2019 -CARING AWARDS

Presented by The Caring Place

“together we will find a way back to purpose passion and joy:

Caring Tea – August 28th 2 pm Delta Hotel
Caring Awards Gala – Sept 21, 5:30 pm Mercedes Benz
INTRODUCTION TO THE 2019 CARING AWARDS:

The Caring Awards are celebrating Caring Heroes in Saskatchewan whose leadership has raised awareness and provided interventions for the vulnerable people in their communities, in the province, country or internationally.

All Nominee’ work is being featured with a short Video – and a winner will be announced for each of the 4 categories. Platinum Sponsors will present the $1000 cheque and Trophy to the Winner from each Category.

- Youth Caring Award
- Wind Beneath Your Wings (Caring in a Supporting Role)
- Community Caring Award
- Leadership Caring Award

Every year in Saskatchewan, more than 220,000 people experience an emotional crisis that requires professional mental health support. This rate has doubled over the past 20 years for the general population and multiplied 8 times in children and youth. However, less than 20% of people ever get the help they need because of the stigma of mental health and costs of support.

Celebrating Caring Heroes is one way to raise awareness of the excellent work happening throughout the province, and inspire all of us to find a way to create positive changes in our communities.

The high-profile leadership awards evening features Kevin Garinger (Humboldt Broncos’) as the keynote speaker. The Humboldt Broncos’ 2018 bus tragedy illuminated the need for mental health supports AND highlighted the importance of strong leaders who are prepared to address the needs of people struggling with grief, fear, loneliness and depression. The Humboldt Broncos’ leadership team will share their leadership journey with us and answer your questions about how we can better prepare ourselves for unforeseen leadership challenges.

Funds raised through this event will go to support a community initiative that will help thousands of people each year receive the mental health support they need - a new Capital Campaign to erect “The House that Caring Built.” It will encompass counselling, addiction support, depression and anxiety support groups, Expressive Art Therapy and Healing Circles, and specialized programing for children and youth – helping The Caring Place expand their charitable services to all persons based on their ability to pay, always with the motto that “together we will find a way back to purpose, passion and joy.”

The Caring Place - winner of the 2019 Consumer Choice Awards in Counselling - provides provided mental health and addiction counselling, artistic expression, free drop-in group sessions, helping over 5000 persons a year professional help to navigate personal grief, loneliness, depression, anxiety, fear or conflict.
A Message from His Honour
The Lieutenant Governor of Saskatchewan

It is my sincere pleasure to extend greetings on behalf of Her Majesty Queen Elizabeth II, Queen of Canada, to everyone taking part in the Caring Awards Tea in Regina. I would most certainly have been with you in person had I not already been scheduled to participate in an important treaty commemoration.

Over the course of my 36-year career with the RCMP, I came to learn firsthand that mental illness can impact anyone, at any age, from any background. Post-Traumatic Stress Disorder affects many police officers, and often people who get caught up in the criminal justice system suffer from mental illness. Through my work in the education sector, I have also seen how mental illness can impact children and their families.

I am grateful to the Caring Place for providing valuable counselling to those in need, and I especially want to acknowledge the Caring Award nominees. Thank you for your commitment and your compassion - you are inspiring examples of love in action, and you are most deserving of this special recognition.

Please accept my very best wishes for a joyous and memorable celebration.

Russ Mirasty
Lieutenant Governor
Province of Saskatchewan
CARING TEA AGENDA
Delta Hotel Regina 2pm. August 28, 2019

2:00 Welcome and Congratulations to Nominee’s - Karen Vogel (Vice Chair – The Caring Place)

Greetings from Government of Canada - Ralph Goodale – Minister of Public Safety and Member of Parliament for Regina Wascana

Greetings from Government of Saskatchewan Laura Ross -- MLA for the Regina Rochdale

2:15 Introduction to the Awards Gwen Friedrich – Executive Director The Caring Place

2:20 Introduction to Youth Caring Awards Videos of Nominees Royal Bank – Sponsor

2:45 Introduction to Wind Beneath your Wings Caring Awards and Videos of Nominees Beyond Wealth – Sponsor

3:05 Introduction to Community Caring Awards Videos of Nominee’s SaskPower & Saskatoon AV Sponsors

3:35 Introduction to Leadership Caring Awards Videos of Nominee’s Westridge Construction Sponsors
CARING AWARDS GALA Agenda
– Sept 21/19/ Mercedes Benz Dealership

5:30 – Reception – music by Jackie Bell and Jason Heistad

6:00 – Greetings.
& Welcome Brad Strom (The Caring Place Board Chair) – Introduction of MC – Al Dumba Salad is served

6:15 – Introduction to The Awards - Gwen Friedrich Executive Director – The Caring Place

6:30 Dinner

6:50 Humboldt Bronco’s – Kevin Garinger “Leadership Habits that prepare you for the Unexpected” Audience Q & A
Talk Host Rob Currie – Deputy Minister of Education.

