

“  
**Never doubt that  
a small group  
of thoughtful  
committed citizens  
can change the world.  
Indeed, it is the only  
thing that ever has.**

”  
**– Margaret Mead**





## **Gerald Burgess**

Gerald has supported the Waverley Legion for over 20 years. He shows consistent leadership at the Legion, leading the Executive, cooking for Thursday night Wing Nights, looking after the parking lot during winter months, and generally helping wherever he can. He inspires others to be the leaders of tomorrow. Without Gerald's continuous help and leadership, the branch would not be as successful as it is today. Volunteers like Gerald are far and few between.

## **Kim Conrad**

Kim Conrad and the Conrad family have been champions of the Dartmouth General Hospital (DGH) for more than 45 years. Without them, the hospital might not exist, as Kim's father, Fraser, was one of the original community members who pushed and worked for the establishment of the hospital. Kim remains committed to ensuring that DGH is able to continue its proud history of innovation and providing exceptional care to residents of HRM.

## **Jim Reid**

Jim is a key member of the Carroll's Corner Community Center (CCCC) Volunteer Board. Through Jim's dedication to the Board and the development of the CCCC's Mastodon Trail, Jim has volunteered countless hours over the last 12 years. Jim maintains a positive and professional approach as he works with community members, other volunteers, stakeholders, and sponsors. His volunteer work helps bring the community together and makes it a better place.

**Emma Browne**

Emma volunteered as a Youth Leader at the Gordon R. Snow community centre. She showed leadership skills and always showed up and took the lead in camps. Emma was always willing to help and continuously took the initiative when motivating the youth and leading games. She was always ready to lead and participate!

**Ewan Hawley**

Ewan is a role model to the summer camp youth at Gordon R. Snow Community Centre. He is someone people can rely on and was viewed as a leader by the staff, enabling him to take a more prominent Youth Leader role in camps. Ewan was a great help in coming up with ideas for the kids to do at the camp and at our community action event at the end of the summer, which was a real benefit for the community.

**Sarah Williams**

Sarah has been an invaluable board member and volunteer for the Keloose Community Celebration, serving the Lakeview-Windsor Junction-Fall River area. Sarah is steadfast in her commitment to doing the right thing and listening to all viewpoints from everyone on the team. She helped raise awareness of the event, improved communications, and organized volunteers on the event day. Her willingness to help and her organizational skills contributed to the success of the event.

## **Paul Anderson**

Paul took on the job of President with Eastern Shore Minor Hockey in the midst of COVID. He waded head-on through the challenges that COVID brought, with safety being a top priority. Paul is very dedicated and gives his time generously. He supports, empowers, and mentors others in helping to make and keep hockey opportunities available for the youth of Eastern Shore. He also coaches one of the competitive hockey teams in Eastern Shore.

## **Adam Baggs**

Adam is a respected professional and leader in our sports and local business communities. His reputation precedes him in all the best ways possible, and his commitment to the players he leads is admirable. He is exceptional for his dedication to the soccer community and is deeply appreciated by United DFC.

## **Colin Cameron**

Colin is a volunteer extraordinaire! He is a local activist committed to supporting the Eastern Shore Community. There isn't a community project or neighbourhood endeavour that he isn't involved in one way or another. Colin serves on many community boards and committees and is particularly interested in protecting and promoting the natural environment.

## **Jessie Davies**

As the Lake Echo Community Food Bank Coordinator for 27 years and as a volunteer with the Lake Echo Lioness Club, Jessie has been an essential volunteer in the Lake Echo Community. Jessie works hard to lead a small group of volunteers, coordinating the delivery from Feed Nova Scotia, and the distribution of food to those in need in the community. Thanks to her, individuals, and families in the Lake Echo area and beyond have access to nutritious food.

## **Carrie Knowlton-Trider**

Carrie has been a dedicated volunteer with United DFC Soccer Club for many years and has made a significant impact through her contributions to the U13 AA Boys team and the U10 Girls skill center program. Her tireless efforts, willingness to step up and do whatever is needed, and mentorship have greatly benefited the soccer community. Carrie is deeply loved and valued by all.

## **Doug MacLeod**

Doug has demonstrated leadership in many ways over his twenty-plus years with Atlantic View Trail Association. Hundreds of people have benefitted by having a well-maintained and safe trail to bike, walk, and run on in their community. Doug's efforts have given folks a place to recreate and stay physically active.

## **Krista Samuelsen**

As a board member with the Lake and Shore Community Recreation Centre, creator of the Lake and Shore Annual Clothes Swap, and facilitator of the Parent & Toddler Group, Krista has had a lasting impact on young families in Porters Lake, helping them make ends meet and feel supported. She is an inspiring board member and fellow volunteer. She always has a smile and a supportive approach. It's a joy to volunteer with her.



