

**The National Council on Ageing
Unity 17 Garden City Plaza
PO Box 372
Belmopan City, Belize**

Tel: 822-2212

Fax: 822-3978

Email: ncabze@yahoo.com



The Golden Age Heroes Awards 2011

**7th December 2011
The Best Western Biltmore Plaza
Belize City, Belize
10:00am—2:00 pm**



Why a Golden Age Hero Award?



There have always been older people in our society who have given of themselves and their time to improve the lives of others. The Golden Age Hero award seeks to acknowledge and honor these people for their selfless sacrifices and continuous service.

Who qualifies as an golden age Hero?

The NCA acknowledges that there are countless people who give unrecognized service to their community. However, we seek to honor those people who are 60 years and older.

Nominees should be active members of their community who are providing or have provided a voluntary service. We are looking for people who have championed a cause and taken on personal service to their community. The nominee should not have been the recipient of any award or recognition for their service. We seek to honor those who remain unrecognized for their contributions to society



Senior Steps Dancing for Health Belmopan Club



The Senior Steps Dancing for Health Project was launched in June 2010. The project promotes dancing as a form for exercise to:

- Maintain and improve mobility.
- Control and maintain weight
- Control and prevent chronic illness.

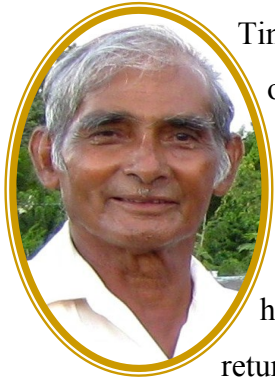
Senior Steppers meet once a week for a two hour sessions and during these sessions the seniors dance, exercise and receive nutritional sessions. The social stimulation provided by the Senior Steps club has raised the profile of older persons in the Belmopan Community.

The Belmopan Senior Steppers have entered a float in the Independence day Parade for two years, taking home the first prize both years in two categories. The Senior Steppers also performed in an all senior variety show in March 2011 at the George Price Centre

To Learn more about the Senior Steps Club or other activities for older persons contact the National Council on Ageing.



Toledo Golden Age Hero Mr. Timothy Bardalez



Timothy Bardalez known to everyone as Mr. Tim was born on the 24th of January 1935. His mother was widowed when he was four years old and this traumatic event would place several difficulties in his path. Mr. Tim left school before sitting the Primary School Examination to help his mother and siblings survive; he would later return to formal education through the encouragement of Sister Stephen. Upon his return to school, Mr. Tim earned his 1st Teachers certificate and settled into life as an educator and career in this profession. To date he has worked as a teacher, administrator and has been responsible for the establishment and development of many primary schools in the Toledo district.

Mr. Tim has also served as the chairperson for the Forest Home Village from 1958—1994, has served as a facilitator for COMPAR, NOPCA, a donor to HelpAge Punta Gorda, and a founding member of the first Belize Bleeding Disorders Foundation, just to name a few.

In 1944 Mr. Tim was appointed as a Justice of the Peace, and at the age of 76 he can still be seen performing his duties and supporting members of the community.

Nominated by: Mrs. Carol Garay, daughter



Who is a Golden Age Hero?

The term "Golden Age Hero" is used to define older persons who have dedicated their lives to the service of others without compensation or recognition. The National Council on Ageing has decided to honor these older persons for the service rendered to the country and community. The Nominees for the Golden Age Heroes Award are:

- ☆ Mr. Roque Bastarachea
- ☆ Mrs. Glenda Francis
- ☆ Mrs. Vilma Romero
- ☆ Mrs. Martina Pech
- ☆ Mrs. Nella Lopez
- ☆ Mrs. Ausencia Rejon
- ☆ Mrs. Erna Jones
- ☆ Mrs. Helen Villanueva
- ☆ Mrs. Rose Armstrong
- ☆ Mrs. Gwendoline Zetina
- ☆ Mr. Edred Dakers
- ☆ Mrs. Teresa Goff Olmedo
- ☆ Mrs. Maria Duarte
- ☆ Ms. Patricia Benguche
- ☆ Mrs. Iciene Ogaldez
- ☆ Mrs. Phyllis Cayetano
- ☆ Mr. Timothy Bardalez
- ☆ Mr. Margarito Petillo
- ☆ Mrs. Olivia Avilla
- ☆ Mrs. Andrea Gabriel



Programme

- 10:00 Assembling – Light refreshment and Music
- 10:30 Opening of the Award Ceremony
Greeting – Ix-Chel Poot, Programme Officer NCA
National Anthem
Opening Prayer
Official Welcome – Ms. Lindy Jeffery,
Executive Director,
National Council on Ageing.
Opening Remarks - Hon. Eden Martinez,
Minister of Human Development
and Social Transformation
- 11:00 **Presentation of Awards**
Presentation of Certificates to Corozal Nominees
Mrs. Vilma Romero
Mrs. Glenda Francis
Corozal Golden Age Hero Award
Mr. Roque Bastarachea
Presentation of Benque Viejo del Carmen Nominee
Mrs. Maria Duarte
Benque Viejo del Carmen Golden Age Hero Award
Mrs. Teresa Goff Olmedo
- 11:20 Senior Steps Dance Group
- 11:35 Posthumous Award: **Mrs. Helen Villanueva**
Presentation of Certificates to Belize City Nominee
Mrs. Rose Armstrong
Belize City Golden Age Hero Award
Mrs. Erna Jones
Presentation of Nominees from Orange Walk
Mrs. Nella Lopez
Ausencia Rejon
Golden Age Hero Award Orange Walk
Mrs. Martina Pech

