







MAY 1, 2025 - 5PM

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A Message from Manitoba Liquor & Lotteries

Manitoba Liquor & Lotteries is proud to be the Presenting Sponsor of the 2025 Volunteer Awards. This year's partnership celebrates 41 years of dedicated volunteers giving their time and energy to strengthen our communities and help enrich the lives of others.

Volunteer Manitoba is dedicated to providing key resources in the areas of volunteer recruitment, training, retention and more. Through these essential programs, Volunteer Manitoba helps lay down a solid foundation that organizations can build on to inspire people to get involved in their communities.

At Manitoba Liquor & Lotteries, we foster a culture of volunteerism and encourage our employees and their family members to get involved through our many sponsorships and volunteer opportunities. We know when we all work together to achieve goals, we become part of something much bigger than ourselves. Whether it's volunteering at one of Manitoba's many festivals or events, helping out at a charitable organization, participating in a neighborhood clean-up, or coaching little league, together we can do great things.

The Volunteer Awards recognizes those individuals, groups and organizations that have made outstanding contributions through volunteerism. The evening provides an opportunity to express gratitude for all their wonderful work that together, has kept charitable and not-for-profit organizations operating smoothly across Manitoba. Looking back on the past year, we can reflect on all that has been accomplished because of people's open hearts and generosity.

Congratulations to all the award winners and nominees, your selfless efforts and passion for giving are truly an inspiration. Thank you for lifting up our communities and making Manitoba a much better place for us all.

Gerry Sul
President & CEO
Manitoba Liquor & Lotteries



A Message from Volunteer Manitoba

On behalf of **Volunteer Manitoba**, we are honoured to welcome you to the 41st Annual Volunteer Awards.

Each year, we gather to celebrate the remarkable spirit of volunteerism that runs through the heart of our province. This celebration takes place during National Volunteer Week – an annual opportunity to recognize and thank the millions of Canadians who share their time and talents with others. Volunteers are the lifeblood of our communities, offering their passion, energy, and commitment to help drive the mission of community nonprofits, support our most vulnerable, and create spaces where everyone can thrive.

At Volunteer Manitoba, we see this impact every day. Our work connects people to meaningful volunteer opportunities, supports nonprofit organizations in building strong volunteer programs, and provides training and resources that strengthen our province's capacity to serve. Volunteers are at the heart of all we do, and tonight, we shine a spotlight on the incredible individuals, community groups, and organizations who exemplify the very best of what it means to give back.

This event is not only a celebration, but also a reminder of the collective strength we build when we come together. Whether through acts of advocacy, care, leadership, or innovation, volunteers make our communities stronger and more vibrant.

To our award recipients—thank you. Your efforts have not gone unnoticed, and your stories move us deeply. To our sponsors, partners, and community supporters—thank you for making this celebration possible and for championing volunteerism across Manitoba.

As we mark 41 years of honouring volunteerism, we also look ahead with hope and purpose. Volunteer Manitoba remains committed to supporting and promoting the incredible work of volunteers across our province, and we are grateful to be on this journey with all of you.

Ashley Seymour Executive Director Volunteer Manitoba



Tonight we celebrate these outstanding individuals and community groups for their achievements, their dedication to the community we share and their excellence in volunteerism.

Congratulations to the recipients and nominees of the 41st Annual Volunteer Awards!

Lieutenant Governor's Community Leadership Award

Marlene Enberg (Northern)

In recognition of her dedication to supporting individuals with intellectual disabilities through sport. Marlene reshaped the Special Olympics community and program in Thompson, Manitoba. She began volunteering with Special Olympics in 2015, and due to the Northern region not having programs when her foster children were young, Marlene decided it was time for a change. It was her desire to offer younger kids a chance to be involved in sport programs to build a strong community. fostering inclusivity and a sense of belonging for all. She is currently the head coach for cross country skiing, two youth programs and also assists with the track team. Because of her hard work and dedication, there are now 8 different programs being offered in Thompson, Marlene cares about athletes who have intellectual disabilities. She wants these athletes to know they are important, have the right to compete and showcase their amazing talents.