## **Shannon Bezanson**

Shannon is an outstanding volunteer in the community of Eastern Passage. Her contributions span student education, supporting veterans, advocating for local businesses as a board member and volunteer with the Eastern Passage Area Business Association, and most recently, as a dedicated Editor for the local monthly newspaper, The BEACON. Shannon is a valued member of her community and an exceptional volunteer with heart and dedication next to none.

## **Mikayla Boucher**

Mikayla's impact on her community is broad and diverse. Mikayla advocates for health and wellness for all through her extensive work on the Dartmouth Community Health Board's working groups and as a devoted volunteer at Ronald McDonald House, where she welcomes families with sick children with open arms. In addition, as a varsity track athlete at Dalhousie University, Mikayla is a True Sport Athlete Ambassador where she advocates for positivity and inclusivity in sport across the province through public speaking, event organizing and filming mental health podcasts alongside Sport Nova Scotia.

## **Nadine Grimm**

As a volunteer with Portland Estates Elementary, Ellenvale Junior High, Dartmouth High School, St. Vincent de Paul Parish, and several Pharmacy associations and committees, Nadine has consistently gone above and beyond to give her time and energy to everyone without expecting anything in return. She's so busy that it's hard to believe one person can do it all, but Nadine does everything with sunshine, enthusiasm, and calm precision.

## **Hugh Millward**

Hugh has provided strong leadership for the community by being an active member of the Portland Estates & Hills Residents' Association (PEHRA) for 30 years. Hugh established a Trails & Parks Committee, which led to the development of a 5 km trail in the community and has been an administrator of the PEHRA community Facebook page for over 15 years. Recognizing Hugh's leadership and contribution to trail development, a section of trail in Portland Estates was named The Hugh Millward Trail.

## Kimberly O'Brien

Kim has made significant contributions to her local and provincial community as a volunteer with 18 Dartmouth Lions Royal Canadian Air Cadet Squadron in Shearwater. For over two decades, Kim has been a stalwart presence with our program, providing an inclusive and safe space where youth of any background are welcome. It's estimated that Kim has worked with approximately 1,000 youth in our community, all of whom have been greatly enriched because of her direct influence and leadership with our program.

## Larissa Page

Larissa is a dedicated leader who consistently acts in the best interest of the Halifax & Region Military Family Resource Centre, even in the face of tough decisions. She values diversity and as a Chair, she fosters this in all board members at meetings by encouraging all voices. She is accessible to the organization and passionate about advancing its mission to strengthen the well-being of all those living the military lifestyle, a truly unique experience that she understands.

## Jack Burton

Jack sets a great example of what youth can do for their community. He works diligently to ensure that the Henderson Sweetman Youth Centre provides adequate and interesting programs while encouraging others his age to get involved. Jack continues to work hard towards building his leadership skills through the Youth Centre's Youth Committee, demonstrating many great attributes of what it takes to be a great leader. Great work, Jack!

## Rebecca Mannette

Rebecca inspires United DFC's youth players and sets a great example by helping others become the best soccer player they can be. Rebecca has volunteered as much as she can in our youth programs. Her involvement is particularly apparent in her numerous years as the mini program coach volunteer. The children are impacted by her positivity and enthusiastic coaching. Her commitment to service is awe-inspiring, given her very young age.

## **Adam Sherlock**

Adam is a volunteer that continually goes above and beyond the tasks assigned to him. His kindness, generosity, sense of humour, and enthusiasm for everything make him an exceptional person and an incredible volunteer. United DFC appreciates all he has brought to his teams, the members, and our community.

## **Norman Steele**

Norman has been a dedicated champion for the environmental protection of lakes and wetlands in east Dartmouth for over a dozen years. He is a key Board member of the Oathill Lake Conservation Society and the Portland Estates and Hills Residents' Association. He has initiated and led a variety of lake monitoring and protection programs, often partnering with municipal staff or groups such as the Clean Foundation and the Scouts.

## **Mel Zilkowsky**

Mel's contribution to the Eastern Passage Area Business Association has undoubtedly contributed to the strength of this organization and the growth that it has had in recent years. Mel is the volunteer that everyone dreams of. He is the first to volunteer and last to leave. Mel has championed community partnerships while showcasing local small and medium businesses and their contribution to the local economy and community. He is a champion in all senses of the word.

## Sean Brushett

As a coach with United DFC for over eight years, Sean demonstrates what it means to be a committed leader. His dedication to the players is outstanding and greatly appreciated by the boys and their families. The impact Sean has had on the team as a coach and mentor is surpassed only by his impact as a positive role model.

