

THE SUDBURY GOOD NEIGHBOUR AWARDS

LE PRIX BON VOISIN DE SUDBURY

JAMIE WEST

Député de Sudbury | Sudbury MPP

Every year, the Member of Provincial Parliament of Sudbury, Jamie West, recognizes notable Sudburians! *The Sudbury Good Neighbour Award* is reserved for individuals or groups within the riding of Sudbury, from all fields of endeavour and backgrounds, whose excellence exemplifies the **selflessness, tenacity** and **commitment** of our community.

Chaque année, le député provincial de Sudbury, Jamie West, aime rendre hommage aux Sudburois notables. *Le Prix de bon voisin de Sudbury* est réservé aux individus ou aux groupes de la circonscription de Sudbury, de tous les domaines d'activités et de parcours, dont l'excellence illustre **l'altruisme, la ténacité** et **l'engagement** de notre communauté.

Incredible individuals



Frances Summerhill

"Fran has been building neighborhood connections over the last 30 plus years. She is clearly the glue that pulls her neighbours together. She hosts many occasions, making them all special for everyone.

As busy as she is she finds time to make us all feel connected as well as flags opportunities for us as a neighbourhood to give back to our community.

This generosity of spirit and recognition of the need for building neighbourhoods and strong connections extends to the broader community where she befriended residents of a seniors' facility several years ago to help support with errands, outings, shopping, contacting friends on their behalf and continues to visit them in the long-term residence.

Currently Fran participates on the board of directors for the Sudbury Manitoulin Children's Foundation.

She's also the organizer of the Terry Fox run for 39 years now.

Fran is a role model for all of us with her ability and desire to promote connections and support neighbourhood development and her strong sense of community whether that be at the neighbourhood or community level."



Vicki Garinger

"Vicki is one of the Special Olympics volunteers who always goes above and beyond for our athletes.

She makes sure they are all signed up for their sports and plans fundraises for anyone who needs financial support.

She's always uplifting their moral and self esteem, making sure their voices are heard.

Vickie always makes it a point to make sure that all athletes with all disabilities are recognized for their awesomeness and individuality and promotes Abilities not disabilities.

No matter the event Vicki is there or is involved in organizing community and helping out."



Melissa Macmillan

"Melissa is a courageous and compassionate neighbour who transforms lives in our community. A survivor of addiction, abuse, and human trafficking, she now channels her lived experience into advocacy and direct support for others.

Through her Full Circle podcast, she shares raw, honest conversations that break stigma and offer hope.

Melissa doesn't just speak; she acts. She helped get billboards up around Sudbury to raise awareness about

recovery resources. She brings food and encouragement to people striving for sobriety, reminding them that healing is possible and that they are not alone.

Speaks to medical learners including at NOSM University about breaking stigmas in health care and understanding addiction through a human lens.

Delivers meals and provides mentorship to neighbours working toward sobriety, offering tangible help and emotional support. Shares her story in the media and community events, inspiring others with her authenticity and strength.

Melissa is a survivor and a warrior. She has transformed her own pain into a powerful force for good, lifting individuals and challenging our community to be more compassionate."



Nancy Gelinas

"Nancy is spunk, heart, and creative force wrapped in a deep wisdom.

Nancy is a force for, and of, human good in a world and downtown city that are hurting in so many ways.

Nancy works with at risk and street involved youth and adults. She arrives like a magnetic stone: firmly anchored, quiet in demeanor, and wholly attentive to whomsoever she is supporting. People who are fortunate enough to receive that care feel seen, heard, and met, in all the silenced places they carry inside.

Nancy relates to the unspoken in a person while attending to their known needs and inquiries. She holds and offers people the right of respect, the right to exist as a whole person, no matter their age, ability, or access to wealth.

Nancy is also a novelist, a playwright, a clothing maker, a green thumb, and a cat mom.

The creativity she brings to every moment, to every interaction and action is unusually brilliant. Her lived experience is broad. She has walked many paths in this one life. And if you are a person whose path has crossed hers, you know you are forever changed in the inspiration and care you've been met with."



Rachel Whitehead

"Ms. Rachel Whitehead is a fantastic role model and teacher. She is incredibly hardworking and fosters strong and supportive relationships with her students.

