

2019 Good Citizen Award Recipients

Eepu Aksela



Eepu has, for decades, used his talents for the benefit of Thunder Bay and beyond. His community service has included singing in the Otava Male and Hilldale Church choirs, playing mandolin in the Pelimanni Orchestra and dancing in the Kiikurit Folk Dance Group. All of which have given great enjoyment at senior facilities in the city. Eepu prepares and opens the ski trails in Centennial Park and Tapiola. He is an active member of his church, assists at children's sports and acts as Santa Claus at Christmas. Eepu considers it an honour to be able to serve.

Billy Bishop



Billy Bishop has devoted over 50 years to volunteerism within the Naval Reserve, the Royal Canadian Legion and the community. He has guided, instructed and been a role model to many Naval Cadets. His influence has encouraged young people to be the best version of themselves through providing excellent training, promoting sport activities, outdoor activities and recreation. Bill also helps with the Model Railroad Association of Thunder Bay by helping build replicas and setting up demonstrations. Bill has willingly given of his time and talents to the betterment of the Thunder Bay community.

Pamela and Juliano Brusadin

Pamela and Juliano have been committed, engaged citizens of Thunder Bay for over 25 years. They are valued volunteers with St. Joseph's Care Group, Hogarth Riverview Manor and St. Patrick's Cathedral. Juliano has also volunteered hundreds of hours with the Knights of Columbus and Pamela with Hospice Northwest. At Hogarth Riverview Manor Pamela and Juliano lead weekly church and spiritual services for the residents. They also provide friendship and care to residents who may not have many visitors. For over 25 years, Pamela and Juliano have been active members of St. Patrick's Cathedral, assisting as Eucharistic Ministers, Alter Servers, Sunday School Teachers, and much more. Pamela's work as a compassionate and caring Hospice Northwest volunteer includes assisting with 'ending of life' support and providing memory boxes to families. Both Pamela and Juliano give of themselves without



expectations and are committed to improving the quality of life of residents in long term care and in the community.

The Christian Reformed Singers



The Christian Reformed Singers, a group of 10-15 members, have been providing spiritual entertainment to residents of South Bridge Pinewood for over 40 dedicated years. This group began volunteering in 1978, when they started a monthly spiritual hymn sing for the residents of the long-term care facility. That same year the group also started a monthly chapel/spiritual service. Along with their music, they also bring home made goodies and treats for the residents to enjoy. Their singing and spiritual services have provided enjoyment and enrichment to many residents. Their gift of time, music and song is much appreciated.

Larry Dicks

Larry has been a dedicated Palliative Care volunteer with Hospice Northwest since 2010. Larry offers compassion, dignity and advocacy to the clients and families that he assists through their end of life journey. His commitment to his clients is evident through his willingness to support and facilitate their requests. He goes over and above for his clients by helping them access community services and programs. Larry also volunteers in many long-term care facilities providing friendship, companionship and a listening ear. Larry is truly a gift to Hospice Northwest and the Thunder Bay community.



Rachelle Doyon

Rachelle has been volunteering at St. Joseph's Heritage for the past 22 years assisting staff in the laundry department. Rachelle began her volunteer role in April 1996 and volunteers twice a week for 3 hours. She is a hard-working individual who is reliable, dependable and always willing to lend a hand. Rachelle is very friendly, outgoing and initiates conversation with staff, residents and other volunteers at St. Joseph's Heritage. Rachelle's dedication to her volunteer role is evident through her commitment. She has rarely missed a day in the many years that she has been volunteering. When asked why she volunteers Rachelle states, "I like helping the staff and socializing with the people. I like being a part of our community."



Helen Fisher



Helen's dedication to organizations for and individuals with a brain injury has been invaluable. Helen assists the Brain Injury Association of Thunder Bay and Area with the social leisure group and in the summer months, the community garden. She encourages, supports and facilitates individuals with a brain injury and their family members to participate in these activities. Helen is also a tremendous resource to family members by assisting to guide them through and access the community services that are available. Helen's contribution, commitment and inclusiveness to individuals with a brain injury and to the Thunder Bay community are valuable.

