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Community Page

Community-minded Lamb Senior of the Year

By **STEPHANIE THIESSEN**
The Champion

Ken Lamb is a man of few words — when it comes to talking about himself, that is.

Coaxing details from him about his devotion to volunteering and time spent helping others is a chore indeed.

He's much more animated when talking about a project he'd like to see done or the hard work of a fellow Miltonian.

"I think I'm more interested in doing things than talking about why I did them," Mr. Lamb, 83, told *The Champion*.

That's okay. Over the past couple of weeks, there's been plenty of people ready to sing Mr. Lamb's praises and publicly acknowledge the work he's done around town — and also congratulate him as Milton's 2005 Senior of the Year.

Mr. Lamb was presented a sizeable plaque at the September 26 council meeting in Council Chambers with his wife, Treasa, at his side.

"Ken, thank you very much for all those years of work that you've done," Mayor Gord Krantz said to him.

Mr. Lamb accepted the award with characteristic humility.

"I feel very strong about this award, but I don't take it too personally because I know dozens of seniors who could be standing here tonight," he said.

Although he downplays his feats, Mr. Lamb has done an awful lot within the community. He played a key role in the moving of the Milton Seniors' Activity Centre to its current location on Childs Drive a decade ago, and can usually be found at the centre on any given day.

He's also actively involved with the Milton Historical Society — he served as president for three years — and wrote two books with the group's support.

It's his gentle nature that makes Mr. Lamb who he is, said Janet Davidson, co-ordinator of community programs for the Town of Milton.

"You wouldn't see his motivation on the outside," she said. "He's a mild-mannered, quiet gentleman."

On the other hand, he isn't afraid to speak up, especially when it comes to getting something done that'll benefit seniors, she said.

"He voices his opinions and ideas," Ms Davidson said. "My impression is his motivation (for volunteering) comes from being able to provide something to seniors in the community."

The Senior of the Year award is a Provincial initiative established to give each municipality in Ontario the opportunity to honour one of its own.

Recipients are aged 65 or over and have enriched the social, cultural or civic life of the community without thought of personal or financial gain.

Last year's recipient was Maisie MacKay.

As soon as the Lambs moved to Milton from

Montreal 25 years ago, and especially when Mr. Lamb retired two years later, he became heavily involved in the community and knew he'd settled in the right place.

"Milton's a really excellent place because it's just the right size, it has a beautiful location and there's a lot of history. I'm glad I came here."

As a professional writer for a news agency, Mr. Lamb said he didn't want to give up writing when he retired. Instead, he used it to help others. He's now on the seniors' centre's newsletter committee, and also works on the newsletter for his church, St. Paul's United.

He had one book entitled 'P.L. — Inventor of the Robertson Screw' published in 1998, and another, 'Milton Remembers World War II,' released in 1995.

The books required countless hours of interviews, he said.

"It was something I felt needed to be done."

Among other endeavours, he and his wife started a walking club at the seniors' centre — the couple once hiked the entire 750-km of the Bruce Trail — and he currently teaches bridge there.

He's also a member of the Milton Affordable Housing Coalition.

Prior to 1994, seniors in town met at the Legion hall on Charles Street. The location was very cramped, Mr. Lamb said, and allowed for only one activity at a time.

He became part of a steering committee that sought out a new location for the centre and raised and secured funding together with the Town of Milton.

Ms Davidson said the Milton Seniors' Activity Centre is now the envy of other municipalities, with some officials even coming to take a tour.

There are now almost 800 members of the centre, with many others visiting often but not official members, she said.

Ms Lamb said she's proud of her husband for receiving the prestigious award.

"I know there are a lot of others who deserve it, but he's put in an awful lot of hours (into the community). He really enjoys it — it's not a chore," she said.

When asked to describe her husband, Ms Lamb paused for a moment.

"He's very kind," she said. "He's always concerned about other people."