## Rob Gillis

Rob is an exceptional leader and volunteer whose selfless dedication to the community and the sport of soccer has helped not only grow the game in the Dartmouth region, but also across the entire province. Rob has shown outstanding and notable leadership and dedication as the United DFC Soccer Club President and has made a long-lasting impact on our community.

## Colin McCrae

Colin lives his life to serve others and to brighten up the day of everyone he meets. From his service to seniors by ensuring they receive their free fresh produce bi-weekly to leading inclusive walking groups several times a week, Colin is inspirational. Through his walking groups, Colin has walked so many kilometres since he started tracking them that he is on his third trip around the equator!





## Jessica Quillan

As a basketball coach; member of the Board of Directors for Basketball Nova Scotia; a Diversity, Equity and Inclusion Task Force member with Volleyball Nova Scotia; a coaching representative for the Dartmouth Volleyball Club; and a School Advisory Committee member, Jessica is an example of what it means to lead. In addition, for the past four years, Jessica has fundraised to put together 40+ packages of toiletries and necessities for the homeless population, which she delivers with her children during the holidays. Jessica is a great coach, role model, leader and mentor to her peers and youth in the community.

## Amanda Velutini

Amanda has been active in soccer in our region as a youth growing up in the sport. Now, as a soccer coach for United DFC, she continues to make a positive difference in the lives of the youth around her. Amanda is a strong role model and capable leader whom her peers and community greatly appreciate.

## Jeremy Wilkin

Jeremy has volunteered as a youth soccer coach with United DFC for over ten years. Jeremy stands out for his connections with the youth and adults he has worked with. He is always the first to offer help when needed and is sure to attend every extra-curricular team-building activity with enthusiasm. His contributions are greatly appreciated.



**Juliana Bruce**

If you hear laughter and loud sounds of happiness coming from the program rooms at the Findlay Community Centre, Juliana is likely the source. Through her ability to establish a welcoming, positive and safe environment wherever she goes, Juliana has been and continues to be an incredible asset to Halifax Recreation. She has been a terrific role model for our young participants.

**Robert Bertrand**

Robert is an integral part of our team, volunteering his time to further develop and inspire the cadets of 3036 Sackville Lions Royal Canadian Army Cadet Corps. He ensures that his cadets training is completed in a fun and dynamic way, and he constantly takes initiative by accessing resources to provide additional support to the cadets. His dedication, commitment to the program, inclusive approach, inspiring personality, and leadership attributes encapsulate volunteerism.

**Marc Carver**

Marc has been a dedicated and unwavering volunteer with North Woodside Community Centre for over 28 years. He has worn many hats as a volunteer with the Centre, including chaperoning dances, painting, serving seniors lunches, flipping pancakes and burgers, baking for events, and facilitating youth and children's programs. Marc's efforts have helped us ensure we are promoting a healthy community. Without volunteers like Marc, it would not be possible.

**Alex Joseph**

Alex has been a friend of the Dartmouth General Hospital since 1989. 2023 will mark Alex's 15th year as a volunteer on Dartmouth General Hospital Foundation's Golf Classic Committee. This volunteer-run event has raised more than \$1 million to fund essential equipment at the Dartmouth General Hospital thanks to Alex's commitment, positivity, enthusiasm, good heart, good humour, love for the Dartmouth General, and willingness to continue to serve year after year.

## **Sam Schwartz**

Sam took over as the President of the North Dartmouth Outreach Resource Centre, which provides food bank and outreach services in North Dartmouth, just before the pandemic began. He has been the driving force behind the fundamental change at the food bank to a client focused model and the glue that kept the food bank open during the pandemic. His organization, interpersonal skills and his commitment to the clients inspire many around him.

## **Kieran Sharpe**

Civilian Volunteer Kieran Sharpe exudes the leadership, initiative and the energy that creates lasting and impactful experiences for youth who are members of the 18 Dartmouth Lions Royal Canadian Air Cadet Squadron. Through his volunteer efforts as a Biathlon Coach with 18 Dartmouth Lions, Kieran has created a fun and engaging program that provides sports, teamwork and leadership development opportunities for up to 70 Dartmouth area youth.

## **Michael Vlahos**

Mike has a tremendous passion and sense of caring for his Dartmouth community. His leadership and actions have led to many successful projects, such as Happy to Chat Benches in Dartmouth, improving the Penhorn Lake Trail for citizens to enjoy more recreational activity along the pathway, and improving Oathill Lake's health. He has always been eager to step up to challenges, showcase our community strengths, and delve into activities that unite people and engage citizens. His dedication, commitment, and eagerness to support actions that impact the community demonstrate his tremendous passion and care for Dartmouth and beyond. Mike has a true heart for volunteering and has inspired many of us to be better and do better for our community.

