

**SOVEREIGN'S MEDAL for VOLUNTEERS CITATIONS  
2016**

**ALBERT, Emily A.** -- GH: 08 April 2016  
Ms Greenwood, Nova Scotia Awarded: 12 April 2016  
Fundraising and Volunteering

“Over the past five years, Emily Albert has made a difference in her community through fundraising and volunteering initiatives that have helped foster opportunity and equality. She has been engaged in helping veterans, working with local food banks and food drives, assisting with holiday and Remembrance Day events, and advocating for inclusivity and greater multiculturalism as a student ambassador at Mount Saint Vincent University.”

=====

**ARMSON, Edith Ruth** -- GH: 08 April 2016  
Ms Whitehorse, Yukon Awarded: 12 April 2016  
Fostered development of creativity and self-confidence through literature and theatre

“For more than 30 years, Edith Ruth Armson fostered the development of creativity and self-confidence through literature and theatre. She has volunteered thousands of hours with the Yukon Arts Centre as a teacher, as a mentorship program coordinator, and as a facilitator of a memoir-writing class for seniors.”

=====

**BACHYNSKI, Jane M.** -- GH: 08 April 2016  
Ms Ottawa, Ontario Awarded: 12 April 2016  
Fostered development of creativity and self-confidence through literature and theatre

“Jane Bachynski is an inspirational force in Ottawa and has greatly contributed to many child- and youth-friendly charities. She created the Borden Ladner Gervais Reads to Kids in 2003, a program to support literacy for young children. She also volunteers with United Way/Centraide Ottawa and the Boys and Girls Club of Ottawa.”

=====

**BALFOUR, James John** -- GH: 08 April 2016  
Lieutenant-Commander Regina, Saskatchewan Awarded: 12 April 2016  
Chaplain, *HMCS Queen*

“James John Balfour is a member of the Royal Canadian Navy Naval Reserve, *HMCS Queen*, where he serves as chaplain and provides valuable ministry, spiritual and counselling support to military personnel. For over five years as a minister at the Broadway United Church in Regina, he performed weddings and baptisms, led funerals, counselled grieving families, helped other congregations and offered support to people who needed someone to talk to.”



Commodore Marta Mulkins, Commander Naval Reserve Divisions, and Lieutenant-Commander Linda Mushanski, Commanding Officer, *HMCS Queen* promote John Balfour to Lieutenant-Commander.

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**BOCKSTAEL, John** -- GH: 08 April 2016  
Mr Winnipeg, Manitoba Awarded: 12 April 2016  
Fundraiser and Volunteer with St. Amant Inc. helping those with Developmental Disabilities and Autism

“In addition to being a community builder, John Bockstael has been dedicated to expanding accessibility to health care in Winnipeg for over 10 years. He is a perennial fundraiser and volunteer with St. Amant Inc., working to help those with developmental disabilities and autism, and has served as a board member and fundraiser for the Catholic Health Corporation of Manitoba.”

=====

**BOUCHARD, Kenneth** -- GH: 08 April 2016  
Mr Wakefield, Quebec Awarded: 12 April 2016  
Creating new segments of the Trans Canada Trail in Wakefield, Quebec

“For the past 30 years, Kenneth Bouchard has played a key role in creating new segments of the Trans Canada Trail in Wakefield, Quebec, as well as throughout the province. He also helps maintain Trail sections in Gatineau Park.”

=====

**CADORET, Brian** -- GH: 08 April 2016  
Mr Lachine, Quebec Awarded: 12 April 2016  
Collecting and Distributing Food to Seniors, School Children and Food Banks

“For over 40 years, Brian Cadoret has been collecting and distributing food to seniors, school children and food banks in his community through the St. Vincent de Paul Society of the Parish of the Resurrection of Our Lord. He also dedicates his time to the Lachine Hospital Foundation and the Kiwanis Club of Lakeshore Montreal.”