Allison Hill



Allison has been an integral part of Leadership Thunder Bay since graduating the program in 2007. Leadership Thunder Bay's mission is to develop, strengthen and connect leaders to and within our community. Allison has been active through her involvement on the Board of Directors, as well as the Alumni and Engagement Committee. She has worked with the committee to provide ongoing opportunities for networking and to coordinate fundraising activities with the over 200 Alumni in fun and creative ways. Allison is also instrumental in the ACE (Acknowledge Community Engagement) Awards which recognize the contributions and connection of Leadership Thunder Bay Alumni to our community. Allison has also generously given her time to numerous other organizations including Habitat for Humanity, Thunder Bay Association of Volunteer Administrators and Magnus Theatre. Allison's positive outlook, hardworking personality, and incredible leadership skills are an asset to our community.

Zahid (Z) Javed

Zahid contributes an incredible amount to our community. He is a volunteer with GenNext as a Cabinet Member, the United Way, he is on the board of Directors with SHIFT (Thunder Bay's Young Professional Network) and he assists the Muslim community of Thunder Bay as an event volunteer. As a GenNext Cabinet Member, Zahid has assisted with coordinating the Day of Caring, which matches volunteers to various community organizations to provide help. Zahid also supports the Youth 4 Community programs which fund Recreation and Neighbourhood Hubs and youth leadership.



Zahid also spearheaded MCI: Muslim Cultural Institute, which provides a space for people to network, share ideas and work together for the greater good of the community. He also finds time to volunteer for the Regional Food Distribution Association, Lakehead University Student Union Food Bank, Shelter House and more. Zahid's dedication and commitment to the betterment of Thunder Bay is an inspiration.

Gerri Jessiman

Gerri's dedication, passion and insight are invaluable to the staff and fellow volunteers in the Child Life Program at the Thunder Bay Regional Health Sciences Centre. Her compassion and empathy are a tremendous asset for families when their children are going through medical procedures and illness. Gerri has shown tremendous leadership in many activity areas such as assisting with preparation and supervision of playroom activities, providing support for special events, helping with escorting patients to appointments within the hospital and providing friendship to children who are feeling lonely. As the Volunteer Service Leader, Gerri also mentors, trains, and schedules all new volunteers. Gerri is an incredible asset to the Child Life Program team and to our community.

Max Kuszniar

For 12 years Max has been an outstanding volunteer with the Thunder Bay Police Youth Corps. Max offers his time and experience as the current Deputy Commanding Officer to volunteer and teach teenagers proper dress, deportment and other cadet training requirements. Max is well respected and a positive role model for the youth. He supervises and volunteers at many events such as the Military Craft and Yard Sale, Kinettes Bunny Breakfast, the Police Memorial and the Polar Bear Plunge, in which, he also 'took the plunge'! Our motto is "Lead by Example" and Max exemplifies this in all that he does for the Thunder Bay Police Corps.

Sherell Loyst



As the St. John Ambulance Car Seat Safety Team Coordinator, Sherry brings enthusiasm, leadership and new ideas. Sherry clearly has the community of Thunder Bay in mind in her quest to ensure that our community members are educated and empowered about car seat safety. Her excitement to teach our community about car seat safety is contagious and is reflected in the expansion of our Car Seat Safety Team. Sherry ensures that our new Car Seat Volunteer Educators are comfortable in their roles or in helping at other St. John Ambulance events such as Operation Red Nose, Ladies Auxiliary Yard Sale or the Spring into Summer Trailer Draw. Sherry is always willing to go above and beyond in her volunteer role and she continues to amaze with her unique skills and creative ideas.

Vince Mirabelli

Vince is the heart and soul of several local charities. He has been actively involved for many years with Camp Quality as a 'Camp Companion', where he is a one on one counsellor. In 2005, Vince kick started the annual gala fundraiser 'Save a Heart Ball' for the Northern Cardiac Fund which has raised over \$430 000. In 2009, Vince established his Paediatric Endowment Fund in support of the Thunder Bay Regional Health Sciences Centre's littlest patient. Vince is also a Director on the Thunder Bay Health Sciences Foundation Board and was a past Director on the Children's Wish Foundation. Vince's support of so many charitable organizations, through his leadership, care, dedication and innovation make him a true pillar in our community.