## **Cindy Fowler**

Cindy is kind and generous in helping her community through her volunteer work with the North Grove. She is an advocate for seniors, and her leadership in different roles helps many people in the community. Cindy's willingness to help wherever needed is greatly respected among the community.

## **Cheyenne Hardy**

Even though Cheyenne is only 21, her engagement in community service has shown her the value of 'giving back'. She is an intelligent, motivated, and truly kind-hearted young lady. Whether she is working in her University's food bank and soup kitchen, making comfort blankets with her community, or acting in a community play with the Better Together Organization, Cheyenne's goal in life is to help make this world a bit more just and equal for everyone.

## **Daniel Rice**

Daniel has coached with United DFC's mini program for many years. He plays an active role in our summer and winter programs for our youth players. His time is greatly appreciated, and he has positively impacted all of the players and volunteers he has worked with over the years.

## **Colleen Upson**

Colleen's involvement with Girl Guides of Canada for over 15 years has been truly heartwarming to witness. Her commitment to making Dartmouth a better place is felt by the community at-large, through projects like creating flower pots for the whole community to enjoy and gathering warm clothes for Soul's Harbour Mission clients. Colleen's impacts are visible in the youth she empowers and inspires.

**Lauren Hurst**

Lauren is an exceptional young volunteer who has stepped up to lead the United DFC Soccer Club U10 girls program. Lauren stands out for her dedication, remarkable confidence and leadership abilities and commitment and passion for soccer and coaching. The young players in her care benefit deeply from her leadership while she is making a positive impact on the community. Lauren's future as a coach is bright.

**Tarelle Sterling**

Tarelle is a passionate, enthusiastic, and caring individual. He cares about food security and is involved in the Panther Pantry Food Bank and Breakfast Programs. He has volunteered as a Peer Tutor at Woodlawn High School, the Wellness Chair for his Student Council, and was a member of Darren Fisher's Youth Constituency Council. He believes every child deserves the opportunity to grow up healthy, wealthy and wise because they are the future and he's prepared to tackle the barriers and challenges in his community to make the path for those who follow him a little easier.



## George Boyd

George effortlessly demonstrates leadership abilities, and their charm brings the community together to uplift others around them without expecting thanks in return. Their social connections in the Halifax music scene and desire to help the community inspired Halifax LocalFest: a public, outdoor music concert with local entertainment intended to bring people together and raise funds for Feed Nova Scotia. Halifax LocalFest kicked off in the summer of 2022 and was a great success. We look forward to future projects led by George!

## Joan Dobbie

Joan has been a lifelong, dedicated and exceptional volunteer, serving on the Executive of Canadian Parents for French; founding Gardening for Kids; volunteering with the YWCA, Gorsebrook Junior High, and Ecole LeMarchant-St Thomas; and using her fundraising skills to raise money for local and national causes. She has created opportunities for youth to learn French inside and outside of school and uses her passion for gardening to teach youth about gardening and growing their own food. Joan demonstrates incredible leadership in her community.

## Richard Jardine

Richard is a long-time volunteer with Family SOS Association, whose support at our weekly Community Market is appreciated beyond words. From unpacking and organizing our weekly Feed Nova Scotia delivery, to packing food in bags and delivering them to local families, Richard's can-do spirit has a lasting positive impact on the children and families of HRM. Richard has become an integral member of Family SOS' Community Market team, and we cannot thank him enough!



## Pearl Michael

Pearl humbly, quietly, consistently, and reliably does what is needed for any organization she's involved with, and she does it well. In the last year alone, thanks to the contribution of Pearl and other volunteers, the Children's Aid Foundation of Nova Scotia helped 1,350 kids by providing support and services worth over \$200,000. She is the gold standard of volunteers.

## Daniel O'Connor

For much of his life, Daniel has consciously worked toward making the world a better place. As the Parish Coordinator and contact person for the Emergency Shelter project of the Archdiocese of Halifax-Yarmouth, and long-term volunteer with his Parish and the Society of St. Vincent de Paul, he has centred his volunteer work around creating an equitable society for all. His volunteer work has always been focused on helping those in need, and working toward a clean environment, better health care, education, and helping all people build fulfilling and dignified lives.



### **Eileen Beazley**

Eileen's presence at Veith House is reassuring to those who call up for support, and those who come through our door. She has a kind and calm presence and is an excellent representative of our values of kindness, support, and inclusion. She is tirelessly and enthusiastically helpful and has supported Veith House for over ten years.