=====

**CHOQUETTE, Richard** -- GH: 08 April 2016  
Mr Laval, Quebec Awarded: 12 April 2016  
Regional Representative and Member of the Board of the Duke of Edinburgh's International Award

“Richard Choquette is deeply committed to his community where, for over 50 years, he has dedicated himself to serving others and to inspiring young people towards becoming engaged and responsible adults. For 32 years, he demonstrated outstanding leadership as a regional representative and member of the board of the Duke of Edinburgh's International Award, notably encouraging youth aged 14 to 25 to achieve their Bronze, Silver and Gold levels.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**COX, John Ernest** -- GH: 08 April 2016  
Mr Ottawa, Ontario Awarded: 12 April 2016  
Canadian Executive Services Organization to create a Focus on Inuit and First Nations Peoples

“John Ernest Cox has managed, educated and motivated volunteers with the Canadian Executive Services Organization to create a focus on Inuit and First Nations peoples. In addition, he generously gives his time to visit with residents at several retirement homes.”

=====

**CURRIE, Raymond J.L.** -- GH: 08 April 2016  
Mr Fort Smith, Northwest Territories Awarded: 12 April 2016  
Volunteer Work at the Northern Life Museum

“Raymond Currie is best known for his volunteer work at the Northern Life Museum. For over 40 years, he catalogued and organized the museum’s holdings, and educated the public by bringing the area’s local history to life. He has also dedicated his time to St. Joseph’s Cathedral and to Fort Smith’s ambulance service.”

=====

**DU SAULT, Anne** -- GH: 08 April 2016  
Ms Montréal, Quebec Awarded: 12 April 2016  
Director of HOPE’s Montréal chapter

“Since 1990, Anne Du Sault has dedicated herself to HOPE Worldwide, an international charity geared at helping the poor and needy. As the director of HOPE’s Montréal chapter, she established partnerships with local soup kitchens and schools, and distributes food baskets and classroom supplies to underprivileged families.”

=====

**DUCHESNEAU, Brigitte** -- GH: 08 April 2016  
Ms Lévis, Quebec Awarded: 12 April 2016  
Involved with Diffusion culturelle de Lévis

“For over 20 years, Brigitte Duchesneau has been giving of her time to develop culture and promote the arts. She is actively involved with Diffusion culturelle de Lévis, helping to create original programming for the organization, and played a key role in renovating L’Anglicane performance hall.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**EBERT, Dale** -- GH: 08 April 2016  
Mr Prince Albert, Saskatchewan Awarded: 12 April 2016  
Volunteer for Organizations Assisting People with Intellectual Disabilities and their Families

“Dale Ebert has helped lead many organizations assisting people with intellectual disabilities and their families, as well as victims of crime or traumatic events. With his wealth of knowledge and compassion, he has enhanced the lives of many and has helped create a better sense of community.”