Katherine Mol



Katherine started as a young dancer with the Zorya Ukrainian Dance Association in 1999. In 2003 she eagerly moved into an Assistance Instructor role and became Head Instructor in 2006. Katherine teaches and prepares young dancers for performances and is an excellent role model for the dancers she instructs. Her leadership and willingness to always do her best have helped the Zorya Ukrainian Dance Association grow into the successful dance group it is today. Her dedication and commitment have been evident through her many hours as a dance instructor, choreographer and dancer.

Thunder Bay has been enriched by the performances of the Zorya Ukrainian Dance group. We appreciate Katherine's dedication and leadership.

Cecile Parry



Cecile has been an active member of the Ladies Auxiliary, Oliver Road Community Centre for the past 13 years. She volunteers her time at fundraising events such as the Annual Winter Carnival, Christmas Tea and Bazaar and yard sales as well as selling raffle tickets, volunteering in the canteen and donating baking. These events raise funds to purchase chairs, tables, supplies and to upgrade appliances all of which are utilized by program and event participants at the centre.

Bryan Popowich

Bryan has been involved in the Thunder Bay Minor Football Association for over 13 years, dedicating his heart, knowledge and time to children in the city, giving them a sense of belonging and acceptance. He has generated a flag football league, enhancing skills and teamwork and giving children, who may not be comfortable with the physical side of the game, a place to play. Bryan is networking and solidifying a partnership with Minnesota's PAL's Football Association, dedicated to reducing juvenile crime and violence. Bryan is an ambassador to all coaches in our community. Children believe in themselves and dream of playing football in the future of because of Coach Bryan Popowich.



Jeanie Samec



Jeanie has dedicated over 14 years as a volunteer at the Thunder Bay 55 Plus Centre. She has generously given her time to the Centre and its Food Board, being involved in various committees that they oversee. As a member of the Activity and Events Committee, she takes on the role of Co-ordinator of the bi-weekly dances and the two bit auction. Jeanie has helped to build a great team of people who are always willing to assist. Along with many other activities, Jeanie and her husband, Harry, volunteer in the kitchen of the River Street Cafe. The organization and members of the community have benefitted from Jeanie's volunteer activities.

Thunder Bay Community Auditorium Foundation



The Thunder Bay Community Auditorium Foundation is dedicated to improving access to all Thunder Bay citizens, primarily those who, financially, have not been able to take advantage of all the benefits the Community Auditorium provides. The foundation has provided free tickets for auditorium events to youth service organizations such as the Underground Gym, Thunder Bay Boys and Girls Club, Dilico Anishinabek Family Care and Evergreen - A United Neighbourhood. The foundation has provided grants to the auditorium for capital equipment. \$50 000 dollars was given towards a new sound system which can also be used by the city for its events. The Thunder Bay Community Auditorium Foundation has enriched the lives of many, providing access to cultural, arts and entertainment events in one of the finest concert halls in North America.

Vaslinka Tsar



Vaslinka volunteers with the Children's Aid Society of the District of Thunder Bay. She is always quick to offer her skills, knowledge, and time when it comes to educating new incoming volunteers and has reviewed training literature on ADHD, ADD and Autism. She stepped up in a leadership role when asked to sit on the Volunteer Advisory Board at the Children's Aid Society. Vaslinka stepped into the role as a mentor to a young child as a Special Friend volunteer. Vaslinka volunteered with a youth in the spring program, helping the youth re-acclimate to attending classes at the local high school and also providing support by role-modeling positive behaviors and skills such as self-care and cooking. When the need arose for child care, Vaslinka stepped up by providing much needed care and relief to lone parents, as well as those attending agency adoption training, special events and foster care association activities. Vaslinka has held almost all volunteer positions that the Children's Aid Society has to offer: from the Holiday Hamper Program to toy wrapping and administration.

Elizabeth Tse



Elizabeth provides outstanding leadership and dedicated efforts, addressing and raising awareness of needs in home and community health care for Thunder Bay and District. Elizabeth has been instrumental in the research and development of our sites' telecommunication and IT needs. Her expertise in this area has been invaluable. Additionally, Elizabeth serves as the Vice Chair of the Thunder Bay VON Community Corporation Board.

