

## **Breakout Session**

Community Governance – Why is Community Governance Essential to Sustainable Healthcare?  
An informative and thoughtful discussion

***Moderator: South East Grey Community Health Centre***

Alex Hector, Executive Director

Our Executive Director, Alex Hector, is a retired banking executive, having spent much of his career in senior commercial banking positions with the Bank of Montreal. His roots in the region began in the late 1990's when he worked as regional manager for BMO personal and commercial banking in Grey-Bruce. His advancement into the executive ranks took him to most regions of Canada with accountabilities from the Maritimes to British Columbia. A part time Meaford resident since 1998 and full time since his recent retirement in 2014, Alex is active in the community previously as a Board member of the Residential Hospice of Grey-Bruce, as well as a Board Member of the recently formed Catapult Grey Bruce.

Alex has an MBA from Dalhousie University and has a valuable inventory of executive skills in the area of leadership, HR development, strategic planning and development, communication, as well as mentoring and coaching.

Larry Mann, Chairperson

Prior to moving to Eugenia full time in 2001 Larry lived in Oakville where he and his wife Lyn raised their family. In the twenty five years living there he taught from grades 1 through to graduate school and was school Principal. He was rehired by the Peel District School Board as an educational consultant upon his retirement. Now his time in Grey Highlands is taken up volunteering in the community by leading activity groups for the local PROBUS, serving as President, Vice President, Activity Convenor and Speaker's Chair. He and Lyn also initiated Pickleball in the community and volunteer with this SEGCHC activity. An interest in the outdoors led Larry to volunteer as Trail Captain for the Beaver Valley Bruce Trail Conservancy. Fundraising for the Heart and Stroke Foundation and assisting with the establishment of a new fundraising endeavour for this organization in our area also keeps him busy.

Janet Pounder, Vice Chairperson

Janet is a lawyer who worked for the provincial government for 34 years -from Bill Davis on. She moved with her husband John, from Toronto where they raised their two children. They, with their dog Smuggs call a rural property in Township of Chatsworth home.

Within weeks of the move Janet participated in yoga, pilates and pickleball, all programs offered by SEGCHC. She was hooked on the organization and is proud to join the Board. Janet hopes her legal and strategic policy experience coupled with her commitment to community service will assist the SEGCHC meet future challenges.