=====

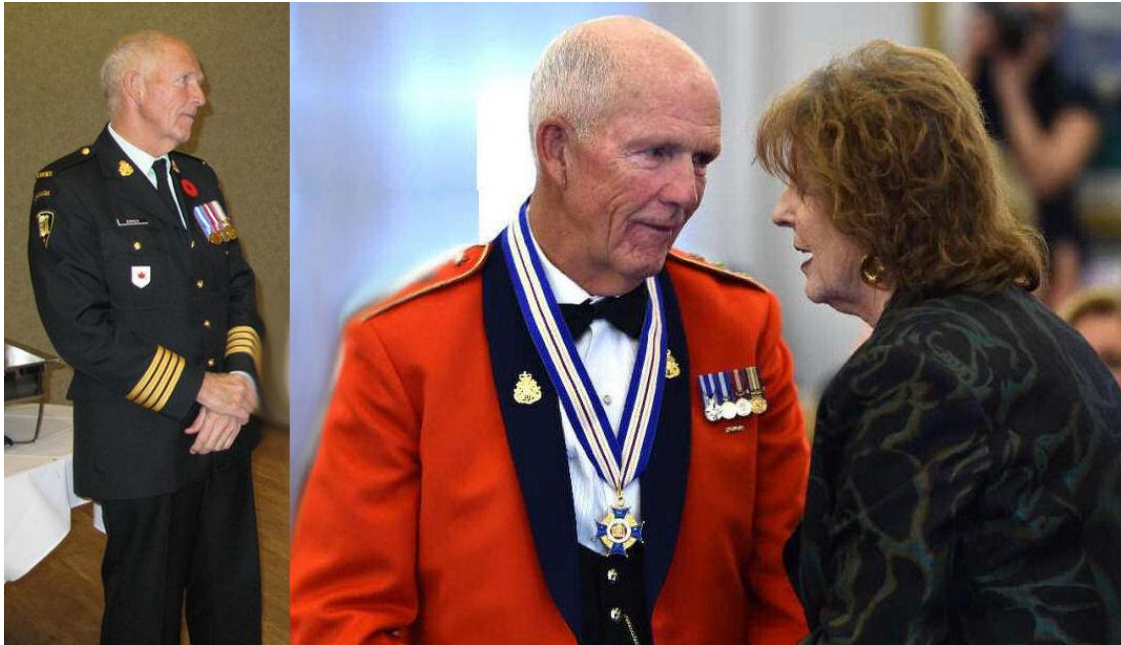
**ERKER, Dennis** AOE MSM GH: 08 April 2016  
Honorary Colonel – Loyal Edmonton Regiment Edmonton, Alberta Awarded: 12 April 2016  
Advancing the Quality of Lfe of Injured members of the Canadian Armed Forces, RCMP and Health-Care Sectors

“Dennis Erker is a visionary community leader who has had a profound impact on Edmonton’s arts, sports and health-care sectors, in addition to advancing the quality of life of injured members of the Canadian Armed Forces, RCMP, first responders and their families. His approach and unending commitment to bettering the lives of those around him embody the timeless spirit of charity and community.”

Awarded **Meritorious Service Medal (MSM)** (Military) as per **Canada Gazette** of 12 October 2013 in the rank of Honorary Colonel.

Awarded **Alberta Order of Excellence (AOE)** in 2016

**Medals:** AOE – MSM – Sovereign’s Volunteer – EIIR Golden Jubilee – EIIR Diamond Jubilee – Alberta Centennial



=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**GAUDRY, Sidney R.P.**

--

GH: 08 April 2016

Mr

Regina, Saskatchewan

Awarded: 12 April 2016

Canadian Ski Patrol, St. Luke's Anglican Church, Cdn Red Cross, Air Cadets, St. John's Ambulance

"Sidney Gaudry has volunteered for more than 35 years with various organizations, significantly enhancing the safety and well-being of those around him. His commitments include the Canadian Ski Patrol, St. Luke's Anglican Church, the Canadian Red Cross, the Air Cadets and St. John's Ambulance (Saskatchewan)."

=====

**HAMPSON, Garth**

--

GH: 08 April 2016

Sergeant - RCMP

Ottawa, Ontario

Awarded: 12 April 2016

Community Leader, Providing his Voice and Musical Talents to Children's Hospital, RCMP Charity Ball, etc.

"For over 50 years, Sergeant Garth Hampson has been a community leader, providing his voice and musical talents to such organizations as the Children's Hospital of Eastern Ontario, the RCMP Charity Ball and the Duke of Edinburgh's International Award, in addition to other community-building initiatives. His efforts have facilitated bridge-building with Aboriginal peoples throughout Canada and have supported many valuable charities and programs."

**Medals:** Sovereign's Medal for Volunteers – EIIR Silver Jubilee – EIIR Golden Jubilee – EIIR Diamond Jubilee – RCMP Long Service and Good Conduct with ten year bar



Staff Sergeant Garth Hampson shown with Majida Harb

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**HENDERSON, Derrill** -- GH: 08 April 2016  
Mr Nepean, Ontario Awarded: 12 April 2016  
Creation of the Hong Kong Veterans Commemorative Association

“Derrill Henderson was instrumental in the creation of the Hong Kong Veterans Commemorative Association. He has dedicated over 20 years to the organization, and serves as its representative on the National Council of Veterans Associations. He also volunteered as a member of the Memorial Wall Committee for eight years, helping to create a memorial for those who lost their lives in the Battle of Hong Kong.”

