Community Caring Award

**Brian Bogdan** is one of a kind. Born, raised and still living in the little town of Qu’Appelle, his unquestionable dedication to not only helping people but helping the environment, is unmatched. The Town of Qu’Appelle wouldn’t be where it is, without him. Having served on Council for 2 years and spending countless hours volunteering for numerous local groups, he is continuing his service as the President of the Qu’Appelle Communities in Bloom team. His goal with this team is to enhance the quality of life for town residents and to beautify Qu’Appelle to make it more than just a commuter town but to make it a place that travelers will stop to visit, while en-route to their final destination. We are lucky to have Brian as a part of our community and look forward to seeing his dreams, come true.

**Build Love** is a volunteer project started by Brandon Fuchs, Trevor Anderson, and Derek Wu - all Regina contractors. Moved by a family that needed to renovate their home because of a disability, they decided to surprise the family with a free reno. This launched Build Love with a mission is to provide annual home renovation projects which improve the quality of life for a family who lives with non-typical challenges in Regina. They are inspired by the goal to improve lives and strengthen community through meaningful acts of empathy, compassion, and collaboration.
Cheryl Charron has worked as a librarian in the justice, education and corporate worlds, she began shifting gears and working in disability studies, which raised her awareness of Fetal Alcohol Spectrum Disorder. In 2004, she began her role at the FASD center, and was tasked with creating programs and services, supports and education, awareness and advocacy for Fetal Alcohol Spectrum Disorder. While in Regina, she has also quietly volunteered at local events and charities, at the Sexual Assault Center, Habitat for Humanity, and on numerous boards of directors.

Debbie Rodgers is a nurse who has been working in Saskatchewan for over 20 years. At the beginning of her career, Debbie worked in the ER, witnessing first hand people with both chronic health problems and social and mental health issues living in poverty. Through her work and experience, she recognizes the significant struggle many people living with HIV/AIDS/HEP C have in their health, home and social lives. Recently she found a way to expand the support for these clients by sharing her expertise -- leading a study group in her own time to mentor and support other nurses while they are studying to become HIV/AIDS certified.
Nish Prasad has an exceptional record of community service that demonstrates his strong passion for multiculturalism and inclusiveness. For over 10 years, Nish has been deeply invested in community building through the promotion of cultural events, languages and fundraising initiatives. Nish currently serves as Vice President of the Regina Multicultural Council and has spent three years on the Mosaic organizing committee. He is now serving as Chair for Mosaic 2020. Through these efforts, Nish is building bridges across difference by helping people identify commonalities and embrace diversity. Additionally, Nish serves the community through his work on the India Canada supper night committee, which he has led as chair. This showcase of India’s culture and traditions has raised close to a million dollars over the last 36 years for numerous local and international charities. Nish has also served as the President of the India Canada Association of Saskatchewan for four terms and Director at Saskatchewan Organization for Heritage Languages.
Peter Peters is a man who has been supporting the communities of Saskatchewan for over 50 years with a motto of Service Above Self. After his retirement in 1999 following 37 years of work in the healthcare field, Peter became a founding member of a needed, but often avoided, social cause - supporting sexual offenders struggling to re-enter society after completing their sentences for violent sex crimes. This is not a volunteer post many people would be open to becoming a part of - to be able to see beyond a person's past and mental health challenges to offer non-conditional support and guidance. Since 2011, Peter has held the role of Chair of Circles of Support and Accountability (CoSA) South Saskatchewan.
MLA Laura Ross and Minister Christine Tell are two busy political leaders, who have generously provided self-esteem, leadership and anti-bullying workshops to thousands of young girls in Regina. Annually MLA Ross hosts the Girl Guide’s on the Day of Pink to support the anti-bullying walk and they have also hosted events to celebrate the International Day of the Girl. As MLA’s they know firsthand how important it is to be fearless, to dare to walk into a man’s world and carry themselves with dignity and grace – believing that women bring an added dimension to every facet of life in the community. The workshops and supports for young ladies in the community support them to be confident, strong and driven.
Nancy Shultz has spent 20 years working first as a teacher, then in the central office, and currently as a superintendent for the Living Skies school division in rural Saskatchewan. After her community lost a student to suicide in the late 90s, Nancy, with the help of school counselors, began to educate herself on youth mental health issues. After becoming superintendent in 2013, Nancy used her knowledge to help educate other educational professionals on the importance of increased community awareness and ways to help students overcome obstacles.

Ryan Bahan is a member of Eden Care Communities Supportive Assisted Living Homes and Programs and leader of the Care Partner Team. He and his team have worked to raise awareness and provide life altering interventions, working with some of the most vulnerable and marginalized members of our communities; those who have a mental health disability. They have enriched the lives of the residents and program participants by establishing an environment which assists in alleviating the mental health plagues of loneliness, helplessness and boredom.
Sandra Baumgartner is the CEO of the Saskatchewan Science Center. For the past four years, she has led an innovative program of robotics, creating circuits and other scientific discoveries to schools in the Northern Lights School District and other underserved communities. When Pine House school was unable to afford the cost of this program last year, Sandra took it upon herself to find ways to tighten the belt at home so that these children could experience the kind of scientific learning that they may have otherwise never had exposure to.
Dr. Vianne Timmons is the seventh President and Vice-Chancellor of the University of Regina. In this position she has been a strong advocate for reconciliation; Indigenous education; the development of women leaders; and inclusion, equity, and diversity - for the U of R student body, in the Saskatchewan Community, and internationally. For the past 11 years, she has led the U of R in exciting new directions, primarily through the implementation of two new strategic plans; mamawohkamatowin: Our work, Our People, Our Communities, and most recently, Peyak Aski Kikawinaw: Together We Are Stronger. Her service extends past the U of R as she is serving as the past-president of the International Association for the Scientific Study of Intellectual and Developmental Disabilities; Co-Chair of SSHRC’s Advisory Committee on Equity, Diversity and Inclusion Policy; and a member of the Canada Foundation for Innovation.