Cindy Bell (Urban)

In recognition of her role as the creator and leader of the non-profit volunteer organization "Threads of Hope". Cindy identified needs within the community that

were not being met and created Threads of Hope to attend to those needs by providing hats, mitts, neck warmers, dog beds, blankets, clothing and guilts. Threads of Hope exists through donations of funding or supplies and St. Saviour's Anglican Church provides a space for volunteer activities. Cindy always looks for ways to support organizations in need of assistance. Not only did she use her sewing and administrative skills but also supporting those in the community who are willing to volunteer. Cindy has a long history of volunteerism as she volunteered with Girl Guides of Canada in different leadership roles over the course of 30 years, and has also volunteered with "Live Different" in which she travelled to Mexico to help build houses for the less fortunate. Further, Cindy has developed Threads of Hope by encouraging members to provide project ideas and spreading the word to individuals who may volunteer or identify organizations in need.

Brenda Miller-Adams (Rural)

In recognition of her volunteer contributions, Brenda's volunteerism spans a broad spectrum of activities over many years, always working for the betterment of her community. Her current volunteer project is serving as a Co-Chair for the development of a new park in her community of Portage la Prairie. As a leader, she is motivating community volunteers as well as municipal

leaders, to undertake the design, raising of funds and overseeing the building of the park project. Brenda's volunteerism includes numerous other projects and programs, including the Holiday Avenue Project and the Portage Rotary Club, where she played a key role in upgrading and maintaining the Rotary Pond. Brenda also regularly supports the Portage Animal Welfare Shelter, is a former director of the Canadian Mental Health Association, Portage Region, and she volunteers for the Habitat for Humanity builds in her community alongside her husband.

Lieutenant Governor's Community Leadership Award & Premier's Volunteer Service Award

Rhea Bhalla (Youth)

In recognition of her leadership, volunteering, and engagement with the disability community, Rhea's goal is to show youth that their disability is the beginning, and not the end. At the age of 14, Rhea founded multiple support groups for people who stutter of all ages and later was the founder of the University of Manitoba's Project Sunshine chapter. She has served for several years on the Canadian Stuttering Association's board of directors and led vouth focused divisions of their national conferences. Rhea has amplified disability issues on the Winnipeg Regional Health Authority's Patient Advisory Committee and served her community as a personal support worker in a rural Manitoba nursing home and hospital. Rhea is an excellent leader in

bringing people together to create incredible change. She leverages her lived experience to empathize and actively listen to those she volunteers with, plus, uses her volunteering as an opportunity to identify and fill needs in the community.

Premier's Volunteer Service Award

Jayanna Vanderwoude (Youth)

In recognition of her passion for volunteering and helping others in her community. Jayanna is a hardworking individual who loves to help wherever she can, which has given her a unique perspective of the community's needs. A grade 12 student, Jayanna volunteers with children through her school, and at a local drop-in centre. Her experience has not only benefited her but many of the children she has worked with. She has a special way of connecting with the children so they feel important. Jayanna has also volunteered by coaching grade 7 & 8 basketball teams and with her school's library for the past two years. Outside of school she loves helping her neighbours. She sorts and distributes food for those in the community through the local food bank and volunteers with a local organization who supports adults with disabilities. Jayanna is always willing to lend a hand wherever she is needed, she is deeply appreciated and loved by both the school and the community.

Samuel Ogunsola (Individual)

In recognition of being an exemplary community leader, a dedicated volunteer, and a passionate advocate for social impact. Samuel balances academic excellence with



an unwavering commitment to community service. His extensive volunteer work spans leadership in faith-based organizations, academia, and grassroots initiatives that empower marginalized groups, immigrants, and youth. In 2023, Samuel was part of a team that launched the Community Closet Project to provide winter clothing for immigrant students at Victor Mager School. Like many immigrants, Samuel faced initial challenges with integrating into the Canadian community. Rather than allowing these obstacles to hold him back, he used his experiences to build bridges for others. Samuel is the co-founder of Shaping African Women in STEM, and has been actively involved in supporting Siloam Mission, Union Gospel Mission, and Love Winnipeg Community Outreach, where he has contributed to supporting food, clothing and shelter needs for vulnerable populations.

