

# Citizens of the Year

## The Prince George Community Foundation celebrates the people who make a difference

Ann Halikowski, Lorraine Hilland and Karen Underhill - Hidden Heroes

Since 1983, Ann Halikowski, Lorraine Hilland, and Karen Underhill have been dedicated and committed to working towards the prevention of violence against women, men, and children, so that everyone can feel safe and secure in their home and community.

These three women co-founded the Prince George Sexual Assault Centre in 1984, today known as the Surpassing Our Survival Society, an organization dedicated to providing counselling and support services in a safe and supportive environment for individuals, families and groups. The SOS Society also works hard on preventing sexual violence through advocacy and public education.

In the first year of this organization, these three women provided financial support to be able to have a meeting place, an answering service and on-call services 24/7.

Over the years since their initial work together, they continued to volunteer in many Prince George organizations related to their

initial vision and goal.

Ann works at the Phoenix Transition Society as a "Phoenix Grandmother," mentoring and teaching.

She is known for her volunteer work with the Gathering of the Grandmothers, the Prince George Counsel of Seniors, the B.C. Schizophrenia Society, the ACE Activity Centre, and the Prince George Mental Health and Addictions Advisory Committee.

Lorraine works at the Council of Seniors Office.

She has dedicated many years to working as a volunteer with women, children, youth and men to have their voices be heard in organizations like the Phoenix Transition Society, as a board member with the BC Society of Transition Houses, and as a foster mother.

She is also a past recipient of Prince George's Mother of the Year Award.

Karen is the Executive Director of the Phoenix Transition Society, working with women and children who have a crisis in their lives, a continuation of the dedication



KAREN UNDERHILL, ANN HALIKOWSKI AND LORRAINE HILLAND

to the vision she had that led to the creation of the SOS Society.

She is a board member of the BC Society of Transition Houses and is a Rainbows facilitator, dedicated to providing support for children experiencing grief and loss. Earlier this year, she was the recipient of the Unsung Heroes Award for the Non-Profit Sector.

Ann, Lorraine, and Karen are being honoured together as 2016 Citizens of the Year in Prince George for their leadership and commitment in establishing an organization focussed on making home and community a safe place for women, children and men and for their years of volunteer activity with other organizations that support these goals.



TRELLE MORROW

### Trelle Morrow - Preserving History

Trelle Morrow has lived in Prince George for 62 years and to say he has had an impact on the landscape of our city would be an understatement. As an architect he is responsible for the design of Sacred Heart cathedral and many Prince George buildings, elementary schools and housing.

Trelle's volunteer life spans all of those 62 years as a resident. In the early years he and his wife Allison were active members of Kiwanis International, contributing significantly to the goals of that organization.

In the late 1980s and 1990s Trelle

served on the City Heritage Committee and the Prince George Museum Association Board, assisting with two documents, the publication of Postscript (1990) and the Life in These Old Houses (1995).

In 2014 he was re-elected to the Heritage Committee (now called the Prince George Heritage Commission). In his work with the commission he compiled "Statements of Significance" for the following heritage properties: the Monro/Moffat House, Knox United Church, Quinson Elementary School, the W.W.II Drill Hall on the Exhibition Grounds, the Roll-A-Dome (Prince George's First Curl-

ing Club), and the neighbourhoods of Dogwood Street, Nechako, and Quinson.

Trelle is a three-time recipient of the Jeanne Clarke Memorial Local History Award, the latest awarded in 2016 for his local history book: Living Legacies, 100 Years of Prince George Architecture. Even at the fine age of 86 he continues to make regular local history presentations at the Prince George Public Library.

Due to his deep and ongoing commitment to both contribute to the history of Prince George, as well as preserve it for generations to come, Trelle is one of Prince George's 2016 Citizens of the Year.

## Gala event Oct. 14 to recognize this year's recipients

The Prince George Community Foundation was established in 1995 as an independent, volunteer-driven, charitable organization with the aim of partnering with donors to build permanent endowment funds enabling us to generate dollars from the interest to support community projects in the areas of health, sports, recreation, art, culture, social services and the environment.

Our organization is all about giving back to the community.

It was natural then, when the Rotary Club asked if we would be interested in taking over the responsibility for the annual Citizen of the Year event some years ago, we jumped at the chance to celebrate and honour citizens of Prince George who have demonstrated that spirit of giving back to our community.

This year we honour six individuals who have exemplified the spirit of giving and we look forward to celebrate with them at our annual Citizens of the Year Gala on Friday, Oct. 14 at the Coast Inn of the North.

We hope you will consider joining us for this event as we honour our 2016 Citizens of the Year. Tickets are \$65, and can be purchased at the front desk of the Coast or on line at [www.pgcf.ca](http://www.pgcf.ca).