Wind Beneath your Wings Caring Award

The Arrive Project (Assisting Refugee Resettlement in Various Endeavors) is a team of 4 passionate Regina ladies, who, together have helped more than 1000 refugees coming to Regina. This project began with a simple gift of kindness - a response to an ad for a table and chair set for a refugee family - but quickly grew to providing far more than donated household items/computers. They have welcomed the families into their homes, been
present for the birth of babies, provided support to a grieving family with a palliative care infant and so much more. Says the team, “Our lives have become so rich and so blessed because of these friendships. We believe that we are designed by God to give of ourselves – and when we do this, we receive far more than we could ever give”.

Thirteen years ago, Barb Ryan experienced overwhelming grief as she lost her husband to cancer. She experienced loneliness that made her think of her grandmother’s advice “Grief is just a big ball of Love with no place to go. Ten years ago, she found her opportunity. The Open-Door Society paired her as a HOST with a Somalian Refugee Family. Barb found ways to build into their lives through teaching English as a second language, showing them how to bank, book their children for sports, turn on the washing machine and thousands of other small things. Since that first family Barb has been paired with two more families – a Congolese family – who became like her own children, and a Syrian family devastated by the impact of war on their country and home.

Your Time is a women’s empowerment organization founded by Lois Vanderhooft, Lisa Peters and Sandy Berg in 2016 and to date have helped thousands of women in Canada and throughout the world. After enlisting the help of 26 other women, they formally formed YOUR TIME Women’s Empowerment Foundation, with the mission “To provide girls and women with knowledge and sustainable resources to manage menstrual hygiene”. Using their own funds,
they have travelled to locales such as Africa, India, Pakistan and Guatemala, personally witnessing these women’s lives change as they engage in the communities, strengthen intimate relationships with their spouses, and otherwise finish otherwise unattainable educational goals. As Lois says “With only one gift we can give dignity, through this gift we can change a woman’s life”.

Youth Caring Award

Emily Simon, a grade 12 student from North Battleford, was selected as the Junior citizen of the year in 2017. In her high school she joined the mission team which provides social justice work in the community as well as taking a leadership role in two community programs - running a Mental Health Awareness program aimed at removing the stigma of mental health and Kids Helping Kids - which donates all their profits to charity. Part of this work involved running a conversation cafe that encourages students to talk about mental health. Recently, she joined the Community Mission Club and went to Kenya and Ecuador to build classrooms for children.
Lily Jedlic is a 14 year old grade 8 student in Regina. She has made a mark in rowing—having been chosen to represent Canada at the Tokyo 2019 Junior Rowing Championship. However, Lily's commitment to community extends past her love of sport. On her way to practice one morning she saw smoke coming from a home. She stopped and knocked on the door—to find a refugee family who spoke little English. Signing and pointing Lily helped them understand the danger—and even carried one disabled child out of the home. By the time the firemen arrived they told her that the family would have suffered smoke and fire burns if she had not been there. We are thrilled to have Lily represent us both in the Junior Championships and here at home.

Matthias’ is described as a rarity by people who know him best. Not only does he accomplish great grades in school, he does so while volunteering and serving in many areas in school. This includes the Canadian Pavilion for Multicultural Day, Student Council and as a member of the Year Book Committee where he gave up his lunch hours to design the cover and layout for the yearbook. Matthias does all this while managing a part time job—which provides the needed financial support for his family. We are proud to nominate him as a Caring Hero.
McKinley Johnson, Age 9, of Davidson, SK, is a vibrant, loyal, passionate, and determined little girl with caring nature and athletic abilities. McKinley’s athletic abilities helped her make the 2010 AAA Excel Spring Hockey team based out of Saskatoon. Her caring nature is demonstrated by her volunteerism both in school, where she assists the custodians, and in her neighborhood where she helps with a variety of tasks, such as walking dogs and caring for neighbours gardens. At the tender age of 9 McKinley has demonstrated that she can serve with more than her time, as she has already successfully raised $500 for Hanna’s Heaven and the Ronald McDonald house, and $2500 for Diabetes Canada.

Regina born and raised, Paige Hamann is a recent high school graduate striving to better the mental health of her fellow youth by sharing her story and encouraging others to seek support. In 2015 Paige lost a friend to suicide, after struggling with severe anxiety and depression. After a close encounter with suicide herself, Paige made changes and found a way to fall in love with life again. Since then, she has organized a fundraiser which raised over $5000 for local mental health initiatives and has shared her story at various events such as the athletic based, “I Got Mind Show” and “Now in my Day” conference hosted by Sask Advocate. To meet Paige is to automatically feel connected to her energy which is contagious. She has a kind heart and puts others first.
Tasso Stamatinos is a grade 12 student at the Yorkton Regional High School. He is actively involved in school and community, where he is the 2018-2019 SRC President. Tasso lives by Pablo Picasso’s quote, “The meaning of life is to find your gift. The purpose of life is to give it away”. Tasso himself was the victim of bullying for many years and he says, “I was very sad and depressed because of others’ actions. For many years others didn’t accept me”. That is when he pledged to do what he could so others would not have to go through what he had faced. Ten months ago, he became SRC president and founded SPARK (Strengthening Positivity and Reinforcing Kindness) to fight Bullying. His motto is, People should be welcomed with generosity and care because our differences are what make us all unique.