

NOMINATIONS – BOARD OF DIRECTORS

BIOGRAPHIES

Cecilia O’Flaherty - President

I have been on the Winnipeg and District Branch Board of Directors since 2016. My first position on the Board was 2nd Vice-President and then in 2017, I was elected as 1st Vice-President. In June of 2017, I was appointed to the role of President and have been active in that role since. My hope is to continue in the role of President for a second 3-year-term to support the Branch, to safeguard our pensions and other benefits through increased Advocacy at the local level and to support initiatives at the Nation level. I worked in the Public Service for over 35 years in various positions in Human Resources and retired in 2015.

Lionel Guerard - Vice-President

He joined the Royal Canadian Air Force at the age of 17. While in the military, he graduated from Air Traffic Control School and Canadian Forces Management Development school among others, which qualified him for military duties around the world, including peace keeping duty with the Multinational Force and Observers. He was awarded the Order of Military Merit for his volunteer work in the military community. He has been an active member of Toastmasters International since 1994. He was elected District Officer in 2000 and was recognized for Excellence in Marketing in 2001 and Excellence in Education & Training in 2002. In 2002 he was elected District Governor and took District 64 to Distinguished Status. His interest in parliamentary procedures led him to attend conferences in the United States and was a member of NAP and MAP for many years. He was a board member of the Canadian Condominium Institute and was Chairman of Transportation Options Network for Seniors (TONS) and has also served as a member of the WRHA advisory council. In October 2017 he received the Manitoba Council on Aging Glass award for his volunteer work with seniors. He is also a member of the Royal Canadian Legion.

Donna Dobson - Secretary

I joined the federal government in 1996 as a temp at Transport Canada Human Resources to help with the transition to NavCanada. Apparently I'm tough to get rid of because, after a two-year stint at NavCanada, I returned to Citizenship and Immigration and then Agriculture Canada. I enjoyed my time with the government, mostly in Human Resources although I held a couple of Executive Assistants positions outside the Branch and retired in 2015. Over the past three years I have been Secretary to the Winnipeg and District Branch and would happily continue to do so. In my spare time I like to knit, embroider, sew and spend time with my children and grandchildren. My husband and I are looking forward to the end of the pandemic so we can continue our retirement travel agenda.

Cynthia Foreman Director - Advocacy

I have been involved with the Association for over 8 years. Firstly, as a Director at Large at the Winnipeg and District Branch until I became the VP. Shortly after I filled a very brief stint as the Branch president before being elected for the PNWT District Director position on the National Board of Directors. I completed my first term in that role and stepped down in

December 2020. I then was appointed to the Advocacy Program Officer for Manitoba and have been very active in that role since January 2021.

I retired in 2012 after almost 35 years in the public service in a variety of roles including human resources, negotiations, management and interdepartmental collaboration.

I have volunteered with several organizations, again doing a variety of tasks.

Linked with my Association work, I have been a member of the Manitoba Seniors Coalition for approximately 4 years.

I spent 15 years as a volunteer with the Winnipeg Poverty Reduction Council including 5 years as co-chair as well as the chair of the Committee to establish End Homelessness Winnipeg. As well, I fulfilled two terms as a Trustee on the United Way of Winnipeg's Board. I continue to volunteer with the United Way as an agency liaison and plan to continue in this work for a number of years.

In addition to the above, I spent 3 years on the Manitoba Institute of Trade and Technology Board of Directors. Currently, in addition to my NAFR volunteer role, I volunteer with A&O, Support for Older Adults on outreach to isolated adults.

Prior to covid, I enjoyed travelling and hope to do more in the future. I am a golfer, gardener, wife, mother and grandmother.

Gwen Schentag – Treasurer

Gwen retired in 2015 after with Canada Revenue Agency (CRA) in various clerical positions. She spent most of her career at the Winnipeg Tax Centre. She coordinated the Community Volunteer Income Tax Program for 13 years. Gwen has volunteered most of her adult life and enjoys meeting new people and helping where she can.

Denise Bourgouin-Galbraith – Director at Large

Denise retired from CRA in 2016. Denise spent most of her 35 years at the Winnipeg Tax Centre. Her last 10 years were at the Compensation Centre in Winnipeg. Throughout her career, she volunteered in various positions, such as fundraiser, United Way, Official Languages to name a few. Denise loves to meet new people and is always ready to share her experiences and knowledge.

Paula Nygaard - Director at Large

Prior to my retirement in 2012 I have worked within the Federal Government for various departments and agencies such as CRA, Agriculture, Service Canada and DND. Since my retirement I began my other career with PSAC and CEIU, where I am still currently working. I became a Board member with NAFR in 2016 and have held several different portfolios such as Secretary, member at large responsible for the Annual Golf Tournament, also assisted with booking meeting space and meals, special events such as the "Prairie Dog Central Event", Advocacy assistant and this year I have been assisting with the Reach 338 Program attending meeting with the various MP's in Winnipeg. I am also a volunteer on the National Level of NAFR as the Branch Services Co-ordinator for Manitoba. This position has now been expanded to include both Manitoba and Saskatchewan and I certainly look forward to the new challenge! Personally, I enjoy golfing, fishing and retreating to our cabin in Lake of the Woods. Thank you for electing me to be on this board for the past 5 years and hope I can count on your support at the next AGM.