=====

**HILL, Jordan** -- GH: 08 April 2016  
Mr Nepean, Ontario Awarded: 12 April 2016  
School Remembrance Day Services and Winnipeg Harvest volunteer

“Throughout his high school years, Jordan Hill took it upon himself, with the assistance of a school teacher, to plan and execute his school and community Remembrance Day services. He has also volunteered with elementary schools during science and heritage fairs and other school activities, as well as with a variety of organizations in his community, namely Winnipeg Harvest, a non-profit, community-based organization that is a food distribution and training centre.”

=====

**HOVEY, James Malcolm** -- GH: 08 April 2016  
Mr Nepean, Ontario Awarded: 12 April 2016  
Community Theatre in Hampton

“James Hovey has been volunteering to help with different causes and projects for over 30 years. Notably, he played an instrumental role in the creation of a community theatre in Hampton. Since his retirement in 2008 from the position of mayor, he has volunteered on the town’s health care and public works advisory committees.”

=====

**ILAQ, Alexa** -- GH: 08 April 2016  
Ms Winnipeg, Manitoba Awarded: 12 April 2016  
Volunteer with Shine a Light Program for kids with developmental disabilities such as Down syndrome and autism

“Throughout her high school years, Alexa Ilag organized groups of students to volunteer at the local food bank, encouraging youth to become more active within their community. She continues to aid with the Shine a Light Program for kids with developmental disabilities such as Down syndrome and autism; and with the help of Reality Check Dance Crew, she organized a fundraiser for the Heart and Stroke Foundation by holding a bake sale and dance battle during her grade 12 year.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**JASMIN, Isabelle** -- GH: 08 April 2016  
Ms Montréal, Quebec Awarded: 12 April 2016  
Volunteer with Shine a Light Program for kids with developmental disabilities such as Down syndrome and autism

“Since 2003, Isabelle Jasmin has been volunteering with the Centre d’hébergement Yvon-Brunet, which offers a unique and personalized support program that matches volunteers with lonely residents having difficulty adapting to living at the Centre. She offers residents comfort and support, tailors her visits by learning what makes them happy, and creates a non-judgmental atmosphere by lending an empathetic ear.”

=====

**KELLY, Inge** -- GH: 08 April 2016  
Ms Ottawa, Ontario Awarded: 12 April 2016  
Volunteers at the Ottawa Mission’s Diane Morrison Hospice and the Ruddy-Shenkman Hospice

“For more than 18 years, Inge Kelly has been providing compassionate support to patients in palliative care. She volunteers over 40 hours per week at the Ottawa Mission’s Diane Morrison Hospice and the Ruddy-Shenkman Hospice, where she provides loving care to those dying without family or home, helping them live out their final days in dignity and comfort.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**LARABIE LeSIEUR, Rachel** -- GH: 08 April 2016  
Ms Gatineau, Quebec Awarded: 12 April 2016  
Member of Centraide Outaouais' board of directors

“As a member of Centraide Outaouais' board of directors for the past 14 years, Rachel Larabie LeSieur has been responsible for the implementation of initiatives to develop supportive and inclusive groups for the most vulnerable members of her community. L'Assemblée des Centraide du Québec and Centraide/United Way Canada have also benefited from her caring and compassionate nature.”

=====

**LUND, Karen** -- GH: 08 April 2016  
Dr Sidney, British Columbia Awarded: 12 April 2016  
Volunteered as Director of Nursing Program at International University of Business Agriculture and Technology (IUBAT) Dhaka, Bangladesh

“Since 2004, Dr. Karen Lund has volunteered as the director of the nursing program at the International University of Business Agriculture and Technology (IUBAT), in Dhaka, Bangladesh. She has developed the curriculum, taught nursing students, supervised local faculty, coordinated over 100 other volunteers, and is recognized as being a major influence on nursing policy.”

