

Seniors Recreation Programming Panel

Our first Panelist is

Susan Smith

Susan is the Executive Director of Kemptville & District Home Support. She holds a BA in Gerontology as well as a Diploma in Gerontology. Susan has worked in Community Support Services since 1993 throughout Lanark Leeds and Grenville. She has worked for SAIL in Gananoque, Cardinal & District Resource Centre, VON Leeds & Grenville, which became VON Lanark Leeds & Grenville and then changed to CPHC (Community & Primary Health Care) Susan has had 13 years of 'front-line' experience and nine years in management; and, is currently working as Executive Director for Kemptville & District Home Support.

Welcome Susan.

Our next panelist is:

Jim Murphy

I retired from Parks Canada's Smiths Falls office in January 2013.

I have played tennis for over 40 years. My playing ability was mainly average. About ten years ago I started playing men's doubles more seriously. I learned much from playing against Noel Sherlock and Lek Merani in Perth. My tennis partner from Prescott, Graham Cudlipp, and I won the men's doubles event in London in 2008 at the Ontario Senior Games. It was the first time I played at the provincial event. In 2010, I was appointed president of district 9 for Ontario Senior Games. In 2013, my tennis partner from Kemptville, Ralph Leroux, and I won a regional Ontario Senior Games event in Cornwall. I have been giving tennis lesson throughout my life and I think I am finally getting better at that too. I still enjoy winning but I appreciate a good game even if my team is not successful. The journey is more important than the destination. I am grateful to be able to continue to enjoy playing tennis, badminton and pickle ball at 64.

Welcome Jim Murphy

Our next panelist is a pair:

Sue Dunfield and Russell Pchajek (pronounced PAY CHECK)

Sue Dunfield

Susan is the Manager of Community and Leisure Services with the Township of Rideau Lakes. She is an Algonquin College graduate, worked with the City of Belleville, Sidney Township, Kingston Township and for 16 years ran a “ma & pa” business with her husband. She has two adult children, and now her husband is the Manager of a local golf club.

And Russell Pchajek (pronounced PAY CHECK)

was born 26 November, 1946, in East St Paul, Manitoba. On the day he was born a winter storm struck and his father could not start the car, the policeman who came to bring his mother to a Winnipeg hospital became stuck in the yard and Russ was born at home with the help of a farmer’s wife. Thus began a long association with volunteerism.

Childhood, public school, studying engineering at military college and service in Canadian Armed Forces, Ministry of Transport , and Canada Post all passed quickly until retirement allowed Russell and his wife to select North Crosby as a location to build a home in 2001.

In 2002 Russell & Nicole moved from Ottawa to North Crosby and became members of Knox Presbyterian Church of Westport where he immediately was asked to replace the treasurer who had had a stroke. That assignment automatically made him a member of their board of managers and soon he was appointed to the board of the church owned cemetery which serves the local community. Initially Russ did not know much about municipal boundaries so he ended up on the Westport Centennial Committee. Complaining to a North Crosby councillor about tax money being wasted building a hall in the middle of nowhere resulted in Russell being placed on the hall board to make certain that it was well used. Complaining about a lack of coordination between the hall board and recreation resulted in being asked to join recreation. So today Russell is:

Secretary of Knox Church Board of Managers

Chair of Knox Presbyterian Church Cemetery

Secretary of North Crosby Hall Board Committee

Chair of North Crosby Recreation Committee

Occasional volunteer in Chamber of Commerce Information Centre

Welcome Susan and Russell