Karen Bergeson (Individual)

In recognition of her decades of hard work and dedication to helping the community of Rossburn. Karen has given her time and energy to supporting numerous organizations, including the Vinok Dance Club, the Rossburn Agricultural Society (where she was the secretary for over 50 years!), the Manitoba Gymhkana Rodeo, the Rossburn Museum, the Chamber of Commerce, Age Friendly, Rossburn Palliative Care, 4H and much more, Karen has volunteered her time working at many events, cooking, cleaning, painting, quilting, and making snacks for any organization that required her assistance. She has also spent time knitting mittens to donate to Siloam Mission in Winnipeg and for the Mitten Tree at the Rossburn Elementary School. Karen

is a joy to have at community events, she is always smiling, friendly, kind, and always feels fulfilled when she helps others.

Manitoba Motorcycle Ride for Dad (Group)

In recognition of their commitment to organizing the Manitoba Motorcycle Ride for Dad's annual fundraising event. The Manitoba Motorcycle Ride for Dad has been working to raise funds to support the fight against prostate cancer in Manitoba since 2009. To date over \$5 million has been raised in Manitoba alone. These funds stay in Manitoba to support prostate cancer research, education and awareness. This committed group of individuals generously donates hundreds of hours of their time and talents year-round to plan and execute one of the province's largest charity motorcycle events. Their efforts create an unforgettable experience for participants. The committee's leadership, community spirit, and unwavering commitment continues to make a lasting impact across Manitoba.

Winnipeg Chinese Senior Association (Group)

In recognition of their exceptional volunteerled initiatives that address the diverse needs of seniors, newcomers, their families, and the broader South Winnipeg community. The Winnipeg Chinese Senior Association (WCSA) is known for their outstanding cultural events, community programs, newcomer supports, health initiatives, and services that foster inclusion and wellbeing. Established in 2017, the WCSA has provided meaningful programs to thousands of community members, tailored to meet specific needs. The WCSA represents an innovative and impactful model of community service and inclusivity. The association mobilizes hundreds of volunteers and leads large-scale, volunteer-driven events in partnership with other community organizations. Their creative approach to addressing social isolation and supporting newcomer integration makes them a vital part of South Winnipeq.

Mayor's Volunteer Service Award

Joanne Zahaiko

In recognition of her 30+ year journey as a volunteer for Special Olympics Manitoba. Her involvement started when she was in grade 9, when she joined a student leadership group at her school. By grade 12, Joanne stepped into the role of head coach, and since that time she has attended 9 national games and 5 world games as a either coach or mission staff. Joanne believes that her career path was directly connected to her volunteer work with Special Olympics, as it has enhanced her traits in patience, understanding, compassion, humor, and acceptance of all. As a Resource Teacher, she was able to transfer her skills from coaching to the classroom, which helped her easily work with students, educational assistance, and teachers. Today. Joanne is the Vice-Principal of a high school and continues to use her "coaching skills" in her every day work. Joanne's longterm volunteerism with Special Olympics Manitoba shows her commitment to help improve athlete's lives, as well as the community.

Robert Young

In recognition of his dedication and longevity of being president of the Red River Community Centre. Robert Young has played a vital role in the growth and success of the Red River Community Centre for over 20 years. He believed that the center should serve the community, especially the children, as he is deeply engaged and knows what is needed to benefit others. Robert is resourceful and his wealth of knowledge regarding the community has continued to grow. He always ensures there is the proper equipment for the programs, and if something is needed he ensures it is made available. He is one of the longest running volunteers in his role and has served as a pillar of the community due to his dedication. Robert is one of a kind, he believes that every child matters and they should all be able to play sports or be involved in a community in one way or another.

Corinne Kopansky

In recognition of her efforts fundraising for sick and injured children through the Children's Hospital Foundation. Following the heartbreaking loss of her daughter in 2015 at just six months old. Corinne found creative ways to support families in need of the HSC Children's Hospital. She organized a local street party and fair on their daughter's first birthday to raise funds for the Foundation and continues to find new ways to make a lasting impact on kids in the community. Corinne serves as the chair of the Children's Hospital Foundation of Manitoba's annual Golf Tournament which was established in 2019. Through her leadership, the committee has raised over \$1.2 million for vital hospital



equipment, cutting edge research, and programs aimed at providing comfort to children in care. Her passion and leadership have continuously brought the entire committee together to support the cause, ensuring the event's success year after year. Corinne has turned her grief into a powerful force for good, launching numerous events, projects and initiatives to raise funds for sick and injured children.