— Teresa Saunders, President  
Prince George Community Foundation



### Cindy Smith - Inspiring Youth

Cindy Smith is an English and Leadership teacher at College Heights Secondary School.

Throughout her teaching career, she has gone above and beyond her teaching job to provide opportunities for youth to make a real difference in our community locally, provincially, nationally and internationally. She has been a proactive role model, spending many weeknights and weekends (literally thousands of out of school hours) working side by side her students.

Working with her students, she has raised thousands of dollars for many worthwhile non-profit charitable organizations including Relay for Life, Cops for Cancer, the Kordyban Lodge, the Terry Fox Foundation, the Northern Uganda Development Fund, Free the Children, and Camp Good News.

One of the supporters for Cindy's selection as one of the Citizens of the Year wrote: "I believe that her commitment to creating youth volunteerism is an integral part of why Prince George is the volunteer capital of Canada."

Her activities with youth are broad and include one-on-one mentoring, organizing regional and provincial leadership conferences, working with the Yellowhead Rotary Club of Prince George to establish a junior Rotary Club in the school, known as Interact, and being a founding member of "Happy is Healthy - Kids Helping Kids", a mentorship model to promote healthy choices.

Not only does Cindy dedicate many hours as a volunteer through her professional work, she has consistently volunteered in the community at large including being a leader within Scouts Canada, a soccer coach with the Prince George Youth Soccer Association, and co-chairing the volunteer recruitment committee to find



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the more than 45,000 volunteers needed to host the 2015 Canada Winter Games in Prince George.

Cindy's work motivating and developing tomorrow's leaders as an educator, as well as taking on leadership roles in the community with her volunteer efforts, has earned her the recognition as one of Prince George's 2016 Citizens of the Year.

### Nowell Senior - Community Builder

Nowell Senior is an avid outdoorsman, a lover of hiking and snowshoeing. For the past 20 years he has been a member of the Caledonia Ramblers Hiking Club. Prior to Nowell joining the Ramblers, the club only ran a summer hiking/backpacking schedule starting in April and ending with the snow in the fall. Nowell began organizing snowshoe trips and they became a hit. This led to scheduled trips every week throughout the winter period.

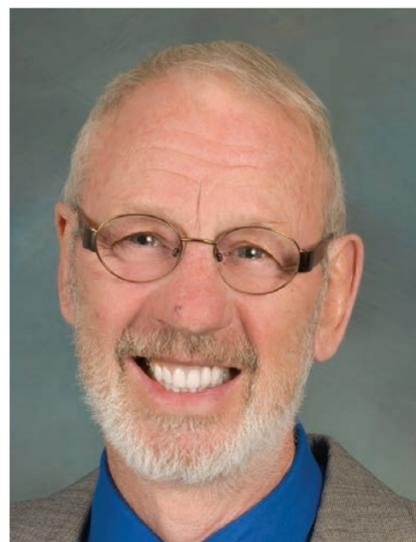
In 2005, Nowell put in an application to the provincial government on behalf of the Ramblers for a trail up and over the Driscoll Ridge from Highway 16. As it happened, residents of the Crescent Spur/Dome Creek area put in an application for an interpretive/nature trail into the old growth cedar forest starting for the same point on Highway 16.

The government combined the two applications and in 2006 permits for the trail were given to the Ramblers and work began. Nowell provided a vision of how the trail could serve others and provided outstanding leadership throughout the building of the trails.

In 2009, Nowell proposed the addition of the universal boardwalk to the Ancient Forest Trail to make it more accessible to all visitors while protecting the plants and ecosystem generally.

He led the cause by successfully applying for grants to contribute to the cost of the project.

Between 2006 and 2015, Nowell has made about 400 round trips (over 90,000 km) to the Ancient Forest and contributed more than 5,000 hours of work to see this project through, inspiring many others to become part of the vision of the new trail through his leadership and hands-on involvement throughout the building phases. As one supporter stated: "He was there



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when the idea of the trail through the ancient cedars was conceived, when the first trail ribbon was tied to the first tree that marked where the trail would go, when the first board was carried up the new trail to form bridges over creeks, an when the first nail was hammered into the first plank of the Universal Boardwalk. He was a member of the small group that submitted a formal proposal to establish a new provincial park and he was there when the premier announced that a new provincial park was on its way."

Nowell is being honoured as one of Prince George's 2016 Citizens of the Year for his tireless efforts in bringing a new provincial park just an hour's drive away from the city and for his continued involvement in an initiative to have The Ancient Forest declared a UNESCO World Heritage Site.