=====

**MAHENDIRAN, Kokulan** -- GH: 08 April 2016  
Mr Montréal, Quebec Awarded: 12 April 2016  
Member of Centraide Outaouais' board of directors

“Since high school, Kokulan Mahendiran has dedicated himself to the causes of unity, peace and cultural awareness in his community. In his teens, he started a club to help raise money for the Toronto SickKids Foundation. In university, he became actively involved in youth engagement and organized a charity gala in 2012, which brought together the various ethnic and religious communities of the Sri Lankan diaspora.”

=====



**SOVEREIGN'S MEDAL for VOLUNTEERS**

**MAYER, Stefan** -- GH: 08 April 2016  
Mr Ottawa, Ontario Awarded: 12 April 2016  
Dedicated more than 30 000 hours of service to the 410 Wing of the Air Force Association and to The Ottawa Hospital

“For over 30 years, Stefan Mayer has dedicated more than 30 000 hours of service to the 410 Wing of the Air Force Association and to The Ottawa Hospital. It is with the hospital that his altruism is most visible: he greets patients, acts as the hospital’s unofficial photographer, and works as an internal courier and as the manager of the Riverside Campus’ audio-visual services branch.”

=====

**McCARTHY, Farrell** -- GH: 08 April 2016  
Mr Miramichi, New Brunswick Awarded: 12 April 2016  
30 years of volunteer work to promoting Irish culture

“Farrell McCarthy has devoted over 30 years of volunteer work to promoting Irish culture. He has helped establish many of the existing Irish cultural organizations, events and communications that have given rise to renewed interest in Irish traditions and lore.”

=====

**McDONALD, Alexander** CD GH: 08 April 2016  
Major – Royal Canadian Air Cadets St. Andrews West, Ontario Awarded: 12 April 2016  
30 years of volunteer work to promoting Irish culture

“Alexander McDonald has gone above and beyond his duties as a commanding officer of the 325<sup>th</sup> Royal Canadian Air Cadets Squadron by encouraging involvement in extracurricular activities. He has spent hours orchestrating the biathlon team, re-establishing the band program, organizing cadet participation in Remembrance Day ceremonies, and spearheading a canoe trip campaign.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**MILLER, Kenneth** -- GH: 08 April 2016  
Mr Canyon, British Columbia Awarded: 12 April 2016  
Creston Valley Community Housing Society and Started Citizens On Patrol Group

“Kenneth Miller has been dedicating his time to many good causes and organizations, such as serving for five years on the Creston Valley Community Housing Society, where he succeeded in getting six low-rent family apartments built, doing much of the fencing and out-building construction himself. He also started the Citizens On Patrol group and served as patroller chairman of the organization.”

=====

**MILLER, Signe** -- GH: 08 April 2016  
Ms Canyon, British Columbia Awarded: 12 April 2016  
Board member of the Creston-Kootenay Foundation and projects with the Canyon Community Association

“A volunteer at heart, Signe Miller has been involved in her community for over 30 years. For the past three years, she has been a board member of the Creston-Kootenay Foundation and actively participates in ongoing activities and projects with the Canyon Community Association.”

=====

**NIXON, Carol** -- GH: 08 April 2016  
Ms Osgoode, Ontario Awarded: 12 April 2016  
Founding member of both the Citizens Restoring Osgoode Village Parks and the Osgoode Youth Association

“A founding member of both the Citizens Restoring Osgoode Village Parks and the Osgoode Youth Association, Carol Ann Nixon has ensured that the community has a healthy park and that local youth have a safe place to socialize, to gain life skills and to seek out employment opportunities. In addition to her commitment to education, her fundraising and organizational work has also ensured that community music programs are available to all students and their families.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**PERHAR, Jagdeep Singh**

--

GH: 08 April 2016

Mr

Nepean, Ontario

Awarded: 12 April 2016

Inter-cultural Awareness between Indo-Canadians and the rest of Canada

“A volunteer in the Indo-Canadian community for 20 years, Jagdeep Perhar is committed to fostering positive dialogue and raising inter-cultural awareness between Indo-Canadians and the rest of Canada through a variety of initiatives. He was instrumental in the creation of an annual community celebration of India's Independence Day, which continues to raise cultural awareness.”