Frank Capasso

In recognition of his exceptional leadership and dedication as the president of the Sage Creek Residents' Association since 2013. Sage Creek has seen tremendous growth in community spirit, infrastructure, and engagement, and Frank Capasso has consistently led a team of hardworking and talented individuals to foster an inclusive and thriving community. He has championed numerous community events, such as Run Sage Creek, community markets, garage sales, holiday celebrations, a community newsletter, and is collaboratively working to raise funds for a new playground. Franks leadership extends beyond Sage Creek. as he organizes and leads Southeast Communities' meetings to share best practices, secure government grants, and foster greater engagement across neighborhoods. He has tackled challenges with resilience and determination. transforming ideas into tangible, lasting benefits for the community. Further, Frank's creative approach to problem solving and community engagement has set Sage Creek apart. He brings together all levels of government, local business, and community members to achieve shared goals.

Hiren Shah

In recognition of his passion for people and commitment to making his community a better place every day in any way possible. Hiren serves on the Ronald McDonald House's (RMHC) golf tournament board who plans, coordinates and executes an annual fundraiser, and has also supported the RMHC's Champion for Families program. Hiren also joined the Winnipeg Kinsmen in 2018, and through his work with both the Kinsmen and Ronald McDonald House, he has helped direct funds to nonprofits like Agape Table Soup Kitchen and Rainbow Resource Center. In the role the vice-president of service with Winnipeg Kinsmen, Hiren has had the honor to support various other non-profits, such as Special Olympics, Winnipeg Harvest, Toba Centre, Bruce Oake Recovery Centre and so much more. Hiren approaches every experience with humility, respect, and dignity, leaving a lasting impression that inspires others to pay it forward and embrace the power of community.

Manitoba Liquor & Lotteries Community Changemakers Award

Doris & Henri Tremorin & Larry Tarko – Mile 60 Park Committee

In recognition of their longevity and serving as the core of the Mile 60 Park committee in St Claude for the past 23 years. Doris, Henri, and Larry have helped many community members tremendously over the years, having a vision to create a beautiful new green space in the community from old

and abandoned 'fair grounds'. They have volunteered countless hours of their time to ensure everything at the park is perfect. As a result of their dedication the Mile 60 Park is now a well used gathering spot and a place the community is proud of. The Portage Youth Soccer Association now uses Mile 60 Park as a satellite soccer venue, bringing in thousands of kids, coaches and parents to the community each year. Thanks to the leadership of Doris, Henri, and Larry, the Mile 60 Park Committee completed several major projects. These include building new baseball diamonds, converting a pole barn into a community event centre, creating a small campground, and constructing around 60 homemade picnic tables for the park. They have also been instrumental in recruiting new volunteers to support the work of the Mile 60 Park, setting up the next generation for success.

Association of Manitoba Municipalities (AMM) Community Leadership Award

Gary & Marsha Forgue (Dream Ride Initiative)

In recognition for their leadership and commitment to the creation and continued success of the "Dream Ride" initiative, in support of The Dream Factory. Through Gary and Marsha's leadership, Dream Ride has raised over \$200,000, directly supporting the dreams of eight Manitoba Children facing life-threatening illnesses. By funding these dreams, Gary and Marsha not only provide moments of joy and hope but also something for families to look forward to

as they navigate immense challenges. Their efforts began in 2020 with the first Dream Ride, a pledge-driven fundraiser that made a dream come true for a local Neepawa child. Dream Ride's evolution from 22 participants raising \$22,000 in its inaugural year, to over 100 participants raising over \$50,000 in 2024 reflects significant growth, further demonstrating a profound understanding and commitment to the community. Gary and Marsha have cultivated relationships with local businesses and organizations throughout the years, using their ability to unite people around a common goal. Their creativity shines in the way they diversify activities, like adding walking and e-bike options for participants, demonstrating their talent for inspiring others to join their cause