As the dedicated instrumental music teacher at Sudbury Secondary school, she is an integral part of the school's arts program working collaboratively with other teachers and staff. She is well liked and easy going, always with a smile on her face.

She dedicates countless hours after school and on weekends with never a hint of grumpiness or self-promotion. She is always finding great opportunities for her students to play in the community at a variety of events. She pushes them to be strong players but also to have fun. She strikes the perfect balance of striving for excellence while at the same time remaining calm, focused and fun loving.

At NOMF (Northern Ontario Music Festival) in March both her Concert and Jazz bands received gold awards. With never a harsh or unsupportive word she mentors students; all arriving at the school with differing musical experience. She is equally supportive of students from all backgrounds with a variety of personal needs. She encourages her students to be active in both the school and the wider Sudbury community taking them to perform at fun events,

accompanying them on school trips and attending their musical events outside of school (like Sudbury Youth Orchestra performances).

Ms. Whitehead also very graciously supported Lizzie with a bursary to help her attend Inter provincial Music Camp (IMC) this summer as well as supporting another student from the school by giving him an instrument of her own so he could attend the camp.

Ms Whitehead remains busy in the musical community herself playing French horn in the Sudbury brass choir and with the Sudbury Symphony. She is a member of the organizing committee for the Northern Ontario Music Festival."



Emily Caruso Parnell

"Emily is a selfless and visionary leader whose dedication has sustained and revitalized the Jewish community in Sudbury.

At a time when the local congregation was at risk of disappearing, she stepped forward with courage and determination, bringing renewed energy and hope. Without external funding or institutional support, Emily has worked tirelessly to ensure that a Jewish presence in Sudbury not only survives but flourishes.

She has been a fearless advocate for Jewish voices in Sudbury and beyond, ensuring our traditions and identity remain visible and respected. She has established herself as a respected voice and educator, regularly partnering with the City of Greater Sudbury Police Services to deliver antisemitism awareness training to new recruits, presenting "Antisemitism 101" to the Ontario Principals Council, and contributing thought-provoking articles to the Canadian Jewish News and other Jewish publications.

Emily also strengthens bonds across traditions. She has participated in interfaith dialogues with other spiritual leaders in Sudbury, fostering understanding and mutual respect. She makes our synagogue a warm and welcoming space by inviting all Sudburians to join Shabbat services and meals, creating opportunities for shared connection.

In 2024, she organized the city's first-ever Menorah lighting celebration at City Hall which was a historic moment that brought Jewish culture and tradition into the civic heart of Sudbury. Beyond her public advocacy and bridge-building, Emily nurtures the heart of our congregation. She cares deeply for our elders, supports families, and, drawing on her professional expertise as an educator, leads our Hebrew school with intention and passion.

Every initiative she undertakes reflects her steadfast commitment to preserving traditions, strengthening connections, and ensuring Jewish life in Sudbury remains vibrant for years to come. She uplifts those around her and inspires us all, and she has given us strength, visibility, and hope."



Cathy Orlando

"Cathy has been a tireless defender for the climate in many sectors over the years. She is involved with the Citizens Climate Lobby however I'm nominating her because of the direction and help that she gave to the kids participating in the Fridays for Future events over the past many years.

She started out as a mom supporting her own child however, she embraced the many other kids that wanted to be involved. My two kids became involved extremely early on (2nd Sudbury event) and have been involved for almost all the events.

Cathy has been the main source of support and direction for the kids over the years - allowing the kids to meet for planning purposes in the CCL boardroom or her own dining room.

She has helped spread the word to other adults that could support the kids whether that was through media contacts, politicians or other parents. She has booked bell park, LU, and roadway permits, arranged for the kids who wanted it to get media training, held up signs with the kids on cold days in the winter, and has been kind enough to carpool (& feed!) my kids at times when I could not make it to the event.

Not everyone realizes the effort it takes to continuously bring climate concerns up - and our kids are anxious & concerned. Cathy has been a calm and steady guiding hand for them to be able to express themselves. And the entire Sudbury community (& world) benefits from a healthier climate."



Crystal Pigeon-Way

"I am nominating Crystal because in a matter of a short time she has made an outstanding difference to my family, specifically my trans son, Jordyn.

Crystal Pigeon-Way is the program manager for SQUAD, Sudbury Queers United Around Diversity and began programming specific to 2SLGBTQA+ Sudbury youth. Her youth programming quickly developed into an afterschool spot where our queer youth and allies can drop in on Tuesdays and Thursdays and feel 100% safe in doing so.

