

# Liz Lightfoot: Tribune citizen of year inspired by late mother

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endured."

Volunteerism is definitely a way of life for Mrs. Lightfoot. "I couldn't imagine life without it," said the 55-year-old.

Before moving to Whitchurch-Stouffville, Mrs. Lightfoot and her husband Rick lived in the Beaches in Toronto where she worked as a physiotherapist at Toronto Western Hospital.

Mrs. Lightfoot's volunteer career began as a cancer society canvasser on her street soon after moving to Stouffville. Her giving never stopped.

"My mother died of breast cancer," said Mrs. Lightfoot. "Most people are brought to volunteerism through a personal experience. Mine was my mom," she said.

Mrs. Lightfoot has been a member of the board of directors of the Whitchurch-

Stouffville Mobility Transit since 1996 and she's been vice president since 1999. Fellow board members are quick to point out that Mrs. Lightfoot has worked very hard to make sure local residents who cannot use regular transit are assured of a transportation facility which will allow them to take part in the activities in the community.

"We can always depend on Liz," said board

spokesperson Wilf Morley. "She's quiet. Unpretentious. Liz goes about her duties; she's quiet; she gets them done. She's an unsung hero. I think she is a wonderful choice for this award."

Music Mania has included Mrs. Lightfoot for two decades. A show that's brought great fun to Whitchurch-Stouffville wouldn't have been near as good had it not been for Mrs. Lightfoot. She's got a plan. It

is to return year after year.

Bach to Blues is a group of local singers. They travel about entertaining and raising funds for a local food bank, the Yellow Brick House, Big Brothers and the York Region Salvation Army. Mrs. Lightfoot lends her voice to the group.

This year has been a year of recognition for Mrs. Lightfoot. In January, she was one of 10 people in Ontario to receive an international

award for volunteerism on behalf of the Canadian Cancer Society.

When Mrs. Lightfoot isn't wearing her volunteer cap, she works part-time as an outdoors educator at Green Acres Outdoors Education Centre in Markham.

Being chosen citizen of the year came as quite a surprise. "I'm taken aback," said Mrs. Lightfoot. "I'm very flattered. This is wonderful."

"She's quiet. Unpretentious. Liz goes about her duties; she's quiet; she gets them done. She's an unsung hero. I think she is a wonderful choice for this award."

—Wilf Morley, Whitchurch-Stouffville Mobility Transit

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