=====

**PITCHER, Winston**

--

GH: 08 April 2016

Mr

Burin Bay Arm, Newfoundland

Awarded: 12 April 2016

President of the Canadian Coast Guard Auxiliary-Newfoundland and Labrador

“Winston Pitcher has been a dedicated member and president of the Canadian Coast Guard Auxiliary- Newfoundland and Labrador for over 25 years, providing search and rescue assistance to the Coast Guard. He has been instrumental in organizing first aid courses and water training sessions for members, and has been a national representative for the Auxiliary at home and abroad.”



=====

**PURDIE, Douglas**

--

GH: 08 April 2016

Mr

North Vancouver, British Columbia

Awarded: 12 April 2016

Work with SUCCESS Foundation, the Neil Squire Society and the Developmental Disabilities Association

“Through his dedication and devotion to such organizations as the SUCCESS Foundation, the Neil Squire Society and the Developmental Disabilities Association, Douglas Purdie has worked to promote the well-being of Canadians through the provision of social programs and resources. He has been instrumental in reducing barriers to immigrants and disabled persons, and provides social leadership.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**QUON, Sue**

--

GH: 08 April 2016

Ms

Edmonton, Alberta

Awarded: 12 April 2016

Advanced the Arts in Edmonton by Volunteering for Multiple Theatre Companies

"For the past 15 years, Dr. Sue Quon has advanced the arts in Edmonton by volunteering for multiple theatre companies. From usher to board member, she has taken on many responsibilities that have contributed to each theatre's success and has provided innumerable opportunities to young actors."

=====

**RANDALL, Patricia**

--

GH: 08 April 2016

Ms

Calgary, Alberta

Awarded: 12 April 2016

Navy League Cadet Program

"For more than 20 years, Patricia Randall has contributed to the development of our nation's youth through her volunteer work. Her efforts with the Navy League Cadet Program have helped foster leadership and citizenship skills in young men and women who have gone on to become well-rounded and respected Canadians."

=====

**RUSSELL, Wayne**

--

GH: 08 April 2016

Mr

Chelsea, Quebec

Awarded: 12 April 2016

Development of Canadian athletes through Work with Hockey Canada and the Chelsea Foundation

"For the past 43 years, Wayne Russell has contributed to the development of Canadian athletes through his volunteer work with organizations like Hockey Canada and the Chelsea Foundation, as well as with various hockey clubs as a coach. His contributions are significant to the success of Canada's continuing achievements and growth of Canadian athletes, and have offered greater opportunities to thousands of young people across the country."

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**SALIKIN, Stan** -- GH: 08 April 2016  
Mr Kimberley, British Columbia Awarded: 12 April 2016  
Rotary Club of Kimberley and with the Kimberley Helping Hands Food Bank

“Stan Salikin’s commitment to his community is invaluable. He started volunteering with the Rotary Club of Kimberley in 1979, and then with the Kimberley Helping Hands Food Bank in 1993. He seeks to ensure everyone has equal access to nourishment and runs annual fundraising events like duck races, garage sales and a golf tournament.”

=====

**SEGAL, Norton** -- GH: 08 April 2016  
Mr Hampstead, Quebec Awarded: 12 April 2016  
Volunteer Work in Hampstead, Quebec

“Through his leadership and volunteer work, Norton Segal has dedicated himself to the public good. His ongoing devotion to the community knows no bounds: he has helped countless individuals and families, regardless of their racial, ethno-cultural, religious or linguistic backgrounds.”