### **Mikhail Klemyshev**

Mikhail has consistently assisted at the Salvation Army, Halifax Centre of Hope, by picking up groceries both for the food bank and the kitchen. His efforts have helped to ensure that the Centre is well stocked and that we are able to assist our food bank clients and the men who stay at the Centre. Mikhail has consistently inspired others through his dedication and commitment.

### **Chantal LeBlanc**

Chantal has been a tireless volunteer at Veith House, helping with both youth programming and reception. She juggles her school and work responsibilities so she can still attend Veith House at least once a week. She is accommodating and great to have around.

### **Paul McLennaghan**

Paul shares his time and vast technical expertise with the staff, volunteers, and clients of Veith House four days a week, all year long. He is truly selfless in sharing his time and his knowledge. Paul is accommodating and responds to our organization's needs, often anticipating them. He is a pleasure to have around.

## Georgia Boutilier

Georgia is not only a role model to younger children but to everyone she meets. She is ambitious, passionate, and most importantly, kind. She devotes her full commitment to any project that comes her way, and it shows. The children who had the chance to create a relationship with Georgia throughout our summer program still light up every time they see her. Our community truly is a better place thanks to the time and enthusiasm Georgia gives to the George Dixon Recreation Center and her school.

## Mohamed Jabi

Mohamed was an exceptional youth leader at Needham Recreation Centre's summer camps. He goes above and beyond his role every single day. Mohamed believes in the importance of showing up on time daily with a positive attitude and being ready to go. He always takes on the tasks handed to him and ensures that everyone is on the same page, asking questions and communicating with everyone around him. His enthusiasm for the program is unmatched and is a huge part of what makes him such an exceptional volunteer.

## Dawn Miller

Dawn is passionate about helping improve the lives of children and their families through programming that builds confidence and skills, as well as helping to meet basic needs. Each of our volunteers goes above and beyond to help Family SOS staff meet local families where they are, including Dawn. Thank you, Dawn!

**YOUTH**

**Lillian Pappas**

Lillian is a grade 11 student at Halifax Grammar School. She began working to promote girls in tennis when she was 12 years old. During the first pandemic lockdown, she wanted to do more to help girls besides just doing odd tennis intro classes. She got some funding and started working very seriously, founding Girls Leading Girls Tennis. Lillian has put in over 200 hours since she began this project, and her passion and drive for this cause has inspired more girls to learn tennis

**Michael Tynes Jr.**

Michael takes his role as a youth leader at Needham Recreation Centre very seriously, always asking questions and making sure that he is always on the right track. Everyone around him at the programs enjoys his presence, and the time he takes to engage with those around him. He is always supportive of his fellow youth leaders, and the Needham Centre is lucky to have him.

**Tia McDougall**

As a volleyball and running club coach, Tia always makes time to inspire the kids at École Mer et Monde. She inspires students to play confidently, do their best, and to play fairly and respectfully. She is always positive, creative, organized, and finds solutions when something comes up. We are lucky to have her as part of our school community.

**Hong Wang**

As the co-founder of the Atlantic Canada Ping Pong Association and a senior executive member of the Chinese Benevolent Association of Nova Scotia, Hong has contributed more than 2,000 hours of voluntary service to teaching children and adults Ping Pong and leading the Atlantic Ping Pong Tournament in Halifax for eleven years. She has also provided free food and holiday gifts for the elderly in the community and actively supports many non-profit events. Hong is a person who truly demonstrates the essence of volunteer service.

## Catherine & Maura Woodman

Catherine and Maura co-founded Joan's Table, an initiative in partnership with Shelter Nova Scotia, which provides healthy meals to those who previously experienced long-term homelessness. Through community coordination of Joan's Table, both have motivated and organized a team of more than 180 volunteers who make and deliver over 1000 meals on a routine basis to tenants of The Herring Cove Apartments. Joan's Table builds community, addresses homelessness and forges accessible volunteerism in our city.



## **Josh Brown**

Josh is a dedicated Halifax Regional Police Youth Program Adult Leader who mentors youth with an eye to civic engagement and police-youth relationship building. Josh is one of a kind and has inspired others for several years to become involved in increasing community safety.

## **Erin Clements**

Erin led the first community garden in the Rockingham area. She helped spearhead the society's formation and has managed the garden from its inception. Everyone in the Rockingham area benefits from the garden, including the newcomers and seniors looking to grow their produce and make friends in the area.

## **Khalieha Cunningham**

Ralph Waldo Emerson said it best when he said, "go where there is no path and leave a trail." Khalieha, the Founder of Life Beyond the Hurt Organization has surely left a trail in her community. A domestic violence survivor, Khalieha decided to create a safe space through Life Beyond the Hurt Organization. Through community engagement this organization focuses on providing hope, resources and a place of solace.

