the Centre for Health Care Ethics Milestone Award for Outstanding Service. It is presented to a member who has advanced the mission and development of the Centre in a lasting and significant way. Jaro has also been augmenting the cultural life of the City through his continuing work with the Consortium Aurora Borealis since 2004. He served as board member, Vice-President and President from 2006-2012. Since serving as President, Jaro has volunteered as the Development Officer, working to cultivate interest in commercial enterprises so that they might become financial supporters of the Consortium. Over his tenure, Jaro has helped the Consortium become Northwestern Ontario's premier presenter of chamber music concerts.



Shelley Marinis

Through Shelley's leadership role as an Executive Board member for the United Way Government of Canada's Charitable Campaign and Campaign Coordinator for Parks Canada, Northern Ontario, she has organized several fundraising events over the past 20 years raising over \$20,000. Shelley has also been an active member of the Kiwanis Club of Thunder Bay, which provides financial support to local organizations so they may continue providing programs and services for physically, mentally challenged and disadvantaged children and youth in our community. Shelley is an active member of the Greek Ladies Philoptochos Society for the Holy Trinity Greek Orthodox Church for the past 10 years, and has served as Treasurer, Secretary and President. She has coordinated many volunteers and successfully held annual Spring and Christmas Teas to help with operational costs for the church. Shelley is a true leader who, not only makes significant contributions to serving our community, but goes above and beyond to help in any way she can and helps make positive changes in the community. She has personally recruited many volunteers in the service clubs with which she volunteers and has been a true mentor and inspiration, guiding them and assisting them to learn and grow. It is individuals like Shelley who help to make Thunder Bay such a great City.



Dorothy Martin

Dorothy Martin began volunteering with the Thunder Bay Food Bank when it was housed in the basement of the old Shelter House, approximately 23 years ago. Over time, she has been a steady foundation and admirable example to all involved. On Tuesdays, Dorothy begins her day at 8:00 a.m. to open the doors, rain or shine, blistering heat or snow storm. She then searches the storage shelves for large quantity items that she will pass along to larger families. If treats are found, she will make them available to be sent home for the children. Dorothy ensures that all of the food that is given out is organized and ready for distribution. She is part of the crew that parcels the food for approximately 600 people per month. Somehow, Dorothy has also found time to volunteer for the Thunder Bay Symphony, St. Paul's United Church and Telecare. At 94 years young, Dorothy continues to lead by example to make our community a better place through her volunteer efforts.



Elizabeth Poulin

There is an impressive list of agencies in which Liz Poulin has played a major role: Canadian Federation of University Women (CFUW) (Vice President 2006-2008, President 2008 to present), Thunder Bay Symphony Orchestra (Director, President, Past President, 2000 to present), 55 Plus Centre (Board of Directors, 2011 to present), Lakehead Social Planning Council (Board of Directors, 1984 to 1994, two years as President), Wesway (Board of Directors, two years as President), and Canadian International Council (President 2008 to 2010). With CFUW, Liz spearheaded public forums on poverty and homelessness. For the Orchestra, she worked to stabilize their finances and broaden their musical offerings making the Symphony more accessible to more people. At the 55 Plus Centre, Liz leads the committee which introduces new activities to the Centre. With the Social Planning Council, she helped develop a community program for people to tailor their activities to meet their individual needs. Liz helped organize policy and support staff to better serve the community in providing respite care for Wesway. She has been volunteering since moving to this community in 1984. She has dedicated her life to the betterment of all citizens in our community.



Grant Poulin

Over the past 40 years, Grant Poulin has been involved in volunteering for a number of organizations, whether ringing the bells for the Salvation Army's Kettle Drive starting when he was a teenager or assisting as a stage hand for the Lakehead Choral Group. He enjoys volunteering with youth at Chapples Golf Course and served as the Junior Chairman for the District, bringing the participants to Southern Ontario to compete at the Provincial Championships. Grant is a past executive member of the Loyal Order of the Moose, receiving the Rookie of the Year Award for contributions to the Organization and membership recruitment. Since 2001, Grant has been



volunteering with the Lakehead Shrine Club and has served as Club Secretary, Circus Treasurer, Cycos Treasurer and President. He is also Chairman of the Summer Events Fundraiser. For 10 years, he volunteered with the Thunder Bay Ringette Association as a coach, timekeeper, convener, Public Relations Chair and President. He was also instrumental in bringing the Ringette Provincial Championships to Thunder Bay in 1992. Grant has added awareness of the Ringette Association, brought additional tourism to Thunder Bay and revenue from the Ringette Provincials, and has provided support to families by decreasing financial and emotional stress while going through hard times and has provided opportunities for families to participate in events and come together as a community.