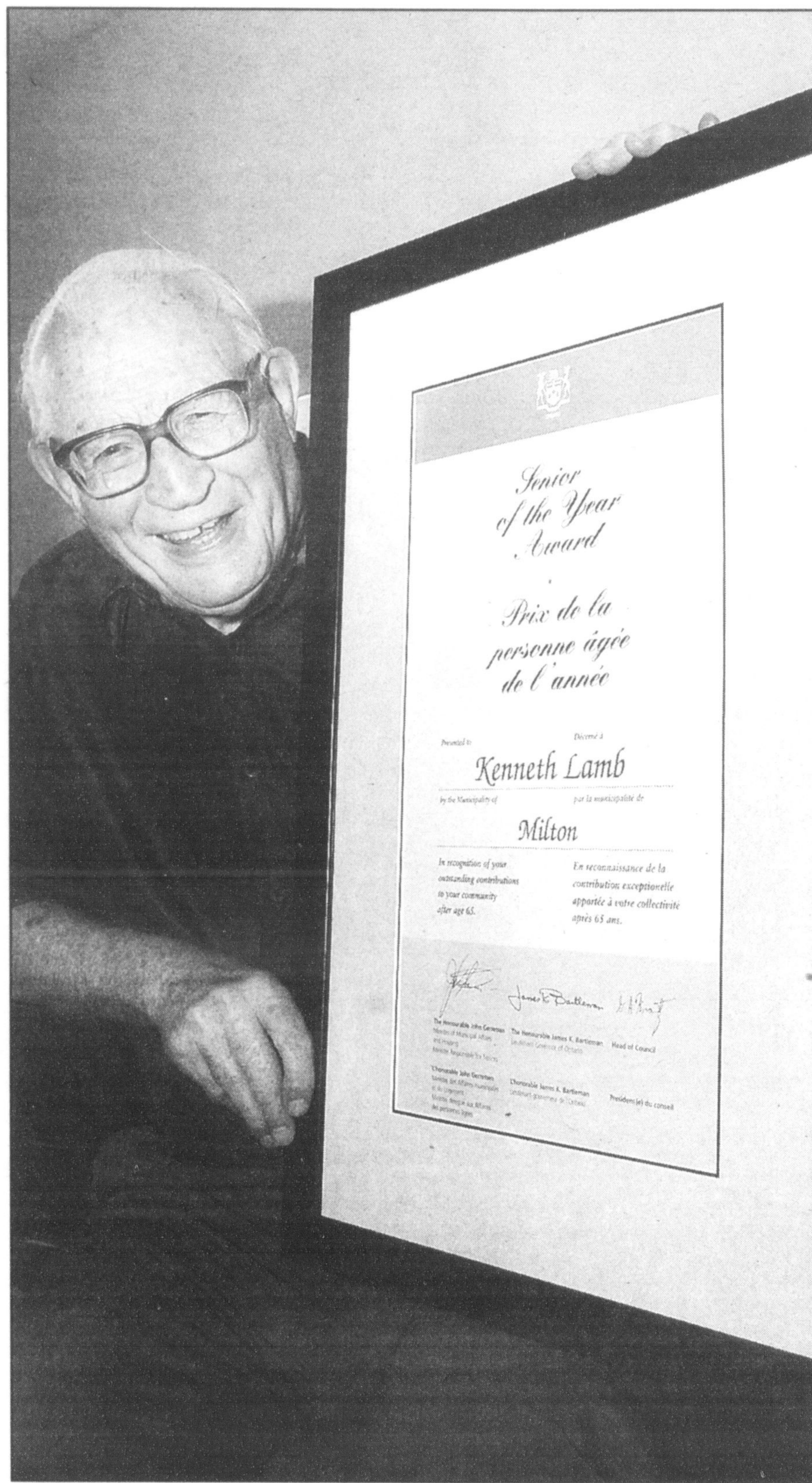
She added he's a "newspaper junkie" and stays on top of what's going on around him.

"We barely go on holidays because he's afraid he'll miss something," she said, laughing. "He just sees things that need to be done."

Mr. Lamb said his biggest concern for now is what he's going to do with the Senior of the Year plaque.

"Where I'm going to put it, I don't know. It's a real problem."

Stephanie Thiessen can be reached at sthiessen@miltoncanadianchampion.com.



Ken Lamb shows his Senior of the Year Award.

Photo by GRAHAM PAINE

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