Pauline Vranesich



Pauline volunteers in various ways for many different organizations. These include Community Living Thunder Bay and the Community Elder Abuse Committee: two volunteer roles she has had since 2000. Pauline has also been involved with the Council on Positive Aging and Thunder Bay and Area Victim Services. Pauline has volunteered with Habitat for Humanity since 2016 beginning with the Family Selection Committee. Since that time she has participated in fundraising, special events, contributes home baking each Wednesday and also assists at the ReStore. Everyone that meets Pauline recognises her love for our community of

Thunder Bay. She is a leader and dedicated volunteer at Habitat and has always stepped up to help when there is need of her services. She lives the mission of Habitat for Humanity ensuring hardworking families have a safe, affordable place to live and is making a significant impact on the quality of life for families in Thunder Bay.

Andrika Warywoda

Andrika has been a volunteer with various Ukrainian community organizations in Thunder Bay for over 10 years. She has been a volunteer dance instructor with the Chaban Ukrainian Dance Group since 2006. Andrika shares her passion for Ukrainian culture through dance teaching technique and developing traditional and stylized Ukrainian dance choreography, preserving and passing on the traditions and folklore to the next generation of dancers. She also supports the group in various operational aspects including editing music, developing annual photo presentations, fundraising campaigns, Folklore Festival and assisting with Chaban's costume inventory. She is also involved with the League of Ukrainian Canadians – Thunder Bay: a non-profit organization that engages the Ukrainian Canadian community in education, awareness and social activities to preserve Ukrainian traditions and culture. Andrika has been involved in community events such as assisting and leading Ukrainian Easter Egg (Pysanky) demonstrations, New Year's celebrations, Ukrainian Christmas caroling and memorial commemorations. Through the years she has been a volunteer at the Exaltation of the Holy Cross Ukrainian Catholic Church with the youth Group and choir. Most recently, she has been on the Church Executive as Chair of the Board, involved in various administrative and financial activities related to the church operations. Andrika is a dedicated volunteer in Thunder Bay, touching the lives of young and old. Her energy and passion provide a great contribution to keeping Ukrainian culture alive in Thunder Bay.



Bill Wedgerfield

In May 2013, as a result of an infection, Bill had his left foot amputated and spent time in St. Joseph's Hospital for rehabilitation. Once his treatment was complete he immediately signed on as a St. Joseph's Care Group Amputee Mentor Volunteer, a role he has continued with for the past 5 years. Bill's friendly and outgoing manner enables him to support and act as an excellent role model for others finding themselves in the same situation and his positivity works to encourage and motivate. Bill's involvement in the community doesn't end with St. Joseph's Care Group. For over 20 years, Bill has been volunteering with St. Andrew's Roman Catholic Church and "wears many hats". At St. Andrews, Bill is on the Parish Council, assists with wedding preparation with Evenings for Engaged Couples, assists with baptism preparation and volunteers in the kitchen at the Dew Drop Inn. Bill can also be counted on to assist with repairs to the church as part of the Maintenance

Committee. When asked why he volunteers, Bill stated, “It’s the best job I ever had, working with the best people involved, both staff and patients. They have become like extended family”.

Dina Wilson



Dina has been a Peer Connections volunteer for the past 15 years. As a volunteer, Dina helps out at the Peer Connections Program at Northwestern Ontario Peer Connections. This program offers a drop-in for those living with a diagnosed mental illness and/or addiction challenge. Dina has lived experience and is there to listen to, share and discuss concerns that members have. She assists by providing options and further supports if identified. As a Peer Supporter, Dina assists Peer Connections with the day to day operations; engaging and listening to members and assisting them through their journey to recovery. She encourages members to talk about their daily concerns or road blocks they may encounter on their journey and directs them to community organizations or Certified Peer Supporters that can help them set goals to achieve recovery. This impacts members and helps them realize that we are all equal and recovery is possible. Dina helps to provide connections to community resources, as well as educational, social and recreational opportunities, volunteers for the quarterly newsletter and also for community hosted Peer Connection dances. Dina is a dedicated, caring volunteer who continues to help advocate for others in the community.