7:20 Dessert
Reminder to bid on Silent Auction items

7:50 Youth Awards and Videos
Introduction and Award Presentation – Royal Bank Sponsors

8:15 Wind-Beneath-Your-Wings Award & Videos
Introduction and Award Presentation - Beyond Wealth Sponsors

8:40 Live Auction - Auctioneer Des Plewman
All Funds Raised go towards House that Caring Built
Two Cheque Presentations – India Canada Association and Remnants of Dog – Movie Team

9:05 Community Awards and Videos
Introduction and Award Presentation - SaskPower & Saskatoon AV Sponsors

9:25 Leadership Awards and Videos
Introduction and Award Presentation – Westridge Construction
YOUTH CARING AWARD

Youth Caring Heroes are 18 years of age or younger, and have demonstrated that they understand the challenges facing persons who struggle with fear, bullying, loneliness, depression or mental illness. Each of these heroes have shown leadership in raising awareness of these needs through a project, volunteer work or a program that has helped other people understand the struggles of one or more persons.

ROYAL BANK – SPONSOR FOR YOUTH CARING AWARDS

Through RBC’s Future Launch commitment, youth mental well-being is a priority because our young people can only reach their full potential when they have the supports, they need, including access to knowledge, care and supports – including peer support – when and where they need it.

That’s why RBC is proud to support and present the Youth Caring Award, recognizing the leadership and awareness efforts of young people breaking down barriers and making a difference in the area of youth mental health.
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.
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.

Matthias Georghiades’ 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.** Of Davidson, SK, is a vibrant, loyal, passionate, and determined little girl with caring nature and athletic abilities. 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 neighbour’s 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.

**Paige Hamann.** 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.
WIND BENEATH YOUR WINGS CARING AWARD

This award celebrates our unsung heroes. While these individuals may not be known – their work most certainly is. Each hero is the “wind beneath someone’s wings” and without them the project they are involved with could not be the change maker it is. To be nominated for this award the nominee must be making an impact locally, nationally or internationally in the lives of persons struggling with fear, loneliness, depression or mental illness.

BEYOND WEALTH MANAGEMENT - Sponsor of the Wind Beneath your Wings Caring Award

Beyond Wealth is an organization that believes that what matters in life is “Relationships”. They build relationships with each of their clients and reach well beyond their corporate walls by supporting many initiatives and Charities aimed at creating better lives. The “Wind Beneath Your Wings” sponsors are well suited to sponsor this category.

Beyond Wealth Management is pleased to honour the Saskatchewan local heroes that contribute quietly and often go unnoticed. These heroes make a difference in lives across Saskatchewan through giving their time and building supportive relationships. The impacts of their programs will have a ripple effect through many generations.
The Arrive Ministries Project (Assisting Refugee Resettlement in Various Endeavors) is a team of 4 passionate Regina ladies (Joan Stricker, Gail Becker, Ulla Hovdestad, Patty Blackburn), 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, and provided support to grieving families 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”.

Barb Ryan. 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, Barb found her opportunity to share her ball of Love. 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 Women’s Empowerment Foundation was formed in 2016 by Lois Vanderhooft, Lisa Peters and Dr. Sandy Beug - each of who was looking to make a significant impact in the lives of women locally and globally. Their passion led them to one of the key issues that affects women’s ability to attend school and work every day of the month – access to sanitary products.

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”
COMMUNITY CARING AWARD

The Community Caring Award is honoring individuals who have worked tirelessly for many years to make a change in their local, national or international community that helps persons feel accepted and connected. They have demonstrated that they are change makers through volunteer work, leadership, educational projects and events. Their tireless one-on-one work makes a difference in people’s lives every day.

SaskPower and Saskatoon Audio Visual –
CO-SPONSORS OF COMMUNITY CARING AWARD

SaskPower

SaskPower has served Saskatchewan for 90 years – something worth celebrating! They are proud to recognize Caring Heroes who have demonstrated excellence in their commitment to making a difference in the lives of others.