## **Dr. Margaret Bateman Ellison**

With over thirty five years of volunteerism across many organizations, including the Parish of St. Paul's, the Diocese of Nova Scotia and PEI Environment Network, the Stephen Lewis Foundation, the Halifax Housing Authority, and various community fundraisers, Margaret is a force to be reckoned with. Her jovial personality and wit make her a wonderful person to have on your team. Her dedication and sense of fair play are top-notch.

## **Benjamin Amusan**

Benjamin is a youth with a large heart for providing selfless services anytime he is called upon without hesitation. He is a kid who strongly believes that "Helping is a Blessing," and he lives that motto on a daily basis by volunteering with Halifax Public Libraries, Halifax Recreation, Trinity Church, and Fairview Junior High. Ben derives so much energy and connection from volunteering, and inspires so many people around him, positively impacting the lives of many young people.

## **Andrew Brooks**

Andrew took his role as a Junior Leader at Chocolate Lake Recreation Centre very seriously. Andrew is a terrific role model. The participants in the Youth Leadership Program and summer camps loved his enthusiasm. Andrew enjoys giving back to the community through his volunteer work. He volunteered with community cleanups and helped a local soup kitchen. The community appreciates his time and efforts.

## **Jane Garnier**

Jane puts 100% into everything she does. The participants in the camps at Chocolate Lake Recreation Centre loved her energy and enthusiasm. She takes the time to get to know the participants in the program and makes the camps fun and exciting. Jane also volunteered as a book buddy to our preschoolers. She enjoys giving back to the community by volunteering with community clean-ups and at a local soup kitchen. The community appreciates Jane's time and efforts.

## **Casey McDonald**

Casey is an exceptional youth leader who gave the Youth Leadership Program his all the past two summers. He is an outstanding and interactive youth leader who should be recognized and commended for his amazing work! Casey is now a basketball and soccer instructor at LeBrun and hopes to continue as staff this summer.

## **Emily Fougere**

Emily has been a long-term member of the Centennial Arena Board of Directors. As President during the pandemic, she provided leadership, guidance and support to staff and patrons during unprecedented times. She continues to bring experience and stability to this volunteer board and the Arena staff. The Centennial Arena is a Community Hub for the Clayton Park-Fairview community and under Emily's guidance and support, the Arena has continued to meet the needs of the community.

## **Ju (Teresa) He**

As a newcomer, Ju began volunteering almost the first day she landed in Halifax. Ju shows true volunteer spirit and has grown into a community leader through her volunteerism with the Chinese Society of Nova Scotia and several student societies at Dalhousie University. Ju has devoted herself to community building and is looking forward to helping the broader community in the future.

## **Nicole Mauger**

As a Team Myles Coach for the Blue Nose Marathon, Nicole has made a lasting impact on many members, proving that nothing is impossible with the right dedication and support. Blue Nose Marathon is extremely fortunate to have her as part of our team. Thank you, Nicole, for your dedication, commitment and passion.

## **Jacob Rafuse & Steven MacLeod**

Jacob and Steven are a dynamic duo that have been together for over 20 years actively volunteering in support of youth, their neighbourhood, important causes, and the 2SLGBTQ+ community. Through hosting events they have raised over \$100,000 for various organizations including the Make a Wish Foundation, Manna for Health, The Youth Project, AIDS Coalition of Nova Scotia, Muscular Dystrophy Canada, and countless other organizations that support 2SLGBTQ+ communities. They are cheerleaders and fighters, showing up to let people know they matter.

## **Miranda Pike**

Miranda has been volunteering with Little Princess Parties Halifax for over eight years where she brings the magic of fairytales and strength to sick children and seniors. She reads books to sick individuals in full character. She puts all her heart and soul into her performances, helping children and seniors forget they are sick.

## **Helen Burchell**

As a volunteer with the Filipino Language Institute of Nova Scotia, Helen has touched many lives and benefited parents, children, and others. Helen organizes events, participates in activities, and ensures all goes smoothly. She inspires others to make a difference. Helen's passion, sincerity, and love of doing work to keep young Filipinos connected to their language, culture and heritage make her deserving of this award.

## **Taqiuddin Hashmi**

Taqiuddin has been involved in diverse volunteer activities, including the Ground Transportation Committee at the Halifax Stanfield International Airport, the Pakistani Canadian Association of Nova Scotia, the Nova Scotia Association of Realtors, and the Nova Scotia Islamic Community Centre. He has great patience to listen and an extraordinary passion for helping others. He has been a valuable individual who has provided continuous support to his communities since he arrived in Halifax.

