



2009 MOULINS D'OR

Lorraine Zizian

AWARD CATEGORY – SPORTS

Mrs. Zizian, a committed volunteer for over ten years, has shown outstanding determination, perseverance and selflessness that have enabled her to maintain—and sometimes literally keep afloat—as well as develop the activities of the LaSalle aquatic club, an organization devoted to the well-being of youngsters in the borough of LaSalle. "We had to work hard, with little financial backing and staff, to pursue the club's mission of increasing the number of registrations, instilling team spirit, recruiting new members on the Board of Directors, setting up a good team of coaches, finding sources of funding, etc."



"For me, physical activity—whatever form it may take—goes hand and hand with a good quality of life."

Trained as a biochemist, this mother of four is well aware of the importance of physical activity to maintain good health. "Sports teaches us to discipline ourselves as well as develop good habits, and particularly to nourish ourselves well."

In addition to her administrative tasks—she held the positions of President and Secretary at the same time, for a number of years—Mrs. Zizian spared no effort in organizing many fund-raising, social and youth support activities, while organizing two to three provincial competitions a year. She was so successful in everything she undertook, in fact, that thanks to her, the aquatic club earned the recognition of the *Fédération de natation du Québec* which—for the past eight years—has entrusted the club with organizing the *Championnat provincial par équipe*, a crucial activity for the club's financial health and maintaining its influence on the provincial scene.

If there is one aspect of which Mrs. Zizian is particularly proud, it's the fact that the club reaches out to young swimmers with various profiles: "Here the youngsters can come and learn to swim, to compete or just train. What we're looking for, first and foremost, is to get them interested in physical activity. And that will stay with them all throughout their life."

The borough of LaSalle is proud to award Lorraine Zizian the Moulin d'or 2009, in the Sports category. Her commitment, steadfastness and generosity have made it possible for the LaSalle aquatic club not only to enjoy an enviable reputation today, but to rank among LaSalle residents' symbols of pride.

The Moulins d'or are awards presented by the borough of LaSalle to volunteers who have particularly distinguished themselves. Eight Moulins d'or will be awarded this year—one per month: Cultural Activities, Sports, Recreational Activities, Community Activities, Succession, Loyalty, Young Volunteer and Organization. Each month, a small ceremony is held in honour of the award winner selected. Through these awards, the members of Borough Council want to pay tribute to the generosity and outstanding value of these residents or organizations.