Michael Siska

Michael Siska has been a volunteer with the United Way for over 25 years. He has promoted inclusivity in his many years as a volunteer with the United Way. A significant part of Mike's involvement has been in the area of fundraising, which touches the lives of many Thunder Bay residents. Mike has also been a mental health worker with the Canadian Mental Health Association (CMHA) for almost 25 years and has fearlessly embodied the recovery principles of the organization. The Countless hours of volunteer work Mike has contributed to CMHA and our community is immeasurable. With the Thunder Bay Dragon Boat Festival, which is major supporter of CMHA, he has been involved as a paddler, team captain or co-captain for the CMHA Dragon Boat Team. He has also served as a Board Member for the Thunder Bay Shelter House. His charismatic, engaging and outgoing spirit empowers the goal of the United Way and CMHA. He continually goes out of his way to help other individuals achieve their goals. His contagious energy is easily passed onto others. Everything that Mike does is toward the ultimate goal of helping and supporting people with mental health issues, thereby promoting individuals' hopes, dreams and goals.



David Stezenko

David Stezenko was a member of the Governing Board of Redwood Park Church from 1998 to 2013, serving as Chair of the Board from 2011 to 2013. During this time, the Church's attendance grew rapidly. David has played an active role in many of the Church's projects. His responsibilities included: approving annual budgets, serving on committees, providing oversight and maintaining proper governance, and, providing accountability and financial stewardship. Due to the departure of Redwood's CEO/Pastor, David became the interim CEO for a period of six months. During this time, David led the search for a new CEO/Pastor, led the Board meetings, and was involved in budget preparations, and encouraged teamwork and the mentoring of new Board members. For more than thirty years, David has made an outstanding volunteer contribution to the Redwood Park Church and also found time to actively volunteer as a member of the OPP Auxiliary Unit and the Regional Food Distribution Association.



2014 Youth Award Recipients

Brianna Chambers

Superior C.V. I. student Brianna Chambers is a role model for Thunder Bay youth as she has generously donated her time to many causes while balancing a rigorous academic school schedule. Her sincerity and ingenuity are evident through her personality and work ethic. She has been heavily involved in a number of local community endeavours, as well as initiatives abroad. Brianna's Thunder Bay roots have provided her with the foundation and experience to support our local community and beyond. Her volunteer experience, totalling over 900 hours throughout secondary school, include but are not limited to: day camp for the Evangel Church, grounds cleanup at the CLE, Superior C.V.I. Halloween for Hunger Drive for the district food bank, Philippines Missions Trip (typhoon relief program), Alaska Missions Trip (children's camp counselor and teen mentorship program).



Kelsi Harms



The Northern Superior chapter of the Kidney Foundation of Canada relies heavily on volunteers for many activities. Kelsi Harms, with her dedication and enthusiasm, not to mention her ability to recruit and motivate other teens, has proven to be invaluable to the Kidney Foundation over the past five years. She has helped organize many events to raise funds to provide patient programs for kidney health education and the family patient renal camp. Kelsi has helped promote organ donation awareness by participating at the Living Green Ribbon awareness booths and Give the Gift of Life Walks. Kelsi has also helped organize many food drives for the Renal Patient Food Bank. Being passionate about volunteering in her community, she has been involved in the Haunted Fright Night at Old Fort William, Shelter House and Northern Cancer Fund. Her leadership qualities keep her involved with the Northwestern Ontario Secondary School Association (NWOSSA) which brings youth together on many relevant issues. At Hammarskjold High School Kelsi is involved in Youth-in-Action and Natural Helpers, to name a few. With over 500 volunteer hours, Kelsi has shown her compassion and commitment to our community.