## Richard MacLellan

From seeing his children's experience in sports, Richard got involved in creating a better environment for them and other youth participating. He exemplifies values of integrity and respect and has worked hard to make all the teams he works with inclusive and equitable. As a coach with Halifax County United, Team Mi'kmaw Nova Scotia, Infinity Soccer, and Bay View High School, Richard makes a difference in our community and across the province.

## Sarah Finkle

Sarah volunteered with the Halifax Public Library Society Shaper Program in order to develop and implement a community action project. Sarah chose to facilitate a three-week program called Speak with Confidence, where she introduced preteens and teens to the world of speech and debate. Sarah has consistently displayed a positive attitude and garnered lots of enthusiasm from her program participants.

## Lilah MacIsaac

Lilah has all the building blocks needed to succeed at whatever she puts her mind to. She radiates positivity, confidence, excitement and enthusiasm, which has contributed significantly to our team at Findlay Community Centre. Her positivity, commitment, and outgoing nature have created a welcoming environment for the program participants, staff, and volunteers who have the pleasure of working with her.

## Mike Marriott

As the President of the Safety Minded ATV Association for 23 years, Mike spearheaded work on upgrading woodland trails in cooperation with local conservation groups, private landowners, and the Provincial Government. Through his volunteerism, he has supported the completion of approximately 200 km of wilderness trails, assisted the St. Margaret's Bay Tourism Development Association, and led children's hayrides for Christmas in the Bay. Mike's dedication and can-do attitude inspire those around him.

YOUTH

**DISTRICT 13**  
Councillor Pam Lovelace

**YOUTH**

**Willa Morvan**

Willa is dependable, hardworking, and a joy to work with. She approaches every situation with a positive attitude and an open mind. Willa's passion for working with kids is as visible as the smile that's always on her face. Willa has had a vast impact on her community, which is shown by her dedication to community action, volunteer service with Halifax Recreation Programming at the Sackville Sports Stadium, and her time volunteering with a summer music camp.

**Van Bernard**

Van has been committed to the Youth Leadership Program at Bedford Hammonds Plains Community Centre for many years. Through volunteering at this recreation centre, he has learned many skills and strategies to employ while being a leader in camps. All the children and staff love having Van around, and he has developed meaningful relationships with them. Van's commitment and outstanding performance as a youth leader have allowed him to obtain a part-time job at the centre. Excellent job, Van!

**Carol Oliver**

Carol's willingness to help creates a contagious effort with everyone around her. Carol doesn't look for any recognition; Carol is ok being behind the scenes. In recent years Carol's health hasn't been the best, but she still stays actively committed. Carol has a way of inspiring others by just being herself with her genuine approach. Carol was able to reach 20 plus students during Covid 19, offering online support services. Carol's efforts exemplify what it means to enrich the community.

**Diana Oliver**

Diana has been devoted to keeping the Wallace Lucas Community Centre open and operating in one form or another for 30 years. She is the person that shows up for every event, and you can count on her when you need help. The events that Diana has led have created lasting memories for the families that attended them.

## **Isabel Oliver**

Isabel provides a constant commitment and a strong dedication to the Lucasville community enrichment. Isabel was able to reach 20 plus students during COVID-19, offering online support services for students. Isabel brings the energy needed to uplift a group or meeting and is always willing to lend a hand. Isabel values respect and contributes to creating initiatives ensuring the community is always involved.

## **Yvette Oliver**

Yvette is determined to make a difference in her community. The passion for community enrichment is embedded within everything Yvette does for the community. Yvette's commitment and dedication to enriching her community is a testament to her outreach work. Yvette's creative ideology can bring groups together and uses creativity to bring ideas to fruition.

## **Cindy Parsons**

Cindy is an important member of the Lucasville community. Cindy has put in endless hours to help organize many programs for the Wallace Lucas Community Centre. She is the go-to person when parents and children need help or guidance with the education system. She cares about people and is always willing to help.

**YOUTH**

**Cailyn Robinson**

What truly makes Cailyn exceptional is her ability to positively influence those around her. She has a magnetic personality with a caring heart. She has positively increased youth engagement and provided youth with positive experiences as a Youth Leader at The Den. Cailyn has demonstrated ongoing initiative, leadership, and dedication. With maturity beyond her years, Cailyn is a positive role model amongst her peers.

**Buddie Crandall**

Buddie has been an invaluable member of The Friends of First Lake Society for more than 20 years. Buddie has volunteered hundreds of hours monitoring and maintaining the public green spaces for the benefit of the local community and all of HRM.

**Janey Hughes**

As a member and director of Friends of First Lake, Janey wanted an answer to the question, "What is the water quality of First Lake?" Janey spent several years putting together a water stewardship committee, researching lake ecology and creating a network of connections with experts in the field. With her committee, Janey developed a rigorous testing schedule that will provide valuable information for protecting First Lake and its watershed in the future.