Like many trans teens, Jordyn has experienced much bullying simply for being different, has struggled with mental health, making friends, and feeling comfort in new environments. As a Metis mother, having community for my child is extremely important, and because he is trans, that means another community on top of our Indigenous one.

Jordyn and I first walked into SQUAD near the beginning of this past summer, and Crystal was there to shake our hands, and welcome us into her space. She asked Jordyn to pick out his flag and invited Jordyn to make a button so everyone there would know what his preferred pronouns are.

To be honest, I was the only one who seemed to make the mistake of using the wrong pronouns but thankfully Crystal reassured me that this is normal for us parents and that it really won't take too long for me to get it right every time. Following the small but ingenious little ice breaker, of flag picking and button making, Crystal then introduced us to each person that was there. Trust me when I say that it had been a very long time since I have seen Jordyn so happy to be outside of our house and to be meeting new people.

Since that first time going to SQUAD, I have been able to watch Jordyn come out of his shell, easily get along with and have so much fun with other young adults, all of whom completely understand him. He is finding it easier to socialize at school as Crystal's work has helped build my son's self esteem and confidence. I have also witnessed these magical little moments of comfort and growth in other youth once they start going to SQUAD. Crystal has a special way with these teens and undoubtedly understands them and is truly a one-in-a-million rock star. I just know that what she has brought to our lives in such a short time is exactly what was and is needed for such a delicate and often misunderstood community of youth that is growing in numbers each and every day."



Cody Hughes & Cassandra Fitzpatrick

"January 13/2023 was the most terrifying day of our lives. Peter Hughes was found by his wife of 37 yrs after suffering a cardiac arrest.

I was in complete shock, not even capable of calling 911. Peter lay on the floor unresponsive, while Melodie checked him, she shouted for help from Cody.

Cody alongside his longtime partner Cassandra quickly took action to revive Peter. Cassandra called 911 and Cody quickly started to administer CPR. The 911 dispatcher guided the kids through and sent help.

The rate of survival for in-home after cardiac arrest is less than 10%, but Peter survived.

Cody had just taken the CPR course with his employer Service Master and without that knowledge, it's likely this ending would be very different.

Peter remains in rehab 21 months later and we're incredibly grateful for all the medical supports he's had. Peter has had multiple surgeries, 6 weeks in rehab at hospital for his traumatic brain injury as well as therapy for all the recovery it takes mentally to overcome the trauma of living after dying.

We're incredibly proud of Cody & Cassandra for their bravery as well as their continued support in our new life. Peter has been unable to return to work; the kids have taken on a role to help.

I nominated my children as they will forever be my heroes, the reason that my journey with Peter will continue, the reason he is still a son, father, a husband, a grandfather, brother, uncle, and friend."



David Watson

"David is an amazing volunteer for the March of Dimes, Neighbourhood Model of Care.

He makes himself available to help all members of his community in Rumball Terrace and The Towers.

David was a carpenter when he was younger and he uses those skills to assist individuals in doing repairs in their apartments/townhouses, in doing odd jobs for the March of Dimes, in participating to improve the overall quality of living in these Sudbury Housing Properties.

He volunteers twice a month to deliver food to vulnerable seniors living in this community.

David is a kind and compassionate individual, never judging people, but always supporting them with humour and integrity, letting them know they are valued."

Dolores and Gary Storey

"Dolores and Gary have both been volunteers at HSN for the past 16 years.

They have collectively volunteered over 10,000 hours in the boutique, the cancer centre, HSN greeter desk (just to name a few). They are kind, empathetic and hard working. Even now, while their daughter is undergoing a significant health challenge, they still show up and help others.

They are selfless and continue to help others even at a time when nobody would blame them for taking a leave of absence.

Gary and Dolores go above and beyond for all of our patients, they will stay late, come early and are always willing to train new volunteers and impart their considerable knowledge."

Outstanding organizations

Canadian Mental Health Association Sudbury Manitoulin

"The CMHA-S/M staff members exemplify the true spirit of community support and selflessness. Through their tireless commitment to mental health advocacy, CMHA-S/M staff consistently go above and beyond to improve the lives of individuals within the Sudbury community.