Rachel Heerema

Rachel Heerema has volunteered with the Thunder Bay Therapeutic Riding Association and has progressed from being a general helper around the barns to now being the assistant barn manager. Rachel has much knowledge and experience with horses and is able to assess each child's specific needs. She has demonstrated her leadership by guiding new volunteers. She has shown her commitment by helping out most nights, something she has been doing for the past five years. Rachel's dedication to therapeutic riding is exemplary.



Austin Luhtala

Austin Luhtala has done an extensive amount of volunteering over the past four years while attending St. Ignatius High School. He has logged 764 volunteer hours and is planning to continue serving the community for many years to come. His volunteer contributions have touched the lives of many Thunder Bay citizens. Specifically, he has volunteered at the Royal Canadian Legion Branch 219, Corpus Christi Church, Brain Injury Services of Northern Ontario, McIntyre Scouts, the Salvation Army, Thunder Bay Blue Youth Corps, Shelter House, Stepping Stones, Old Fort William and many others.

Brandon Mikkola

As a grade 7 student at Vance Chapman School, Brandon Mikkola signed up to play soccer in the recreational spring soccer program. He stated that he would like to referee and coach which he eventually ended up doing. Brandon, who is now in Grade 12, has been indispensable in the operation of the North End Recreation Centre, continuing to help with organizing the entire soccer program, refereeing, coaching and assisting in a myriad of ways. In addition, Brandon has helped in the running of movie nights, the Pond Hockey Tournament, making posters, cleaning, and shoveling. He has been appointed to the position of executive secretary for the Board of Directors, a position usually held by an adult. Early on it was apparent that Brandon was an exceptional boy and for the first time in the history of North End, he was presented with the President's Award. North End is fortunate to have a young man so involved with the community. Through his dedication and commitment, North End continues to offer a variety of activities for all ages.



Logan Turner

Logan Turner is an exceptionally well-rounded young man who has a passion for helping others and serving his community focusing on providing opportunities for young people. Logan has been heavily involved in the North Western Ontario Secondary Students Association (NWOSSA), most recently serving on the Organization's executive as the Minister of Regional Affairs. By leading conferences and forums on issues affecting students, organizing recreational retreats and coordinating community service projects, Logan has provided a safe outlet for youth to have their voices heard, while providing the opportunity for hundreds of students in the region to develop leadership, communication and teamwork skills. Logan is also co-president of the Sir Winston Churchill C&VI Student Government, a member of the Ministry of Education's Student Advisory Council and the Lakehead Public Schools' Student Trustee. Logan has been instrumental in the development and implementation of the School's grade 9 transition program called "Come As You Are" which pairs students entering Grade 9 with a senior mentor student. Logan's innovation, dedicated work ethic and compassionate nature have helped hundreds of students navigate the sometimes difficult adjustment to secondary school. He has been actively involved in the School's breakfast program as well as fundraising and serving meals at the local shelter and food bank, serving on Thunder Bay's Crime Prevention Council and volunteering for multiple other charities and community organizations. He was instrumental in spearheading the first "We Stand Up" Conference which was hosted in the community last spring. This conference inspired over fifteen hundred young people to take action and dedicate themselves to helping others. Logan exemplifies leading by example.



Larissa Warywoda

Larissa Warywoda is a Grade 12 student at St. Patrick's High School. Larissa's service to the school, church and greater community has made her an ambassador for youth, modeling the importance of volunteerism. Larissa has served on the St. Patrick's Student Council for three years, as well as currently being the student-elected Trustee of the Thunder Bay Catholic District School Board, acting as the student voice to the Board. Here, she has the opportunity to present opinions and ideas to enhance students' educational experience. Larissa is an asset to the community and is looking forward to building a more unified community as evidenced by her involvement on the "We Stand Up" committee, both last and this year, encouraging the youth of Thunder Bay to stand up and make a difference through positive change with bullying and social global issues. Larissa also volunteers with Autism Ontario and Volunteer Thunder Bay. She promotes the multi-cultural aspect of Canada, by promoting awareness of the Ukrainian community in Thunder Bay. Larissa wishes to pursue a Bachelor's of Science in Nursing which will fulfill her desire to serve and support people in times of need.

