

Val and Keith Firmin emigrated from England several years ago. They have 2 children and 4 grandchildren. Val cared for her elderly mother for many years having her living in a granny flat on their property.

This lady has been a Prime Movers instructor for approximately 23 years - 5 years in Perth 18 years in Jurien Bay. This is a voluntary job so it is incredible that she has done it for long. Not only did she take classes every Monday and Thursday – injured or not – but every 4 weeks she would make up a new class routine which required many hours of work at home on the weekend prior. She has also taken part in workshops in Perth on occasion.

Attending her class kept everyone fit in body and mind as it was a very social gathering which is important in a small town like Jurien Bay. Some participants also came from as far as Cervantes, Greenhead and Leeman.

Many people have benefited from Val's classes and in the last 2 years there have been approximately 50 members each year.

Val retired recently and will be missed by all of her participants, not only was it a great way of keeping fit but also a great way of keeping contact with friends.

At present Val is on the Jurien Sports and Recreation Centre Committee. She was on the committee years ago but Prime Movers took up a lot of her time. She has also always been involved in sport such as badminton.

Val has certainly made her presence felt in Jurien Bay and contributed towards keeping Jurien Bay over 50's fit and healthy. Jurien Bay Lions Club is proud to be able to nominate Val to receive this much deserved Lions Exemplary Service Award. A very deserving lady indeed.