Whether it's through organizing educational trainings, offering mental health services, or raising awareness about mental health challenges, they are a cornerstone of help and hope for many.

Whether it's offering a listening ear, providing resources for individuals facing mental health crises, or supporting families through difficult times, CMHA-S/M staff makes a positive, lasting impact on the lives of community members.

They are more than just an organization, they are a family, helping to build a stronger, more supportive Sudbury for everyone. With their continued advocacy and outreach, CMHA-S/M truly exemplifies the selflessness, tenacity, and commitment of Sudbury's finest."

Sudbury Workers Education and Advocacy Centre

"I believe the Sudbury Workers Centre deserve this award because they are a vital force in the community and have earned this reward through their hard work and profound dedication.

They consistently give 100% to every event and initiative, offering crucial support to workers in conflict with their employers and providing invaluable assistance to newcomers.

They truly embody what it means to care for others."

All Nations Church

"I have been a member of All Nations Church for the past 3 years, and have had the delight of watching it expand and grow to be an extremely inclusive place for BIPOC and Immigrant people.

Over the past few years, we have seen a boom in Latin-X people joining our congregation due to immigration to Canada, particularly Sudbury. Instead of keeping everything status quo, the Church and its staff have embraced this new era and evolved everything they do to be as inclusive as possible of this community. They have created signage, worship music translations, Children's Ministry and host multi-cultural dinners to get everyone involved and feel included. The growth of the Church has enlightened the lives of Sudburian's old and new, and I am very proud.

The Church staff, particularly Brandon and Julia Martel, have created a youth group that is an accessible and safe place for youth aged 12-18 to attend. While there is a focus on religion, this youth group has become a safe haven for youth to be in a place they are accepted, respected and loved. Brandon and Julia focus much of their time teaching youth how to navigate the challenges the world in positive ways and allows them to express themselves in an accepting environment.

The Church itself hosts much of its own fundraising in order to cover the costs of youth in the community who would not otherwise be able to afford various activities the group does, ensuring no child is left behind. Staff have been known to even give youth rides to places they need out of the goodness of their own hearts.

All Nation Church is a large contributor to the Mountain of Mittens campaign and the Big Brothers, Big Sisters backpack campaigns every year. Much of this work falls onto Church staff and volunteers who selflessly give their time to these causes due to the need and love of and for the community.

The Church has created what they call the 'Love Fund,' which is money set aside from regular collections and is saved in order to provide emergency funding to those who may need it, even if it is not a part of their congregation. For example, last year one of the Church family's

had extended family from a Caribbean country lose their home in a flood. All Nations Church used money from the Love Fund to send them to assist in repairing the damages and restoring what was lost. This was also not the first time All Nations Church has assisted people from overseas!

All Nations Church has become the chosen attended church by Monarch Recovery Services/Homes, meaning individuals who are recovering from substance use are assisted in getting to All Nations on Sundays for services. All Nations Church has opened its arms wide for these individuals and is attempting to do anything they can to support them.

Several years ago, the Church recognized that taking wine during Communion was inaccessible to those recovering from alcoholism, therefore the Church changed all of it's Communion to grape juice instead, to allow everyone to participate. I could go on and on about this Church, but at the end of the day, I believe this example sums-up how All Nations Church chooses to be a good neighbour to it's community: The entire Church will sing 'Happy Birthday' to anyone on any given Sunday with such joy and their complete hearts because they are just happy to celebrate others.

I really hope you consider All Nations Church as a part of your Good Neighbour Award candidates as they do exemplify what it means to see need in the community and dedicating itself to meeting the need, regardless of if you go to church every Sunday or if you've never been to church in your life.”

Vietnamese Association Of Sudbury

"I wholeheartedly nominate them for their extraordinary contributions to community events, such as the TET holiday at Caruso Club, July 1st at Bell Park/Sudbury Arena, and the Moon Festival at Bell Park.

Time and again, the members and their dedicated volunteers pour their hearts into delivering outstanding performances and delicious food.

They have truly earned community recognition for their diverse culinary offerings and the beautiful traditions highlighted in their

Áo dài fashion show. And who could forget the exhilarating Lion dance that has inspired and captivated all?

They have created a welcoming environment for everyone and contribute to the community in many ways."