CTV Champion of Mental Health Award

Dr. Anju Bajaj

In recognition of her volunteer commitment to promoting awareness and rightful treatment for those with mental disabilities. Dr. Bajaj has held a variety of positions in organizations which work towards promoting mental health and wellbeing. Through her roles on the College of Registered Psychiatric Nurses of Manitoba's education committee, and the Province of Manitoba's committee regarding the Vulnerable Person's Living with a Mental Disability Act, Dr Bajaj has helped form policies. legislation and educational resources to help support the rightful treatment of those with mental disabilities and challenges. Dr Bajaj also serves as the Chair of the Mood Disorders Association of Manitoba, fostering



collaboration with various mental health leaders from across the province. Through the Bison Regional Science Fair, Dr. Bajaj has connected thousands of students with dedicated volunteer-judges, helping youth thrive, many of whom have gone on to present research nationally. Dr. Bajaj has worked hard towards eliminating barriers, which can have deep underlying effects on one's mental health and well-being for the next generation.

Spark Outstanding Pro Bono Consultant Award

Kelly Thibodeau

In recognition of her pro bono volunteer work with Heartwood Healing Centre, a community non-profit that provides therapy and support services to Manitobans who have experienced childhood sexual abuse. Kelly is an extremely generous and caring individual, who shares her knowledge to ensure everyone has access to the tools and information needed to make the online world a more inclusive and accessible place for all. With Kelly's guidance, the Heartwood Healing Centre was able to collect information and tools for making their online content more accessible. Thanks to Kelly, the organization's website and social media platforms adapt to the ability of the community members. By having accessible online content, community members seeking services and support with healing can now easily find out about the Heartwood Healing Centre.

Barb Gemmell Catalyst Award for Excellence in Volunteer Management

Denise Bukowski

In recognition of her 30 years of leadership experience in Volunteer Management. Denise was instrumental in building the Canadian Museum for Human Rights' volunteer program from the ground up, prior to the museum's opening. Denise has continuously worked to elevate the role of volunteer managers, championing resources like the Canadian Code for Volunteer Involvement and the National Occupational Standards to reinforce the credibility of the profession. She actively encourages volunteer managers to pursue the Certified Volunteer Administrator (CVA) designation, a credential she proudly holds herself. Denise also served on the board of the Manitoba Association for Volunteer Administration (MAVA) for 8 years and has presented on volunteer engagement and program evaluation at numerous conferences and events. Denise received the MAVA Outstanding Leadership Award in 2010, and the Exemplary Leader Impact Awards from the Volunteer Management Professionals of Canada in 2024. In addition to her professional accomplishments. Denise has actively volunteered in her community through roles such as scout leader, baseball and basketball coach. Sunday school teacher and parent council member.

Congratulations to all those that were nominated! Thank you for all you do!

Carmen Aiello **BelIMTS Volunteers** Brenda Miller-Adams Captain Kennedy House Renewal Committee CareImpact Carla Wolfenden Cathy Finnbogason Cathy Hogue-Hamer & John O'Leary Chase De-leseleuc Chris Ainley Chris Nykon Chris Sumner Christian Okwudiwa Christmas Cheer **Board Warehouse** Team Cindy Bell Cindy Whitfield-Laurent CommUNITY204 Corinne Kopansky Craig Lamm Crescent Fort Rouge United Church Cruz Woloski Denise Bukowski Dominic Jones-Bieringer Doug Mackie

Dr. Anju Bajaj Dwight MacAulay Eleanor Chornoboy Erika Erickson Fernanda Valleio Folk Festival Security Crew Frank Capasso Galerie Buhler Volunteers Garry Aleio Gary & Marsha Forgue Gib Bell Gift Shop Team Volunteer Guild of Victoria Hospital Ginny Twomey Habitat for Humanity Manitoba Family Selection Committee Himanshu Sharma Hiren Shah Ines Bonacossa Irwin Corobow Jaideep Johar Jayanna Vanderwoude Jennifer Palichuk Jim Mair Jim Peeling

