



Photo by John Zapanis

Hearts and Hooves

Kensington Court residents and their grandchildren enjoyed some friendly and therapeutic interaction with six miniature horses brought to the complex by Hearts and Hooves on July 21. Hearts and Hooves is a charitable organization that rescues and rehabilitates miniature horses from abused and neglected homes. Donations were taken during the visit for a new saddle for one of the horses. Posing with the five of the six visiting horses, all of which are males aged two to 16, are residents, grandchildren, other relatives and staff of Hearts and Hooves.

Local volunteer's good deeds span decades

By Evelyn Pham

Peter Kossowan takes the term "keeping busy" to a whole different level.

Showing no hint of slowing down at 78 years old, he works as a financial planner part-time and spends virtually all of his free time volunteering.

Kossowan estimates that over the past five decades he has been involved as a volunteer with 100 organizations and agencies – if not more.

"I think it's the satisfaction knowing that you've made a contribution to society, whatever that segment of society is," says Kossowan, commenting on why he volunteers.

A brief look at his long list of achievements and activities points to an ethic of caring and service.

Kossowan is former chairman of Grant MacEwan College, a parliamentarian for the South East Edmonton Seniors Association, an active member of the local Toastmasters chapter, one of the three founding members of the Terry Fox Marathon of Hope and much more. It is clear that Kossowan isn't afraid of trying new and different things.

His work hasn't gone unnoticed. Kossowan was recently honoured for it with a Stars of Alberta award. He was nominated for the award, which is given to Albertans who have made a significant contribution to the community, by a fellow colleague at the Alberta Caregivers Association.

President Berniece Gildner noted that the association had benefited from Kossowan's skilled leadership and commitment. Membership increased, new programs were developed and its financial base was broadened.

"He devoted time and energy to ensure that the Alberta Caregivers Association fulfilled its mission to empower caregivers and promote

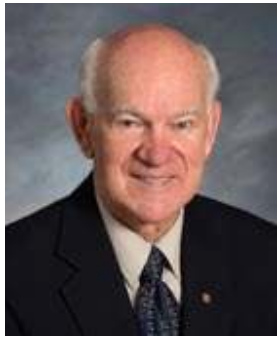


Photo courtesy of Volunteer Edmonton

Peter Kossowan was recently honoured for his many years of volunteer work with a Stars of Alberta award.

their health and wellness," she said.

Having seen Kossowan's extensive work with other organizations, Gildner believed that he was a deserving candidate for the award.

"He's given so much to the community," she stated.

Despite winning other awards for his work in the community, Kossowan remains humbled by the experience. "It was gratifying that I was recognized in that regard, but I must acknowledge that there are many people that do what I do who don't get recognized," he said firmly. "It's their recognition as much as it is mine."

While he is motivated and driven by a commitment to help make the community a better place, Kossowan emphasizes that volunteering is a two-way street.

"One of the phenomenal benefits of volunteering is getting to meet all kinds of people," he said, pointing out that his involvement with various organizations has been a great way to network and make connections.

He encourages fellow seniors to become involved.

"Seniors have acquired a lot of knowledge and experience that can help these organizations," he said.

Kossowan added, "Retirement is a state of mind. It has nothing to do with age – it has to do with doing the things that you want to do. If people don't have a hobby or something to do, it's a waste of time. There shouldn't be a moment in life wasted."

Evelyn Pham is communications coordinator with Volunteer Edmonton. To find out more about volunteering go to www.volunteeredmonton.com, or dial 211 to speak to an operator about volunteer opportunities.

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