2019 Spirit of Thunder Bay Award Recipients

Stephanie Ash



Focused on children and business organizations, Stephanie has served as President of the George Jeffrey Children's Centre for many years, enriching children's lives. She represented Northern Ontario on the Board of the Ontario Association of Children's Rehabilitation Services, sharing issues affecting children and ensuring the North is a priority. Stephanie, as a Board Member of the Innovation Centre, assists in inspiring innovative ideas across Northwestern Ontario and as Secretary of the Northern Ontario Angels, she assists in connecting entrepreneurs with Angel investors. She has promoted and hosted numerous philanthropic programs to assist impoverished families. Stephanie is a long-standing volunteer leader on the front line in the community.

Bill Bragnelo



For over 20 years, the less fortunate in our community have benefited from Bill's dedication and efforts. Bill has directly organized and prepared various meals at both the Knights of Columbus Centre and the Dew Drop Inn. His fundraising efforts for the Dew Drop Inn, the Food Bank and Knights charities have included organizing and coordinating the Knights of Columbus All Council Annual Food Drive, a two-bit auction and a 50/50 draw. Bill has also been actively involved with Kairos, the Children's Aid Society, the U18 World Baseball Classic and Pinty's Grand Slam of Curling. He is also an active member of St Agnes Church. Many people in Thunder Bay have benefited from Bill Bragnalo's volunteerism.

Joan Cameron



For over 40 years, Joan has worked tirelessly for the Legion and the Air and Sea Cadets. She was Chair of the Legion Poppy Campaign, raising funds to assist veterans and their families. Donations from the poppy campaign have also assisted various organisations in the city, including the Thunder Bay Regional Health Sciences Centre. Joan's work with the Air and Sea Cadets has involved administration, registration and tag days. Volunteering with these organisations, Joan assists in shaping youth to become better people.

Elvira Adele Dustin

For over 58 years, Elvira has shown strong leadership, dedication and professionalism in all of her undertakings. She has volunteered with Magnus Theatre, the Northwestern Ontario Sports Hall of Fame and the Mother's Day Chrones and Colitis Fundraiser. She has assisted with the socialization and development of children through Y.B.C Bowling as well as encouraging physical health for older adults through slow-pitch bowling. Elvira has co-ordinated the Slovak Legion Poppy Campaign, been a driver to take patients to cancer care appointments and has been involved in both the Organ Donor Charity Race and the Fire Fighters' Ten Mile Road Race. Elvira was inducted into the Northwestern Ontario Sports Hall of Fame for winning the World's Mixed Team Five-Pin Bowling - 1955. Elvira believes volunteering is a service important to the community and the community is lucky to have her gifts of time and energy.



Mary Garbutt



Mary has been an active volunteer with the Thunder Bay 55 Plus Centre, assisting in various activities, events and groups including the library, kitchen and main office. Over the years, she has taken on leadership roles, serving in various capacities on the Board, including President, for both the Thunder Bay 55 Plus Centre and the Centre's Food Board of Directors. As a volunteer, she has been managing the Harvest Craft Market which has become one of the largest craft shows in Thunder Bay. Mary meets with vendors, organizes the events set up and take down and coordinates the volunteers for the one of the Centre's biggest events. Mary also gives time to Branch 5 Legion and their Poppy Fund. Mary's leadership and determination help to make a difference within the community. She is an example of how impactful volunteer service can be in our community.

Sandra Hastie-Black

Sandie has been involved with the St. John Ambulance Medical First Response Unit for 15 years and she has been an integral part of maintaining the leadership and quality that makes up the unit. As a Coordinator she guided young community members in learning first aid and team leadership. Sandie has been instrumental in the initiation, development and delivery of St. John Ambulance annual camp '911: First Responders Youth Summer Camp'. Sandie ensures that youth receive their Emergency First Aid, Standard First Aid and Babysitting certificates as needed. Sandie is clearly a St. John Ambulance ambassador. Her dedication and leadership are an inspiration and St. John Ambulance is lucky to have her as a dedicated part of their volunteer team.

Michael Nitz



Michael has been a volunteer for various organizations since 2001. He was an Executive Board Member and Campaign Chairman with the United Way of Thunder Bay, leading in the fundraising of over \$5 million dollars to support over 63 programs. Michael founded the 'Thunder Bay 100 People Who Care' initiative which raised \$20 000 in the first year, to support grassroots organizations. He co-created SHIFT: Thunder Bay Young Professional Network, is the Founding President of the Young Professional Network of Ontario and has served as President of the Northwestern Ontario Innovation Centre and is Chair and Board Member of the Thunder Bay Chamber of Commerce. Michael has been actively assisting entrepreneurs to start and grow - providing for a strong business community in the city.