Sudbury Outreach Support (SOS)

"My mother and I are the founders of Sudbury Outreach Support (SOS). In the fall of 2020, I lost my son Myles Kearney to toxic drugs.

Just prior to starting Crosses For Change my mom and I began collecting and giving out coats and blankets, footwear, hats and gloves to those that were homeless. We were deep into a global pandemic and due to COVID services were shut down. There were so many people not prepared for winter and many people in the community came together giving items out of the trunks of their vehicles.

We eventually moved to a church basement to work out of, however once again places were shut down and we could not have clients come in the building to choose items they needed. We survived that and would meet clients outside, ask what they needed and what size. We did our best to put these items together and bring them to the client. We also served a hot meal provided by Gord and Heather Sinclair, owners of the Tim Hortons location on Algonquin.

Fast forward, we are now located at the former Farmers Market location, directly across from the Sudbury Arena beside Via Rail. We started with 4 c-can units to work from. We are beyond COVID, yet the need grew. We service the homeless, those struggling from addiction, seniors and the under housed living in the downtown core.

Five years ago I was doing this from the trunk of my vehicle. Sudbury Outreach Support now has 11 of the 12 c-can. We open once a week for 2 hours and in those 2 hours we give out over 2000 items. I thank the Greater City of Sudbury for providing this space at no cost. I thank our community for the ongoing support of donations. A few years ago, I worried every week that we would not have enough donations to open up. I no longer worry about that. If we give out 2000 items this week, we will have 2000 items to give out next week.

I am not nominating myself, I have many volunteers that make this happen every week. It's labour intensive, picking up the clothing, sorting, cooking. We do this all year long, no matter the weather. In the winter we have to do snow removal before we open. My volunteers do that. All of our clothing is on racks, we respect these people, and we treat them with respect. I would like to nominate the SOS team. We are not funded, no one is paid. We are not affiliated to a church, but we know this is God driven, no mortals could do what we do. I would love to see the volunteers for SOS acknowledge."

Le Club Amical du Nouveau Sudbury

« Le Club Amical fondé en 1982 est un Club francophone, géré par des bénévoles pour personnes de 50 ans et plus.

Depuis 2018, le Club Amical est devenu un Centre de vie active francophone pour la ville de Sudbury. Ce Club permet à plus de 300 membres la possibilité de contribuer à leur santé physique, sociale et mentale.

Le Club aide à briser l'isolement, à favoriser le développement et maintien du bien-être émotionnel, physique et éducatif des personnes âgées vivant seules ou en couple dans leurs maisons ou en appartement. Le Club Amical accueille les gens, qu'importe leur situation financière ou sociale.

C'est un endroit où les gens ont la possibilité d'interagir avec d'autres personnes, de s'informer, de développer de nouvelles connaissances et de participer à une panoplie d'activités.

Le Club ouvre ses portes aux autres communautés linguistiques lors des Musique Jam, des dîners mensuels, et des soirées de danse.

De plus, le Club Amical accueille les élèves du secondaire qui viennent faire des heures de bénévolat et en même temps apprendre à connaître et à créer des liens et du respect entre les jeunes et les personnes âgées.

Le Club Amical, Centre de vie active mérite d'être reconnu pour son implication dans la communauté, sa collaboration avec les autres organismes communautaires ainsi que le travail accompli par ses bénévoles et son Conseil d'administration et le travail bénévole de son Conseil d'administration. »

Leaders of 15th Sudbury Scouting (Beavers/Cubs/Scouts/Vents)

"The 15th Sudbury Scouting troop is an amazing community made up of children, youth, young adults (ranging from 5-26) and leaders from around the Greater Sudbury Community.

They meet weekly in the basement of St. Peter's United Church who both provide space and sponsor this outstanding troop.

The many leaders of the 15th Sudbury truly embody what it means to be good neighbours. Constantly helping members of the troop to be their best selves and carrying out good deeds which benefit both the individuals in the group and the community.

This troop provides a safe space for its members and meetings are often the highlight of the week for both youth and leaders alike. They welcome everyone regardless of race, ethnic background, gender or orientation.

Leaders plan fun and engaging activities for members - everything from selling apples on apple day, outdoor adventure quests, camping in tents, quinces and hammocks, learning to be self sufficient in the wilderness, building wooden cars and trucks to race while fostering healthy competition, serving at Christmas teas, making crafts to sell, leading community clean ups, attending the Sudbury Pride Parade and Remembrance Day services just to name a few.