Joanne Roach

Joanne Struch Joanne Zahaiko Joy Goertzen Jude Obidiagha Kalyn Murdock Karen Bergeson Kelly Thibodeau Khushi Kalra LeeAnn Kolisnyk Legal Help Centre - Volunteer Lawver Team Leslie Joyce Linda Brown Linda Marchinko Lisa Martin Lisa Sinnicks Liz Pimentel Luca Gheorghica Maisie Berens Manitoba Fencing Association Volunteer Committee Manitoba Motorcycle Ride for Dad Margaret Brook Marlene Enberg Marty Snelling Melissa Warrington Mellissa Bourgeois Mile 60 Park - Doris &

Henri Tremorin, Larry

Tarko Moiz Ejaz Murray Pierson Never Alone Cancer Foundation Volunteers Rae Gunn Rhea Bhalla Robert Mackenzie Robert Young Rod Soviak Sally Alexander Samuel Ogunsola Songyan Liu St Boniface Hospital Emergency Volunteers St. John's-Ravenscourt School Susan Brown **Taylor Smith** Terri Clark The Friendship Trail Group The Gary Effect Thomas Rempel-Ong Wendi Park Winnipeg Chinese Senior Association YWG Goldwings



Introducing Your Hosts

Maralee Caruso

Maralee is **CTV Winnipeg's Senior News Anchor**, hosting both CTV News at 5 and CTV News at 6.

Originally from Thunder Bay, Ontario, Maralee began her broadcasting career as a reporter at TBT News and joined CTV Winnipeg in 2001.

As a journalist for more than 28 years, Maralee has covered breaking news stories, civic, provincial and federal elections, and keeps Manitobans up to date on current community events in our cities and our province.



Maralee is a strong advocate for several community organizations including The Winnipeg Humane Society where she adopted her best friend "Jack", The Salvation Army, Variety Manitoba, Canadian Blood Services and more.

In 2018, Maralee launched the Hero in You campaign, an annual November blood drive for Canadian Blood Services, raising awareness and new donors. This cause affected Maralee personally in 2016 when she lost her mother to a rare form of blood cancer.

When not anchoring the news or helping in the community, you will find Maralee in her garden or cheering on her two sons who are accomplished wrestlers honing their skills at the National Training Centre in Montreal in pursuit of the upcoming Olympic Games.

Rachel Lagacé

Rachel is **the host of the CTV Morning Live show** in Winnipeg. This is a role Rachel has been doing for more than three years. She sets her alarm clock for 2:08 am to get ready and get to work for her 4am shift. It might sound crazy, but she loves getting a heads start on her day and being the first to tell people what's going on in the community and around the world!

Before becoming host of the show, Rachel reported on breaking news and community events since the morning show's inception in 2011. Her time at CTV began in December 2002, where she worked as a reporter for more than 10 years for CTV News at 6 before moving to the morning show. Rachel's first job in journalism began at PGTV in Prince George, BC in August 2001 where she learned the importance of local news. She's been a journalist for almost 24 years and calls herself a news junkie!

She grew up in the community of La Salle just outside of Winnipeg in a francophone family and spoke French before English. Rachel wanted to be a journalist since the age of 9 and loves telling the stories of people and events in her community.

She's married with a son named Maxim and a daughter Zoé and is a proud francophone instilling her love of the language in her children.

Rachel is an avid reader and enjoys a good book on a beach anywhere.

Celebrating Volunteers in Our Communities!

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About Volunteer Manitoba

Volunteer Manitoba is proud to be a leader in community engagement by providing information, training and resources on all aspects of the voluntary and non-profit sectors. Our mission is to support and recognize volunteerism across the province, and to support individuals and groups as they develop and enhance their capacity to meet community needs.

Volunteer Manitoba Staff

Ashley Seymour, Executive Director

Kamillah El-Giadaa, Manager, Training & Development

Corinne Napper, Communications Assistant

Gloria Dovoh, Community Relations Coordinator

Mia Penner-Adamo, Administrative Assistant



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On behalf of the Board and Staff of Volunteer Manitoba, we would like to thank you for supporting volunteerism in Manitoba.

We encourage you to visit our website to learn about the many volunteer opportunities that exist and how you might get involved.

Please visit us at: VolunteerManitoba.ca





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