Barry Pauluk

Barry has, through volunteering, contributed to supporting families and individuals in their times of need. Whilst volunteering with the Lakehead Search and Rescue Unit, (LSRU) Barry served as the organization's President, trained new volunteers and led team searches. While heading their Fundraising Committee Barry helped to raise more than \$150,000 to purchase equipment and resources for the LSRU. Barry also dedicates much of his time to the Alzheimer's Society being involved in various events, including providing education sessions to many organizations in Thunder Bay. He was an integral part of fundraising efforts to bring Operation Life Saver International: a program providing monitoring and tracking of individuals, primarily those with Autism, Alzheimer's Disease and/or Dementia, to Thunder Bay. Barry has dedicated his time and energy to keeping our community safe.

Lynne Peters



For more than 30 years, Lynne's volunteer contribution to organizations in both the sport and the cultural life of Thunder Bay has demonstrated an ongoing commitment to improving the lives of children and senior citizens. She has worked to develop policies at Kairos serving at-risk youth and contributed to the Boys and Girls Club, the Northwestern Ontario Sports Hall of Fame, the 10 Mile Road Race and Magnus Theatre as well as many other sports organizations. For 23 years she has been entertaining senior citizens as a member of the Klow'n Big Band, the Thunder Bay Ukulele Group and the Ednelyn Trio. Lynne demonstrates a commitment to serving both at-risk youth and the elderly and her time has made a difference to many people in our community.

Sharon Scott



Since the early 1990's Sharon Scott has held many volunteer positions for various Thunder Bay organizations. The Military Family Resource Centre has benefited from Sharon's work in many programs and events and as the Royal Canadian Legion's Branch 5 Poppy Campaign Chairperson, she organizes and manages the campaign. Sharon coordinated 'Operation Victory Lap', obtaining wheelchairs for veterans with mobility issues: allowing them to march in the Remembrance Day Ceremony. As a member of Our Saviour's Lutheran Church, Sharon has assisted at various events and has also been a leader and teacher to the #66 Challenger Air Cadets as well as a volunteer soccer coach. Sharon's work as a volunteer continues to positively influence those who served in the military and the citizens of Thunder Bay.

2019 Youth Award Recipients

Faryn Gysen

Faryn is the creator of Project Purse. The basic concept of Project Purse is to encourage people to take a gently used purse and fill it with different items that they think could benefit a woman in need. The purses are then distributed to various organizations in Thunder Bay. Project Purse is into its fourth year and has made a real impact on women in the city. Over the past three years, Project Purse has given out 1000 packed purses. However, Project Purse is not the only volunteer achievement that Faryn is part of. Faryn serves lunches at Shelter House, helps to raise funds for the Salvation Army through their Christmas Kettles Campaign, packs groceries at the Superstore to raise funds for the Gathering Place and has been a participant in the Ride for Refuge. Faryn is an energetic leader, a Sports Camp Soccer Leader and Grade 7 & 8 volleyball coach. Faryn is always willing to volunteer when it comes to helping others.

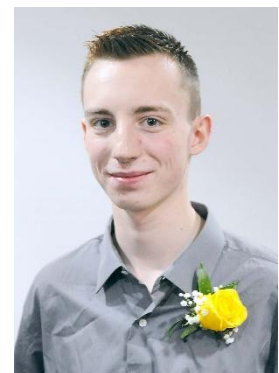


Laura Liu

Laura has been a volunteer for the past four years at Thunder Bay Regional Health Sciences Centre. Her passion, dedication and caring nature make her ideal for the role of Service Leader for the Goodnight Program. As part of this program, Laura visits patients on the unit providing a friendly visit and serving evening refreshments and snacks. These visits make a huge difference to patients staying in hospital and her friendly and positive attitude lifts the spirits of all those around her. Her role also includes welcoming, training, scheduling and overseeing the volunteers in the program. As a member of the Volunteer Advisory Council Laura attends monthly meetings providing input and feedback about the Program from a volunteer perspective. Laura is a mentor and asset to all she encounters and Thunder Bay is fortunate to have her.