=====

**SMITH, Denny** -- GH: 08 April 2016  
Mr Winnipeg, Manitoba Awarded: 12 April 2016  
Tutoring Students in Winnipeg

“Driven by a passion for education, writing and higher thinking, Denny Smith has been tutoring and mentoring students in Winnipeg for many years. With a personal and caring approach, he pays attention to his students’ needs and abilities, and inspires them to achieve their greatest potential.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**SPENCER, Martin** -- GH: 08 April 2016  
Dr Lantzville, British Columbia Awarded: 12 April 2016  
Seva Canada - Eye Surgeries and Train Local Eye Specialists in Developing Countries

“For over 30 years, Dr. Martin Spencer has helped restore sight to many of the world’s poor as a long-time volunteer with Seva Canada. He has made dozens of trips at his own expense to developing countries to conduct eye surgeries, train local eye specialists and make regular vision care available to thousands.”

=====

**STAMP, Joan** -- GH: 08 April 2016  
Ms Labrador City, Newfoundland Awarded: 12 April 2016  
Volunteering in Labrador, starting with Brownies and Beavers and Twin Cities Senior Center

“For more than half a century, Joan Stamp has been volunteering in Labrador, starting with Brownies and Beavers, and helping transform the community in which she lives. She was instrumental in the establishment of the Twin Cities Seniors Centre over 25 years ago and is still very active today.”

=====

**STANFIELD, Angus** -- GH: 08 April 2016  
Ms Sooke, British Columbia Awarded: 12 April 2016  
Royal Canadian Legion in Sooke and Dominion Command First Vice-President

“Angus Stanfield has served the Royal Canadian Legion for nearly 20 years, as president of the Sooke chapter, regional zone commander and Dominion Command first vice-president. During this time, he worked to establish Cockrell House, a transition home for homeless veterans that provides tailored housing, support services and training.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**STAPLES, Carol-Ann** -- GH: 08 April 2016  
Ms Victoria, British Columbia Awarded: 12 April 2016  
Volunteering with Victoria Hospice (formerly the Victoria Association for the Care of the Dying)

“For 37 years, Carol-Ann Staples has given back to her community by volunteering with Victoria Hospice (formerly the Victoria Association for the Care of the Dying). She has dedicated countless hours to providing direct care to patients, as well as to bereavement services, spiritual care and fundraising.”

=====

**TAILLEFER, Roland** -- GH: 08 April 2016  
Mr Laval, Quebec Awarded: 12 April 2016  
Board member of the Fondation du Collège Lionel-Groulx Dying

“Roland Taillefer has been a volunteer and board member of the Fondation du Collège Lionel-Groulx for over 10 years. A dedicated and selfless man, he provides an invaluable service as the organization’s bookkeeper and takes part in all of the foundation’s activities to benefit young people.”

=====

**TINGLEY, Ann-Mari** -- GH: 08 April 2016  
Ms Saint John, New Brunxwick Awarded: 12 April 2016  
Volunteering with the Cdn Assn for Community Living and the regional chapter of the Victorian Order of Nurses

“Ann-Marie Tingley has devoted 35 years of volunteer service to the Canadian Association for Community Living and to the regional chapter of the Victorian Order of Nurses. Whether she is raising funds, sitting on the board of directors or simply educating the public about special needs care, she makes a difference in the lives she touches.”

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**TRIGG, Jim** -- GH: 08 April 2016  
Mr Ottawa, Ontario Awarded: 12 April 2016  
May Court Hospice Volunteer using his Handyman Skills to Repair the Building

“For 15 years, Jim Trigg has enabled seniors in his neighbourhood to live in their homes longer by volunteering to shovel snow, remove ice, and help with transportation and errands. He is also seen as a model volunteer with the May Court Hospice, where he uses his handyman skills to do maintenance repairs on the building.”

=====

**VALOIS, Gerry R.** -- GH: 08 April 2016  
Mr Winnipeg, Manitoba Awarded: 12 April 2016  
Founded Canodia to help children living at the Stung Meanchey landfill in Cambodia

“In 2007, Gerry Valois founded Canodia, a charitable organization that works with the Centre for Children's Happiness to help children living at the Stung Meanchey landfill in Cambodia. To date, the organization has raised enough funds to begin construction on a more permanent home for these children, all while teaching others about the value of philanthropy.”

