



VANCOUVER YWCA
WOMEN *of* DISTINCTION
AWARDS

Celebrating the
Outstanding Achievements
of Women in our Community

Presented to

Kathleen Shiels



In recognition of her nomination for the
YWCA of Vancouver Women of Distinction Awards Program.

Volunteerism & Public Service

Sponsored by The University of British Columbia



Leona Pinsky

Volunteer for the Canadian Cystic Fibrosis Foundation and Partners in Care (PiC), the parent advisory committee at BC Children's Hospital

When her fourth and youngest child was diagnosed with Cystic Fibrosis, a life-limiting illness, Leona Pinsky chose to face adversity by effecting positive change in her community. She became a committed volunteer for the Canadian Cystic Fibrosis Foundation and Partners in Care (PiC), the parent advisory committee at BC Children's Hospital (BCCH).

Under Pinsky's leadership, PiC has worked with BCCH to change hospital policies and improve the experience of all families using the hospital. Pinsky has changed the face of Cystic Fibrosis fundraising and awareness in the Lower Mainland. In both roles, Pinsky has inspired others to become involved and take on new challenges. In demand as an inspirational writer and public speaker, Pinsky has passed on hope and advice to parents of medically complex children.



Kathleen Shiels

Volunteer Consultant to the City of Vancouver's Advisory Committee on Disability Issues

When her son suffered an acquired brain injury, Kathleen Shiels found herself facing many waiting lists and gaps for services within her community. Drawing on what she learned from her experience, she became a leader, helping other families dealing with similar trauma and educating many to recognize brain injuries as a disability rather than a mental illness. Shiels

serves as a volunteer consultant to the City of Vancouver's Advisory Committee on Disability Issues. In 2003, Shiels co-founded a local and province-wide non-profit agency that focuses on the after-effects of all brain injuries. She also developed Community Abilities Network to bring like-minded organizations together. Shiels has been recognized for her work in a number of ways, including the 2004 Certificate of Distinction from Alliance Canada and the 2004 Humanitarian Award.



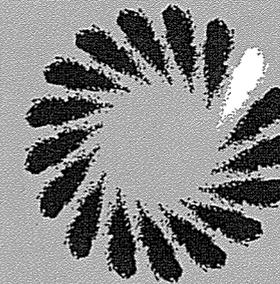
Ellen Shonsta

"Mom" to people living on the street in Vancouver's downtown core

Ellen Shonsta gives new meaning to the term "meals on wheels". Despite physical disability, she prepares and distributes as many as 700 meals each day to people living on the street in Vancouver's downtown core. Hot meals, sandwiches, vitamins, socks and underwear are loaded onto her motorized wheelchair, which is equipped with a trailer. Of everything she gives,

it is her hugs – offered with every meal – that are valued most. Her work has inspired others in her community to contribute time and money to her cause. Many of those that volunteer are people she has helped to leave the streets. A retired secretary, Shonsta is now referred to as "Mom" by those she helps on a daily basis. Inspired by her faith, Shonsta believes that everyone deserves to feel worthy. Over the years, Shonsta has also taken in over 75 foster children.

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Recognizing Women Who Inspire

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