

# 'Keeping busy' ... and then some

*'He has given so much to the community'*

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

For someone who works as a financial planner part-time and spends virtually all of his free time volunteering, this gentleman seems remarkably relaxed.

Showing no hint of slowing down at 78 years young, he estimates his involvement with organizations and agencies over the past five decades tops at around 100 - if not more.

"I think it's the satisfaction of 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 shows a long history of caring and service.

As the 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 more, it becomes clear that Kossowan isn't afraid of trying new and different things.

His work hasn't gone unnoticed. Kossowan was recently honoured for his work with a Stars of Alberta award. Given to Albertans who have made a

significant contribution to the community, he was nominated by a fellow colleague at the Alberta Caregivers Association.

"Under Peter's skilled leadership and commitment, he devoted time and energy to ensure that the Alberta Caregivers Association fulfilled its mission to empower caregivers and promote their health and wellness. (Our) membership increased, new programs were developed and our financial base broadened," says Berniece Gildner, president of the Alberta Caregivers Association.

Having seen Kossowan's extensive work with other organizations, Gildner was convinced he was a deserving candidate.

"He has given so much to the community," she says.

Despite being honoured with other awards for his work in the community, he remains humbled by the experience.

"It was gratifying that I was recognized in that regard, but I must acknowledge that there are many people who do what I do who don't get recognized," he says

firmly.

"It's their recognition as much as it is mine."

While the commitment to helping make the community a better place is his drive and motivation, he emphasizes that volunteering is a "two-way street" and encourages fellow seniors to become involved.

"One of the phenomenal benefits of volunteering is getting to meet all kinds of people," he says, adding that being involved with various organizations is a great way to network and make lasting connections.

"Seniors have acquired a lot of knowl-

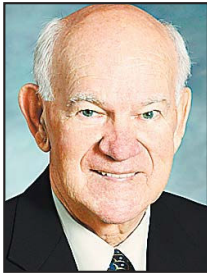
edge and experience that can help these organizations," he says.

"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."

To find out how you can become a volunteer in your community, please visit [www.volunteeredmonton.com](http://www.volunteeredmonton.com) or dial 211 to speak to an operator about volunteer opportunities.

Look to this space to see the work that the city's volunteers and nonprofit organizations are carrying out and what it is that Volunteer Edmonton is involved in.

For more information or suggestions for story ideas, please contact Evelyn Pham, communications coordinator, at [epham@volunteeredmonton.com](mailto:epham@volunteeredmonton.com) or call 780-732-6655.



PETER KOSSOWAN



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