These amazing leaders give countless hours overseeing and planning events, organizing fundraisers, preparing camping experiences, taking youth to jamborees across the province and country.

They teach, mentor and encourage members to be engaged and polite, active and creative both within the troop itself and in the community at large. They are amazing ambassadors for Sudbury and live out the concept of servant leadership on a daily basis."

Salvation Army Cedar Place

"365 days a year, 7 days a week, 24 hours a day, The Sudbury Cedar Place Team provides a warm place to lay the heads of 28 individuals, offers meals and snacks, assessments, and

referrals, while ensuring dignity, respect, and hope to each person who finds themselves in need of emergency sheltering.

This team did not "just happen"; they intentionally decided to voice their opinions, deal with the variety of personalities, ethnic backgrounds, and cultural differences in providing results for our resident guests, not just some of the time, but every time.

The team operates cohesively by understanding the agency's goals, but equally important, the goals of each other. They have committed to not wasting time and energy on squabbling or achieving personal gain at the expense of others.

The atmosphere of trust has encouraged open dialogue, where members ask questions, raise concerns, disagree, and seek creative and inclusive problem-solving approaches. This team has a personal investment in the mutual success of our group.

One of the best gifts the team has given each other is that all decision-making involves the entire team, while drawing on each member's unique knowledge and experience.

Management only has to decide if there is no solution, and to date, the team is so engaged that solutions have been found collectively. This team has a unique camaraderie that translates into "excellence" for the guests at Sudbury Cedar Place. It is a distinct and unique pleasure to lead this exceptional group of men and women. I honour this team and the individuals who contribute to the incredible **TEAM SPIRIT** that can be found at 261 Cedar Street, Sudbury, Ontario."

Giant Tiger (Lasalle Blvd.)

« L'Association jeune de la rue travaille avec les populations anglophones, francophones et autochtones et offre des services d'aide aux hommes, aux femmes et aux jeunes sans-abris ou qui risquent de le devenir. Des services directs sont fournis à la clientèle, tels que : l'orientation vers des ressources communautaires, l'intervention en cas de suicide, les premiers secours immédiats, le soutien en matière de santé, le transport vers les services essentiels (soins d'urgence, prévention et intervention en cas de crise). Le programme fournit également des couvertures, des vêtements, des collations et des fournitures à ceux qui en ont besoin.

Pour atteindre ce dernier, l'Association jeune de la rue travaille avec plusieurs commerces et agences, dont « Giant Tiger » sur la Lasalle. Le commerce de « Giant Tiger » sous la tutelle de Richard et Kim McKay ont été et sont un groupe dans la circonscription de Sudbury, dont l'excellence illustre l'altruisme et l'engagement communautaire de notre communauté.

Ils font preuve d'un dévouement exceptionnel pour améliorer notre communauté avec ces populations souvent marginalisées. « Giant Tiger » n'hésite jamais de contribuer et de faire des dons au programme de l'Association jeune de la rue, et ce, depuis plus de 5 ans.

Par leur générosité constante, ils fournissent régulièrement, tout au long de l'année soient gratuitement ou prix réduit, des caisses de fruits, des collations, des vêtements et de la literie. Ces gestes permettent à notre équipe de subvenir aux besoins des personnes souvent oubliées. Leur gentillesse et leur générosité ont un impact positif sur la communauté. »

Afro Women and Youth Foundation

"The Afro Women and Youth Foundation (AWYF) has been delivering wellness, settlement, and empowerment programs in Sudbury for the past six years. In that time, the organization has supported thousands of newcomer women, youth, and families, helping them settle successfully and build brighter futures.

In 2024 alone, AWYF served over 2,500 individuals through initiatives such as the Food Bank, Clothing Bank, Sports4MentalHealth, Crafts4MentalHealth, and the Black Communities Health & Wellness Fair, BIPOC Stories4Change programs that not only ease the settlement journey but also promote economic advancement and long-term integration.

AWYF's success is made possible through amazing partnerships and collaborations with organizations such as the City of Greater Sudbury Children's Services, United Way Centraide North East Ontario, YWCA Sudbury, Canadian Tire Jumpstart Charities, Myths & Mirrors Community Arts, Shkagamik-Kwe Health Centre, Zaagiidiwin Collective, Réseau Access Network, and the Sudbury Food Bank.