Nathan Luchies

Nathan began his volunteer journey with St. John Ambulance as a shy eleven year old within the Youth Unit. In the five years that he has represented the branch, he has blossomed into an enthusiastic and inquisitive young man who clearly has found his future career path in the medical services field. Nathan is the first one to offer his time to volunteer with the Medical First Response Unit at various events throughout the city and is able to be paired with one of the senior



members to shadow the process. He continues to gain the valuable knowledge, skills and training necessary to be able to assist our community members in time of their emergency needs. During his third year with the Youth Unit, Nathan joined the local competition team, representing the Thunder Bay branch in the Ontario First Aid Competition Championship. Nathan brought the skills and leadership qualities gained from this experience directly back to the Youth Unit and Summer Camp 911 in which he volunteered for an entire summer. It is rare to see amazing leadership skills demonstrated so early in an individual's development and the influence on the younger members is evident. St. John Ambulance is fortunate to watch this young man mature within the organization and are proud of his accomplishments.

Emily Prpic



Emily Prpic is a Grade 12 student at Hammar skjold High School who has, through various pursuits, demonstrated what it means to be a leader in both her school and community. Emily has also demonstrated extremely strong leadership skills with her contributions to our Long Term Care community through a new initiative called Caring Cards, bringing those living in LTC a little bit of holiday cheer. In 2017, along with another volunteer at Pioneer Ridge, Emily started Caring Cards and they have delivered over 2500 handmade cards to LTC residents across the city so far. At Pioneer Ridge, Emily volunteers with the Therapeutic Recreation

Department motivating residents to participate in small and large recreational group programs. Emily demonstrated tremendous leadership by initiating a new innovative program called the Winter Wonderland Fashion Show. With assistance from the Therapeutic Recreation staff the event was a great success. Emily has also volunteered at the Thunder Bay Public Library as part of the Readers are Leaders program. She is on the sub-executive of the Northwestern Ontario Secondary Schools Student Association where she manages food and dietary restrictions for the annual conference which focuses on leadership development. Emily is one of the best and brightest youth volunteers in the city.

Emily Rose Pynn

Emily's achievements have touched the lives of others in our community, Thunder Bay. Emily is a very mature and compassionate student who has contributed well beyond the mandatory 40 hours of community service, and to date, has logged over 1600 volunteer hours. She is passionate about giving back to the community by sharing her talents in dance to many young learners and has volunteered with helping to teach dance to others. As a teacher's



helper, she focused her time on dancers who are struggling and would work with them, one on one, to get them up to speed with the other dancers. Her artistic abilities help to challenge her young dancers and motivate them to work hard and improve their skills. Emily is a leader and role model among her peers leading by example, with patience, understanding and humility. She is on the Northwestern Ontario Secondary Schools Student Association Executive as a Student Leader and organizes community events, attends monthly meetings and promotes youth leadership to students. To her young dance group she is a role model in how to give back to the community and her dedication and gift of time to others in our city are worthy of recognition.

Teagan Smeltzer



Teagan is a regular volunteer with Southbridge Roseview Long Term Care Home and has been a great help for both staff and residents. Teagan volunteers for a variety of programs including entertainment, friendly visiting and garden help. Also, she volunteers with outings and this requires a certain set of skills and level of responsibility that Teagan possesses in abundance and her kindness and compassion are a great asset to the home and to the recreation department. Teagan has been a dedicated volunteer and can always be relied upon.

Lindy Hope Sportak

Lindy has spent countless hours volunteering at North End Recreation Centre as a friendly, familiar face, helping to facilitate recreational activities and maintain the centre's reputation as a safe place to be. Giving her time and energy to the centre, Lindy engages in conversation with others and is a role model for younger children, encouraging them to participate, to socialize and even to volunteer themselves. Lindy is involved in the 'Readers are Leaders' program, helping grade 3 students with reading skills. Lindy also volunteers at Chartwell Senior's Residence, assisting with resident interaction and recreation activities and at the Thunder Bay Indigenous Centre, helping with the children's Christmas party, Community Feast and other social events. Lindy's culture, both indigenous and non-indigenous is very important to her and she feels that it gives her an advantage in understanding both cultures. Her varied experiences have helped to encourage literacy, to spark inter-generational interaction and to add to the multicultural fabric of our city. Lindy is a quiet leader within the school community, leading by example, with patience and perseverance.