=====

**VAN HORNE, Wilbert Lee** -- GH: 08 April 2016  
Mr Qualicum Beach, British Columbia Awarded: 12 April 2016  
Volunteer Webmaster of the BC/Yukon branch of the Royal Heraldry Society of Canada

“Since 2004, Wilbert Lee Van Horne has been the volunteer webmaster of the BC/Yukon branch of the Royal Heraldry Society of Canada. He has helped expand the Society's reach by designing an Index Armorum, a reference tool used to search for heraldic emblems.”

=====



**SOVEREIGN'S MEDAL for VOLUNTEERS**

**VENNE, Monique**

--

GH: 08 April 2016

Ms

Mont-Laurier, Quebec

Awarded: 12 April 2016

President of the Club de l'âge d'or

"A dynamic, unassuming woman, Monique Venne has dedicated herself as president of the Club de l'âge d'or for many years. She is actively involved with numerous foundations in her community, including the Society of Saint Vincent de Paul, where she has been volunteering for over 25 years."

=====

**WESTEINDE, Colleen**

--

GH: 08 April 2016

Ms

Ottawa, Ontario

Awarded: 12 April 2016

President of Children's International Summer Villages Ottawa

"Colleen Westeinde is a devoted community volunteer who has played an instrumental role in such organizations as St. Joe's Women's Centre, Soup Sisters, Ottawa Riverkeeper, and Nepean High School, particularly in its student council. She also serves as president of Children's International Summer Villages Ottawa, and is a national committee chair of Children's International Summer Villages Canada."

=====

**WHITE, James**

--

GH: 08 April 2016

Mr

Kamloops, British Columbia

Awarded: 12 April 2016

Volunteer with Grasslands Conservation Council of British Columbia

"For over 15 years, James White has volunteered with the Grasslands Conservation Council of British Columbia. Working alongside First Nations, government departments and other stakeholders, he has ensured the protection of an additional 1,397 hectares at the Dewdrop-Rosseau Creek Wildlife Management Area."

=====

**SOVEREIGN'S MEDAL for VOLUNTEERS**

**WHITE, Margaret** -- GH: 08 April 2016  
Ms Whitehorse, Yukon Awarded: 12 April 2016  
Volunteer Service to the Yukon Curling Association and to Yukon Athletics

“Margarete White has given more than 25 years of volunteer service to the Yukon Curling Association and to Yukon Athletics. She is recognized for her participation as a head official, timer, event organizer and cheerleader. Her devotion and efforts have led to the success of Whitehorse’s athletic community, where she has provided local athletes with opportunities to learn and grow.”

=====

**WOJCIK, John** -- GH: 08 April 2016  
Mr Stellarton, Nova Scotia Awarded: 12 April 2016  
Cadet Cadets in Nova Scotia, P.E.I. and New Brunswick

“John Wojcik has been with the cadet program for six years, contributing to the education of young men and women and creating lasting bonds with cadets in Nova Scotia, PEI and New Brunswick. He was also active with the Legion in Nova Scotia, volunteering in his teenage years and later joining the branch, where he served as their bugler for many years.”

=====

**WOOD, Richard** -- GH: 08 April 2016  
Mr Moncton, New Brunswick Awarded: 12 April 2016  
Cadet Cadets in Nova Scotia, P.E.I. and New Brunswick

“A volunteer for over 30 years, Richard Wood has been a member of many organizations and community groups that have greatly impacted the quality of life in the Greater Moncton Region. He always takes a leadership role with any group that he volunteers with, and since 2006, he has been a member of the Maritime Motorsports Hall of Fame Inc. and volunteers his time at the car shows.”

=====

**YAN, Lingbo** -- GH: 08 April 2016  
Ms Surrey, British Columbia Awarded: 12 April 2016  
Helping Marginalized Individuals in China access better Mental Health Services

“Lingbo Yan has helped marginalized individuals in China access better mental health services by building cross-cultural partnerships. Her untiring commitment and efforts as an interpreter have helped the Educational Medical Aid Service facilitate the exchange of skills and knowledge between Canadian and Chinese health professionals.”

=====