

CANDACE FOLDEN

2003 Junior High Award Recipient

“You can do anything if you try your best!” are words that Candace Folden lives by. Candi is a dedicated young lady who has excelled in her volunteer career. At the ripe age of fifteen, Candi has already influenced the lives of many. As a Pediatric Volunteer for the Lethbridge Regional Hospital, she has calmed the fears of young patients by reading stories and playing games; as a Sunday School volunteer, Candi not only helped with crafts, but guided the younger children in their spiritual growth as well. According to Candi, both academics and school involvement at Father Leonard Van Tighem are very important to her. And it shows! Not only is she on the Honour Roll, but she has dedicated numerous hours to school-wide activities such as organizing dances, running the scoreboard during sporting events and volunteering at the Valentine’s tea. Candi’s dedication and commitment are a shining example of the spirit of volunteerism.

Alexa Stone

2003 Junior High Award Recipient

Alexa Stone has taken her greatest love in life—dancing—and has tapped her way into the lives and hearts of many in our community. As a member of the Troyanda Ukrainian Dancers, Alexa has not missed one community performance. Understanding that others can feel her joy while dancing, Alexa is always the first to volunteer to dance and provide entertainment at the Senior Centre or Extendicare. The Saint Francis student has also been an active member of the Girl Guide Association for six years—earning every badge available at the Brownie and Girl Guide level, a total of over 150 badges—an accomplishment achieved by very few others in the organization. As a true testament to the nature of her character, Alexa was chosen by her Guide group to receive a special award for the Girl Guide in the group who lives up to and personifies the ideals of the Guiding Organization. Other organizations that have benefited from Alexa’s compassionate nature include the Samaritan’s Purse, the Heart & Stroke Foundation, UNICEF, Big Brothers and Big Sisters, Assumption Catholic Church, Southminster United Church, Lethbridge Legion, Soup Kitchen and the Alberta Lung Association. Alexa follows what she considers to be her greatest lesson she has learned through her church—she truly believes that she acts as the *hands and feet* of God. She is thankful for the gifts she has been given and feels that she needs to give back to others. She truly is an inspirational young leader.

KATHERINE AUSTIN-EVELYN

2003 Senior High Award Recipient

Katherine Austin-Evelyn embodies the spirit of helping others and models this daily to her peers, adults and children simply by being herself. For one so young, her volunteer career rivals that of most established adults in our community. A few of the organizations that the 17-year-old has lent her spirit and enthusiasm to include the Lethbridge Regional Hospital as a 'Water-girl', the Southminster Sunday School as a teacher, the Crohns and Colitis Foundation for their Heel'N' Wheel-athon and to both the Diabetes and Kidney Foundations as a Canvasser. Perhaps the most shining example of Katherine's understanding and commitment towards volunteerism can be witnessed in the "Help Me" program that she founded after a personal life-changing event. The "Help Me" program is a program for students helping students in times when a serious illness in the family is a part of their lives. The Winston Churchill High Student counsels and supports her peers, who have been referred to by the school counsellor, in these times of need. Katherine is intrinsically motivated...she gets her rewards from knowing that she leaves the path behind her more pleasant than it was before she walked it. She is a true Leader of Tomorrow!

JULIA SKELTON

2003 Senior High Award Recipient

With 2000 plus volunteer hours to date, Julia Skelton is a volunteer whirlwind! Julia is a self-motivated young lady who welcomes a challenge, and succeeds because of hard work and determination. The 17-year-old has been on Student Council at LCI for three years, and has taken the initiative to organize many events for the benefit of both school and community. The Lethbridge Regional Hospital was also fortunate to call Julia one of their own. During her time with the LRH, she volunteered as a Resource Office Assistant, a Pre-Op Assessment Clinic Volunteer and as a Volunteer Child-Care Worker during the February 2002 teacher strike. As an active member of the Church of Jesus Christ of Latter-Day Saints Young Women Organization, Julia has devoted over 400 plus hours to the needs of her church. And that isn't all! Other organizations who have benefited from Julia's selfless nature include the Lethbridge Musical Theatre, the Lethbridge Police Service's DARE Program, the Canadian Rocky Mountain Cloggers and the LCI Chamber and Jazz Choir. Without Julia in our community, many things would go undone. She is a wonderful example to all around her.

JENNIFER BUIT

Post Secondary Award Recipient

Jennifer Buit is a hometown girl who firmly believes that volunteering is first and foremost about building a community and being a part of that community. An Education major at the University of Lethbridge, Jen's volunteer experience is not just limited to formal or structured volunteering. For the past ten years Jen has committed herself to the well being of many seniors within our community; she regularly mows lawns, paints, cooks, and cleans for those who find themselves no longer able to perform such tasks. Most importantly, the 21-year-old has extended not only her hand, but also her heart in friendship to our seniors. Since 2001, the Helen Schuler Coulee Centre has been fortunate to have Jen as part of their volunteer team. Jen's incredible knowledge of insects coupled with her amazing sense of humour, genuine smile and friendly approach has made her an invaluable asset to the Helen Schuler Coulee Centre. The heart of Volunteerism beats in Jennifer Buit!

DIONNE PIECHARKA

2003 Post Secondary Award Recipient

University of Lethbridge student Dionne Piecharka's volunteer career dates back over ten years. As a Figure Skating Instructor Assistant, Dionne became a role model for many of her students, and as a result, many of her former students are now figure skating instructor assistants themselves. Carrying on her tradition of being a great role model, the 21-year-old became a Big Bunch Leader for Big Brothers and Big Sisters. She has helped her "littles" not only improve their academic standing, but guided them to an overall better relationships with their families. In 1996 Dionne joined the volunteer team at the Lethbridge Regional Hospital. She has taken on many roles during this time, including Pediatric Volunteer, Teddy Bear Tour Volunteer, Pre-Op Assessment Volunteer, Office Assistant for Volunteer Resources and volunteer for Christmas Special Events and Projects. Currently, Dionne is actively involved as the President of the Psych and Neuroscience club at the University of Lethbridge. Dionne's dream is to be a physician. It makes perfect sense that this compassionate young lady wishes to pursue a career that will allow her to continue to help people by sharing her strengths everyday!