**Verna Jonasson**

Verna has demonstrated the true meaning of volunteerism through her leadership, commitment and dedication to the Royal Canadian Legion Branch 162 through the countless hours she has dedicated to the organization as a whole since 1986. The Legion thanks her for her commitment and dedication.

## Kathie Nixon

Kathie moved to Lower Sackville from Ontario approximately 11 years ago and was introduced to the various programs of the Sackville Seniors Advisory Council (SSAC). She quickly became a member and volunteered at the centre before taking over and operating the Carpet Bowling Program. She spends many hours each week preparing for and conducting the games in the gym, keeping records and making donations to the SSAC from the small fee the players contribute each time they play.

## **Johanna Sutton**

Johanna started at Mission Mart four years ago and said it has been her favourite volunteer work. Her consistency of coming multiple times a week makes her exceptional. She is always willing to come last minute if there is a need. She continually goes above and beyond to provide for those struggling with homelessness, poverty and addiction.

## **Twila MacDonald**

Twila currently serves as a board director with the Solid Grounds Legal Clinic, United Way of Colchester and The Lotus Center, A Resource for Women. Twila also participates as a parent representative with the Minister's Engagement Table, Canada Wide Early Learning and Child Care Transformation, along with being a parent representative on the Diversity Committee for Basinview Drive Community School. Twila goes the extra mile to ensure that community voices are included.

## **Emily Ellen Walker**

Emily has been a volunteer for many organizations over the years, including the Nova Scotia Association of Garden Clubs, the Bedford Horticultural Society, Northwood (Ivany Campus), Bedford Presbyterian Church, and the Halifax Central Library. She is an excellent communicator and always encouraging and helpful toward others. She is patient, compassionate, reliable, and trustworthy. Her selfless hours of volunteering have taught so many and have made the jobs of others so much easier.

## **Aretha Williams**

Aretha is kind, funny, witty and truly one of a kind. Through her leadership with the Over 35 Senior Women's Soccer Team, she has inspired others to take risks, face challenges and be active well into their later years. She also inspires others to do their best. Aretha's leadership has contributed to the team's longevity, as she has stepped up for over 30 seasons to ensure the team is organized and has a place to play. She is amazing!

# VOLUNTEER OF THE YEAR

**Wendy Keen**

Wendy has been a valued volunteer with various organizations for over thirty-five years, working with such organizations as the Rotary Club of Dartmouth East, the Rotary Leadership Institute, Nova Scotia College of Social Workers, Big Brothers Big Sisters, and the Fort McMurray Sexual Assault Centre. She has provided effective community leadership in many of her roles, but has also provided personal hands-on support to those most in need. Her skills, knowledge and enthusiasm have made Wendy a very high-impact volunteer indeed.

## Provincial Award Recipients

**Wendy Keen**

**Colin McCrae**

**Kim Conrad**

**Norman Steele**

**Jacob Rafuse**

**Steven MacLeod**

**Hugh Millward**

**Rob Gillis**

**Mikayla Boucher**

**Janey Hughes**



## CATEGORY 1

### Halifax West Ecumenical Food Bank

Volunteers with the Halifax West Ecumenical Food Bank provide an essential service in the Fairview/Clayton Park area. This group of 15 volunteers dedicates 500 hours each month to provide food to more than 200 families, and many are new Canadians. This group has quietly and compassionately operated the food bank for 30 years, which is an extraordinary commitment. This group is the face of HRM and Canada for many newcomers to our community. The volunteer team has shown their passion for the community and food bank clients by demonstrating commitment, resiliency, and flexibility.

## CATEGORY 2

### United DFC

United DFC is a merged community soccer club whose strategic plan states: "Linking our past to our present to build our future." The volunteers of the club have gone above and beyond to create an environment where as many players as possible can play for as long as possible in the best environment possible. Recognized both provincially and nationally for their achievements and innovation, United DFC sets the standard for volunteer organizations in the soccer community.

## CATEGORY 3

### Cheetahs For Change

Cheetahs for Change (CFC) is a collaborative, student-led club and organization at Charles P. Allen High School in Bedford. It seeks to advance equity and bring awareness to social justice issues in our communities and globally. The group provides a safe environment for students to share their untold and unheard stories, experiences, and voices, as well as a place to amplify the voices of historically underrepresented groups. Their mission is to foster open-mindedness, tolerance, empathy, and intercultural intelligence, which is essential in empowering the voices of young people and members of the racialized and LGBTQ+ communities.

**HALIFAX**

“  
**Never doubt that  
a small group  
of thoughtful  
committed citizens  
can change the world.  
Indeed, it is the only  
thing that ever has.**

”  
**– Margaret Mead**