

## QUOTA INTERNATIONAL VOLUNTEERS OF 2003



Debbie Neilsen  
Quota International of Estevan

Debbie Neilsen has been a member of Quota International of Estevan since March 1995. During her time in Quota, she has been vice-president and is presently treasurer of her club. An active Quota member, Debbie does not hesitate to volunteer for different projects. When Debbie takes on a job, you know it will be done and done well. Five years ago, she encouraged her club to host the Women of Today Awards. This has been a boost not only to the community, but to the club as well, creating a large presence in the community and a purpose for the club. In addition to lending her time and talents to Quota, Debbie has been a director for the City of Estevan Recreation and Parks board since 1998 and successfully balances work and home life. She is a wife and mother of two young children and works full time as manager of the Shand Greenhouse in Estevan. She has also just completed a master's degree in Environment and Management. Members of her club call Debbie "an inspiration to us all" and say, "we are proud to be associated with such a vibrant, talented person." It is with a great deal of pleasure that Quota International of Estevan nominates Debbie Neilsen as Volunteer of the Year.



Helen Macdonald  
Quota International of Mariposa

Having joined Quota in 1963, Helen Macdonald will be celebrating 40 years of service and fellowship in 2003. Helen served as club president from 1967-1968 and has served on the district level as secretary-treasurer, lieutenant governor, and governor. On the international level, Helen has been Canada Area director (1984-1985), first and second vice-president, and international president (1989-90). She was also instrumental in organizing Quota International of Mariposa-Silver "Q", where she is currently serving as Hearing and Speech Committee chair. In March of 2003, Helen Macdonald received the Queen's Jubilee Medal. Several days later, Quota International of Mariposa, along with

many members from the Orillia club, gathered to honor Helen at their regular meeting. Outside of Quota, Helen enjoys knitting, reading, and gardening. Through the years, she has been involved in many charitable organizations, including the Richmond Group Home for Girls, the Canadian Cancer Society, and UNICEF. She has also been an active church member, teaching Sunday school, co-founding a teen Bible class, and chairing the 150th Anniversary Committee. Helen Macdonald is truly an exemplary volunteer, and Quota International of Mariposa wishes to acknowledge her many hours of dedicated service to her community and world.



Elaine Knowlson  
Quota International of Orillia

Elaine Knowlson has been a member of Quota International of Orillia since 1983—she received her 20-year member pin this past winter. During her time with Quota, Elaine served as a director on the Executive Board. In addition, she is a great worker for the fund-raising committee—she chaired the box lunch fund-raiser from 1984-2002. When she took over in 1984, she doubled sales from 1,000 to 2,000 lunches. She has been on the program committee and has been involved in skits—playing the part of Queen Elizabeth, a jester, and even a ballerina. Elaine sews bibs for Quota Teddy Bears, organizes the Quota Golf Tournament, and is always in the background for fund-raisers. Elaine was on the original board of directors for Greenhaven Shelter for Women and was involved in their efforts to obtain funding for a home for abused women. Elaine was an original board member for the Orillia Breast Cancer Support group and has been a volunteer at the Mariposa Folk Festival, which was brought home to Orillia three years ago. Elaine has also worked as a volunteer with the Red Cross, now the Canadian Blood Services, as a telephone reminder person and kitchen helper. She is very proud to have donated 102 pints of blood, a great achievement for a female. Elaine is a faithful volunteer at her church. She is involved with the Catholic Women's League and has served as chairperson for their annual bazaar as well as organizing the Country Store table for ten years. In addition, she makes the baptismal stoles for every baby baptized in four parishes—more than 150 stoles. Elaine also has a group of senior women that she takes shopping, to doctor's appointments, and out for lunch. She has done laundry for one 98-year-old woman for 26 years. Elaine is retired after spending 25 years as a well-respected insurance broker. For all of her outstanding volunteer service, Quota International of Orillia honors Elaine Knowlson.



Evelyn Horne  
Quota International of Ottawa

Evelyn Horne is a long-time member of Quota International, having joined in 1963. As a Quotarian, she has served the organization and her club in many capacities, most notably as a past board member. Evelyn has always been active in humanitarian activities, both as a professional and a volunteer. Subsequent to her career as head of the Correspondence Section in the East Block under Prime Minister W.L. Mackenzie King, Evelyn worked for Citizenship and Immigration and as audio-visual advisor and technical advisor to the National Film Board, working on films directed to potential new immigrants. She befriended and lent assistance to many newcomers who were experiencing difficulties getting settled in a new land. In her retirement, Evelyn has worked as acting regional director of the Canadian Hearing Society and was instrumental in the creation of a social gathering place for the deaf community in the region. She has also been successful in obtaining financial and other support for deaf students attending university. Evelyn continues to be involved with many other activities, especially those related to Quota, which is the love of her life.



Eileen Free  
Quota International of Owen Sound

Eileen Free is described by members of her club as, "an absolute delight to be around." She joined Quota International of Owen Sound in 1967 and was active until 1975, when poor health forced her to resign for a couple of years. She re-joined in 1977 and, even though her health is somewhat fragile, she eagerly participates in almost all of the club's service projects. She is always upbeat and positive, always helpful, and continually

smiling. Eileen is especially warm to any of our new younger members and really enjoys the opportunity to make them feel at home in our group. Her quick wit and lively sense of humor are enjoyed by anyone in her company. Although Eileen has never held what she refers to as "any higher-up positions" in our club, she has on occasion served as a board member. In her earlier years, she also chaired some fund-raising projects, most notably a raffle draw on a beautiful grandfather clock that was made and donated by her husband Fred. Eileen's enthusiasm is catching, and she inspires all of those around her. For her 34 years of inspiration and service, Quota International of Owen Sound is proud to name Eileen Free their Volunteer of the Year.



Dr. Cheryl Roundy  
Quota Internatinal of Weyburn

Quota International of Weyburn chooses Dr. Cheryl Roundy as the member who embodies the true spirit of volunteerism and a willingness to always extend her hand to others. Cheryl is the type of member who is always present, doing what needs to be done. Many of her contributions are made quietly, behind the scenes. A member of Quota since 1981, Cheryl has held many offices, including those of president and past president. This year, Cheryl is her club's advisor, drawing on her past experience, her gentle friendliness, and her communication skills to keep everyone "on track." In addition to her Quota service, Cheryl is a busy parent of three children. A former figure skating champion, Cheryl is presently on the board of directors of the Weyburn Figure Skating Club. She is active in her church and is on the board of Grace United Church. A doctor of chiropractic, Cheryl is service-minded in her professional life as well, lending her time to both the Chiropractors' Association of Saskatchewan and the Joint Chiropractic Professional Review Committee. Quota International of Weyburn honors Cheryl's caring nature, dedication, commitment, and thoughtfulness.