Dangriga Golden Age Hero Ms. Patricia Benguche



Ms. Patricia Benguche, better known as Nurse Benguche, is well known in the Dangriga community. A nurse by profession Ms. Benguche has touched many lives during her extensive career. She continues to serve in many organizations that promote maternal and child health.

Although formally retired Nurse Benguche has taken on the task of serving elderly shut ins in Dangriga Town. A member of the Charismatic Prayer Group of Dangriga and Associate of the Sisters of the Holy Family, St. Vincent de Paul Society, Nurse Benguche, takes their philosophy of serving those in need, as a personal mandate to serve others. Along with members of the prayer group Nurse Benguche visits elderly shut -ins on a weekly basis.

During these visits Nurse Benguche provides any home care services needed and makes additional visits to home providing demonstrations for care givers or information on the nutritional needs of older persons. In addition to her nursing services she has also assisted older persons to apply for the Non-Contributory Pension. She continues to work for the betterment of her community.

Nominated by: Mr. Rudolph Serrano, VOICE Dangriga

Belmopan Golden Age Hero Mrs. Gwendoline Zetina



Mrs. Gwendoline Zetina settled in Belmopan in 1981 with her family and became a very active member of the Belmopan community. Born in Banana Bank, Mrs. Gwen moved around the county with her husband, an Agricultural officer. In each settlement or village Ms. Gwen was involved in the life of the community, through training sessions with the Red Cross and organizing feeding programs for school children.

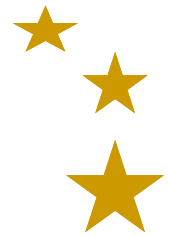
A woman dedicated to the Lord she has been a lay minister at the Our Lady of Guadalupe Church for 15 years. In this capacity she visits the sick in the hospital and performs Communion Service in the villages around Belmopan, but presently she only travels to Roaring Creek. Mrs. Zetina also performs baptismal ceremonies on sick babies when no priest is available.

She was an auxiliary member of the Lions Club and has been a full member for the past 3 years. She has been a member of HelpAge Belmopan for 8 years and also Belmopan Cancer Society. She enjoys contributing to all her voluntary organizations by being a member of the fundraising committees. When not volunteering, Ms. Gwen enjoys gardening and flower arranging. Her knowledge of plants also led her to become a member of the Belmopan beautification committee and the flower show committee at the Agricultural and Trade Show. It seems that wherever there is a worthy cause, Ms. Gwen will be found volunteering her time.

Nominated by: Mr. Justo Castillo, Belmopan



- 11: 30 Musical Item: Mrs. Melecia Vanegas
- 11:35 Posthumous Award: **Mr. Eldred Dakers**
Belmopan Golden Age Hero Award
Mrs. Gwendoline Zetina
- Presentation Nominees Dangriga
Mrs. Icení Ogaldez nee Arnold
Mrs. Phyllis Cayetano
- Dangriga Golden Age Hero Award
Ms. Patricia Benguche
- 11: 50 Senior Steps Belmopan Performance
- Toledo Nominees
Mr. Margarito Petillo
Mrs. Oliva Avilla
Mrs. Andrea Gabriel
- Punta Gorda Golden Age Hero Award
Mr. Timothy Bardalez
- 12:05 Musical Presentation
- 12:15 Closing Remarks & Thank you



Serving of Lunch 12:15 – 2:00

All our guests are invited to stay and enjoy the music and dancing during and after lunch.



Corozal Golden Age Hero Mr. Roque Bastarachea



Mr. Roque Bastarachea, was born in the village of Patchakan on August 14th, 1933. His love and dedication for his country is reflected in his long standing service to his community.

At the age of 29 Mr. Bastarachea became the first village chairman of Patchakan in the Corozal District. He would serve as chairman for twelve years working to improve the lives of villagers. His interest in the well being and education of the village children was demonstrated in the expansion of the Patchakan school system through the building of class rooms and by ensuring that there were proper streets established in the village, he increased accessibility which enhanced the lives of villagers

At the end of his term as village chairman Mr. Bastarachea continued to be actively involved in the social welfare of the people in the community.

Mr. Bastarachea served as the Assistant Registrar of births and deaths form 1965-2007. In 1974 he became a Justice of the Peace and continues to serve as such in Patchakan. A proud husband and father of three children Mr. Bastarachea continues to contribute to the development of the village of Patchakan.



