



Mildred Vollick

(1925 -)

“Unless we keep track of our history, we lose so many of the threads of why we are here.” For Mildred Vollick the desire to protect Mission’s history is a value rooted deep in her heart. A third generation member of a pioneer family, she was born in Mission on October 3, 1925 where she grew-up, nurtured by her family’s interest and stories about the community’s rich past.

After completing her primary and secondary school education, she pursued her childhood dream of becoming a dietician. She graduated with a Home Economics degree from the University of British Columbia in 1943, and then embarked on her career that included teaching at McMaster University and developing innovative nutrition programs for “disadvantaged people.” While in Ontario, she met Hugh Martin Vollick whom she married in 1951 and had 4 children.

After her family was grown-up, Mildred decided to return to her roots and moved back to Mission at the age of 57. An energetic and generous individual, she immediately became an active volunteer in the community. For eight years, she wrote a weekly column for the local newspaper, called “Pantry Prose,” which provided recipes and excellent advice on healthy eating. She also became involved with many community groups, including: the Red Cross and Pleasant View Care Home where she introduced inventive programs to “connect with seniors.”

Central to her volunteer work, however, was to promote and cultivate interest in the community’s history. Following in her mother’s footsteps, she joined the Mission District Historical Society and started an elementary school program to bring history to life in the classroom. She visited schools dressed in period costume and brought objects that were part of everyday life in the past to engage children in a meaningful discussion about local history. Using her in-depth knowledge of the past, she also gave educational slide shows about the community’s history to members of Council and local organizations. In 1984, she was elected to serve on the society’s board and spearheaded many important initiatives, including the establishment of a society budget and an Archives Advisory Committee to draft guidelines for the proper administration and care of archival materials.

Today, she still plays a proactive role in the Historical Society, serving as a trustee, and chairing the Heritage Places Branch. She is working with others to establish a Community Heritage Register in order to identify and keep a watchful eye on landmarks. “It means a lot to me,” she emphatically states. “It would break my heart to see some of them torn down and destroyed.” In 2003, Mildred was awarded a lifetime membership by the society in recognition of her exemplary service and contributions.

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