Sydney Stroud



Sydney has contributed her time and energy for over five years volunteering as a teacher in the Chaban Ukrainian Dance Group. Teaching a variety of ages, Sydney's classes have been as large as 16 children and as small as working with solos and duets for competition. At a young age she has taken on responsibility and met expectations for her dancers' progress each year and comes to class organized with plans in place on what to achieve, articulating them well to her dancers. Sydney has had training in dance curriculum to enhance her knowledge and ability with Ukrainian dance. In addition to teaching classes, Sydney is able to choreograph for large and small groups, some showcased at annual concerts, the Folklore Festival, and the Lakehead Music Festival competition. Over the years she has volunteered in many other capacities outside of Chaban including helping with cabbage roll sales at the Slovak Legion, Good Friday dinners, and spring clean up. At Shelter House she has helped to prepare meals and has also volunteered at Haunted Fort Night, serving as an "extra" with the cast. Considering Sydney's busy life outside the dance hall, she is a very committed and worthy recipient of this award.

Albany Sutherland



Albany has been involved in Karate since she was five years old. For the last four years, she has given back to her club by volunteering three times a week, in spite of a very busy academic and extracurricular school life. She has maintained this commitment over the years because she wants to help others gain a sense of belonging like she did. Albany believes that martial arts are a great way to help children be active, have fun, make friends and learn lifelong skills of discipline, respect and patience. Albany is also an active volunteer in her school as a member of the Semi-Formal Committee, the Yearbook Committee and President of the Hammaraskjold Ambassadors where she creates positive change in the school community through fundraising and awareness. Some examples of Albany's leadership skills and dedication include serving as Indigenous Cultural Ambassador for the City of Thunder Bay, being a Page in the Ontario Legislative Page Program and just this fall, she participated in the National and International Suicide Prevention Conference in Australia as a NAN Youth Delegate.

Sarah Catherine Yeo

Sarah has volunteered for many organizations benefiting our community. While in high school she earned 350 volunteer hours before graduating. Sarah volunteers as a Standardized Patient with the Northern Ontario School of Medicine and at the Thunder Bay Regional Health Sciences Centre in a variety of different departments. Sarah started with the Hospital Elder Life Program as well as the Good Night Program, bringing refreshments to patients and offering positive interaction. Currently, she volunteers in the Paediatric Department as well as the Hospital Information Desk. Sarah enjoys her time at the hospital as her future goal is to attend medical school to become a physician. Sarah also enjoys her volunteer experience as a tutor at the Thunder Bay Indigenous Friendship Centre helping students with assignments in order to complete their General Education Diploma. Sarah volunteers with Lakehead University's Aboriginal Mentorship Program where she assists with and mentors future students interested in various programs and delivers course information sessions to numerous high schools. She also volunteers for the Lakehead Pre-Medical Society, the Lakehead Association of Biology Students and the Applied Life Sciences Club which she co-founded. Sarah has also volunteered with the Relay for Life, the Alzheimer's Society, Northern Ontario Cancer Research Foundation and St. Vincent De Paul's food drive. Sarah is a committed volunteer for the City of Thunder Bay, thereby enriching the quality of life of others.

Heran Zhao

Heran has contributed greatly to the betterment of youth of all ages and backgrounds in our community. To name a few, she is a contributing member of Student Commissions Justice Canada Youth Action Committee and the Thunder Bay Anti-Racism Incident Reporting and Referral Service Working Group. She also volunteers for the Thunder Bay-Superior North Constituency Youth Council and Regional Multicultural Youth Council. Our youth are our future and Heran is fully immersed in being an advocate and voice for all youth. She possesses compassion, empathy and genuineness in her interactions with others. This has extended to our newcomer students who look to Heran as a positive role model in their lives. Heran has demonstrated leadership, innovation and dedication in all areas of her life: music, volunteering and academics. She is the Founder and President of Hammar skjold's Multicultural Club, bringing youth of all backgrounds together to plan and participate in community and school events. Heran's dedication to volunteering, music and academics is exceptional. Last year, Heran addressed a group of new citizens at the Canadian Citizenship Ceremony hosted at Hammar skjold; her speech was inspirational and thoughtful.