Nominated by: Eloy Ac, VOICE Corozal

Posthumous Award Mr. Edred Dakers



Mr. Edred Dakers was born on 13th January 1928. At the age of 16 he graduated from Wesley College with a Junior and Senior Cambridge Certificate. At the age of 17 he entered the Public Service as a probationary clerk, this entrance would prove the first steps of his lifetime career as a public servant. Mr. Dakers would raise in the ranks of the Public Service serving his country as Chief Finance Officer in the Ministry of Works, Permanent Secretary in the Ministry of Energy and Works and Agriculture and Secretary to the Cabinet .

In 1970, when Mr. Dakers and his wife Alma moved to Belmopan, they became pioneers in the business sector of the budding community. Upon his retirement in 1981 Mr. Dakers opened the doors of Dakers' Stationary and Books and this bookstore quickly became a household name in Belmopan providing school books and school supplies t families.

Both Mr. and Mrs Dakers have served as active members of the Belmopan community. Mr. Dakers as an active member of the Lions Club, and supporting member o the Audubon Society, HelpAge, Red Cross, Cancer Society, the Scouts and his church.

Nominated by: Ms. Jennifer Dunn, Belmopan

Orange Walk Golden Age Hero **Mrs. Martina Pech**



Mrs. Martina Pech was born to Mr. Gregorio Cantun and Christina Cab in Corozal Town on 30 June 1931. Mrs. Martina would later marry Mr. Donaciono Pech and their union would produce sixteen children.

After their marriage the young couple relocated their family to Santa Martha Village in the Orange Walk District. They would spend twenty years of their life there raising their family and becoming an integral part of the community. Mrs. Martina worked for many years as a Community Nursing Assistant (CNA) and a midwife. These skills made her well known throughout the village and many expectant mothers sought her out for her services.

The family finally moved to Carmelita Village, where Mrs. Martina once again began to serve her community through health services and delivering babies.

At the age of 70 Mrs. Martina can still be found in Carmelita delivering babies free of charge and massaging expectant mothers to relieve discomfort and ensure the health of the unborn child.

Nominated by: Mrs. Oddette Lui, VOICE Orange Walk



Benque Golden Age Hero **Mrs. Teresa Olmedo**



Mrs. Teresa Goff Olmedo, affectionately known as, Mrs. Teresita, was born on July 1, 1923. She has spent most of her life serving her community and providing for her family. In 1957 she became a single mother to her five children and being a resourceful woman she took to milpa farming to ensure the survival of her family.

For fourteen years Mrs. Olmedo worked as a nurse with Nurse Bradley at the Benque Viejo Del Carmen Government Clinic where she provided post-natal care for newborns. At age 88 Mrs. Olmedo, although retired, still devotes much of her time to visiting and caring for the sick and less fortunate in the community.

As a member of Mount Carmel church and a daughter of the Legion of Mary (Hija de Maria), Mrs. Olmedo not only seeks to ensure the physical well being of elderly shut-in's but she also provides for their spiritual needs by administering communion to them during her weekly visits. Mrs. Olmedo's selfless attitude is reflected in her good deeds and her kind and gentle disposition in carrying out her services. Mrs. Teresa is appreciated by her entire community as she continues to touch lives and serve others.

Nominated by: Mrs. Linda Moran, VOICE Benque Viejo Del Carmen

Posthumous Award
Rev. Helen Villanueva



Reverend Helen Millicent Elliot Villanueva was born on the 24th of February, 1918 in Belize City. In her young years she served as a Nurse in the D'Antoni Hospital in La Ceiba Honduras and then as a nurse at the Belize City Hospital and in rural areas such as San Antonio and Columbia Villages in Toledo. She has the distinction of being the first rural nurse to work in Placencia and Seine Bight.

In 1957 she returned to Honduras to assist her father Reverend James Alexander Christopher Elliott. There she spent 25 years working as an ordained Minister of the United Brethren in Christ Church and with the Bible Society in Honduras she returned to Belize in 1981 and established the Bible Society in Belize.

One of her favourite poems she would recited often ends with these lines:
Keep silent and spare yourself needless regret.
Keep sweet and the whole world will be in your debt.
Keep stepping with Christ the truest friend yet.
Keep silent, keep sweet and keep stepping.

Nominated by: Mrs. Gweneth Gillett

Belize City Golden Age Hero
Mrs. Erna Jones



Erna Jones born 29 June, 1949 has been involved in community service for over 22 years. She has volunteered her time as a member of the Unity Outreach Ministry, the Belize Housing Mission, the Youth Hostel, Y.W.C.A, the Belize Red Cross, the Council of Voluntary Social Services, the Queen of the Bay Committee and the Yabra Community Policing Unit.

A God fearing woman Mrs. Erna, practices her faith by providing guidance to the unemployed, deserving individuals and families, not only within Belize City but also in various rural communities.

Mrs. Erna unselfishly gives of her time and her means to serve her community. She distributes food, both cooked and uncooked, clothing and other sustenance and supplies to families and children in need. Mrs. Erna's main passion to ensure that every needy child is fed, has spurred her to join hands with the Yabra Community Policing unit through assisting with the feeding of over 100 children three times per week.

Mrs. Erna shows no signs of slowing down, and continues to work tirelessly in her community.

Nominated by: The Yabra Community Policing Unit