Saskatoon Audio Visual is proud to co-sponsor this award. SAV is founded on the principles of being part of community, building into the lives and fabric of the community and together celebrating our unity. They are proud to celebrate community Caring Heroes who emulate this same community spirit.
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.
LEADERSHIP CARING AWARD

The persons nominated for this award are all respected business/professional community leaders. Through their professional influence they have made changes in the local, provincial, national or international community structure or processes that improve the lives of persons struggling with fear, bullying, loneliness, depression or mental illness.

Westridge Construction Sponsors of Leadership Caring Award

Since 1989 Westridge Construction LTD has built a strong reputation as a Leader in Business known for quality, generosity and dependability.

As a Business Leader, Westridge truly understands the importance of using their influence to make the surrounding community stronger by supporting local initiatives.

As a long-term contributor of the Caring Place Regina LTD Westridge is proud to sponsor the “LEADERSHIP Category” for this year’s Caring Awards – supporting Leadership Caring Heroes throughout the province.
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 supporting their empowerment so they can grow to be confident and strong.

Nancy Schultz 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 of Moose Jaw, SK. is a member of Eden Care Communities Supportive Assisted Living Homes. He is a Programs 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 innovative, supportive 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. She has also promoted inclusion, equity, and diversity - both for the U of R student body and in the Saskatchewan and International community.

For the past 11 years, Vianne has led the U of R in exciting new directions, primarily through the implementation of two new strategic programs; 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.
A special thank you to the Caring Awards Steering Committee. With all of your hard work, and dedication, we were able to launch these inaugural Caring Awards. Your collective dedication has helped identify and bring to life the stories of Caring Heroes throughout our province – Stories that inspire and motivate all of us to find new ways to make a positive impact in our world. Thank-you – this would not be possible without you!

Robert Currie - Deputy Minister,
Saskatchewan Ministry of Education

Sherry Lee – Editor
Refined Lifestyles Magazine

Jackie Senko – Owner
TMC Mortgages

Eloise Arlint – Financial Security Advisor
Freedom 55

Karen Vogel – CFO
Regina Community Clinic

Gwendolyn Friedrich – Executive Director –
The Caring Place
Adjudication Committee

Carla Beck

Carla Beck is a Canadian politician, who was elected to the Legislative Assembly of Saskatchewan in the 2016 as the representative for Regina Lakeview. She serves as the Opposition Caucus Chair and is the critic for Education, Early Learning and Childcare, Crown Investments Corporation, Saskatchewan Government Insurance, and SaskEnergy.

Wayne Bernakavitch

Wayne Bernakavitch has 27 years’ experience as a lawyer and is a Senior Partner of McDougall Gauley LLP, the largest and oldest law firm in Saskatchewan. He sits on the board of HTC Purenergy, Inc., Kingsland Energy Corp. and Enhanced Hydrocarbon Recovery, Inc. and is a Member of the Law Society of Saskatchewan and of The Canadian Bar Association.

Mark Stefan

Mark Stefan is an investment banker who was named CTV’s Regina Citizen of the year in 2012 for his dedication as a volunteer. He has committed hundreds of hours to bettering his community in the areas of sports, culture and education. Mark is a member of the Regina Rotary Club and the Mackenzie Art Gallery Board of Trustees. He also served as vice-president of the Grey Cup Planning Committee, and was involved in organizing the 2009 World Junior Hockey Championships. In addition, Stefan mentor’s business administration students at his alma mater, the University of Regina.
Chefs featured at Gala

Chef Laurie Wall - Walnuts Expressive Catering

Laurie Wall is an award-winning culinary professional who can walk into any situation and create stunning epicurean experiences in numerous culinary styles and cuisines.

She founded Walnuts in 2002 with a passion for fresh food & uniquely creative ways to serve it. She expanded to include a store front with Wicked Meals-To-Go in 2007 & in 2014 she added in professional bar & wait staff deliverance to the business. Travelling, an obsession with food shows & pouring over her library of cookbooks & food mags keeps her up-to-date on food trends.

Chef Gilles Gobin and cake designer Jacqueline Le Macaron

Gilles is a classically trained pastry chef with a pastry arts diploma and Red Seal designation. He is joined by his wife Jacqueline who is a cake designer.

It all started with a dream of owning a coffee shop and patisserie. Gilles and Jacqueline Gobin arrived in the Queen City in 2000, when Gilles accepted a position with Hotel Saskatchewan as Executive Pastry chef. After 10 years of hard work, and a reputation for excellence in his craft, he finally saw his dream come to reality. "It saw the resurgence of the macaron craze began to spread in places such as New York and Las Vegas, I knew it was time and opportunity to finally put my dream to reality.” Today, Le Macaron is selling over 10,000 macarons each month.
Thank-you to Our Sponsors

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