

## Daphne loves a good debate, but also believes learning happens when we listen.

It's all too easy to believe others will do what needs doing, but for Daphne Anstey-Martin of the Palliser Triangle Health Advisory Council (HAC), there's no substitute for rolling up your sleeves and jumping in.

Daphne believes that all Councils need members, and while we often think others will do it, we need to volunteer ourselves if we expect others to volunteer.

Bringing more services to more communities is one way she and her Council colleagues can positively impact their region. "I like to advocate for my community and their needs. I bring the needs to the Council table and we work to get them to the places they need to be."



*Daphne believes that hope is essential to humankind, and that without it, we are lost.*

Daphne appreciates "the Council's ability to have services provided in many areas as opposed to one central location." And then there's the economic impact. "If people have to travel for services, they also shop there and that impacts the businesses in my community, not to mention the cost to (families) involved in getting to the services."

Being involved matters. "I enjoy being a part of what's happening in my area — and often wonder how or why decisions are made. Being on Council gives me greater insight.

"I'm passionate about my family and community. My family is most important and the choices my community makes impacts my family. Both are intertwined."

Daphne isn't shy about speaking up, but in a constructive way. "I love a good debate – not argument but debate. For me, the value is in the listening to others, I believe learning takes place when we listen."

Optimism also matters for Daphne. "Hope is essential to all — without hope we are lost. I always have hope in people, in decisions, and in humankind."

People might be surprised to learn that she was once a minister "in my former lifetime" and that "I despise having my picture taken — but I love taking pictures." In her free time, she loves to travel and enjoys baking.

"As I grow and age, I've come to realize that life is too short to do anything that doesn't make you happy!"

For more information on the Palliser Triangle Health Advisory Council, visit [ahs.ca/advisorycouncils](https://ahs.ca/advisorycouncils), or email [pallisertriangle@ahs.ca](mailto:pallisertriangle@ahs.ca).