Together with these partners, AWYF is helping to build a healthier, more inclusive, and more resilient community."

Meals on Wheels Volunteers

Janine Moutsatsos: "Janine is an amazing person with a kind heart. She has been volunteering with Meals On Wheels Sudbury since 2020. She knew she could make a difference delivering meals at the height of Covid and she never looked back. Along with delivering meals at Meals On Wheels Sudbury she has also put hours into the garden outside of their building to brighten things up and add some cheerful colour. Without her amazing green thumb there would have been no beautiful blooming flowers to greet all the other volunteers and offices in the building. Janine is also very involved in the Greek community in Sudbury. A true heart of gold!"

Denise Carre: "Denise is someone who truly cares about what she does, whether it's with a high school Phys Ed group or delivering meals for Meals On Wheels (Sudbury), or providing a supportive word, she is a genuine soul. Denise spent many years in high school Physical Education department with the Rainbow District School Board and even upon retiring she still keeps going back to help new teachers and guide them to succeed. During her retirement she has found a passion for volunteering with Meals On Wheels (Sudbury) helping to deliver meals to vulnerable community members and building relationships while doing so. Denise always makes sure she gives her meals to clients with an extra bit of love by making sure the bread she delivers is nice and warm...it's her little secret. During the summers Denise can be found enjoying the outdoors at camp. A smile that fills a room with warmth is the best way to describe Denise."

Tiffany Cechetto: "Tiffany is a proud Northern Ontario native who brings her deep roots and expertise into everything she does. She is currently a Partner at KPMG LLP and serves as the Office Managing Partner for KPMG's Northern Ontario offices. Tiffany holds an Honours Bachelor of Commerce from Laurentian University and is a Chartered Professional Accountant. Dedicated to her community, Tiffany has given her time and leadership in many ways. She has served as Treasurer for the Sudbury Theatre Centre Board, contributed as a Committee Member and Session Leader with the Chartered

Professional Accountants of Ontario, and led as Chair of the Meals On Wheels (Sudbury) Board of Directors for two years, where she now continues as Past Chair. Despite her busy professional and volunteer commitments, Tiffany always makes time for her family. Known for her positivity, warm smile, and generous spirit, she inspires those around her and makes a lasting impact wherever she goes.”

Ashley Thomson: “This one man has been able to achieve so much, he is truly aspiring, he is Ashley Thomson. Born and raised in Sudbury and witnessed Laurentian University founding in 1960. He headed to U of T for his higher education but was drawn back to Laurentian University in 1975 to work as Librarian. He worked his way through the ranks until 2021 when he retired named Librarian Emeritus. During his working years at LU he advocated for librarians rights and was able to secure full faculty status, tenure, and equal pay. He has co-authored/edited 8 books, hundreds of reviews. Notable works Sudbury: Rail Town to Regional Capital (1993); major bibliographies on Northern Ontario, not to mention he compiled annual Margaret Atwood Bibliography (1994–2022); hosted Atwood birthday celebrations. Somehow he still finds time to help in the community where he has served on numerous boards: Children’s Aid Society, United Way, Northern Association of Baptist Churches, Sudbury Public Library Board. Current roles: Chair of Meals on Wheels, Secretary & Communications Officer for Laurentian Retired Academics Association. A true legacy, a hometown hero, thanks for everything Ashley!”

Independent Living Sudbury & Manitoulin

"I would like to nominate Independent Living for helping people with different disabilities look forward to being more independent. They have been supporting people for many years.

They help people who are going through financial hardship with food costs and more, by offering a food bank and a warm smile.

They also host a pancake breakfast and run many different programs from learning skills in the kitchen, to a “Talk Tuesday” and a club dinner. This group keeps on growing every day. If you join them for one day, you’ll be hooked! No regrets”

Thank you all for being good neighbours!
By showing kindness, innovation, and creativity this past year, you have helped and inspired others. Don't forget to always find the good in others, and the good will find you!

Merci à tous d'avoir été de bons voisins !
Par votre gentillesse, votre esprit d'innovation et votre créativité tout au long de l'année, vous avez été une source d'aide et d'inspiration pour les autres.
N'oubliez pas de toujours voir le bon côté des autres, et le bon côté vous trouvera !

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