

*Peggy Bulmer Volunteer Award  
Charlie Cavanaugh*

*Charlie Cavanaugh is a recent graduate of St. Malachy's Memorial High School, with plans to attend the University of New Brunswick in the fall, pursuing a Bachelor of Science degree, with a major in biology.*

*While Charlie is a very accomplished boxer, winning multiple gold medals in championships held all over the world, it is clear her focus on volunteering is a very high priority in her life. In addition to contributing over 102 hours with the Saint John Regional Hospital's Coffee Cart Program, she also volunteers her time at the Loch Lomond Villa and as a volunteer coach with the Saint John Boxing Club.*

*Charlie explains how she feels personal connections as an active volunteer in our community: "I feel as though I have acted as a friend to many patients of the Saint John Regional Hospital and residents of the Loch Lomond Villa that often feel lonely and isolated, and I believe this can make all the difference in their mindset and thus their physical health.*

*The Peggy Bulmer volunteer award is awarded to acknowledge a volunteer with outstanding people skills who is committed to excellence in every aspect of volunteering. We are proud to have Charlie Cavanaugh as the recipient of this year's award.*

*Dr. Deborah Mitton Volunteer Award  
Sarah Arrowsmith*



*Sarah Arrowsmith is a recent high honour graduate of Kennebecasis Valley High School. She will be attending Acadia University in September 2018, taking a double major in Bachelor of Science in Nutrition and Biology, to help her achieve her overall goal of becoming a dermatologist.*

*Sarah has a great passion for helping others, as shown in her volunteer work. She volunteers at the Brighten Group Gift shop, in the recreational therapy program with Horizon Health and at the KV Public Library. Sarah explains why volunteering is so important to her: "I never truly say the impact I have on others until a lady with bright kind eyes who was mute due to the consequences of a stroke, took my hand, kissed the back of it and held it to her cheek. From that point on, my sense of satisfaction has come from the faith that I am easing the weight on the patients' shoulders and their family's shoulders for a few hours."*

*The Dr. Deborah Mitton volunteer award is given to an individual in acknowledgement of dedication to volunteerism, high academic achievement and dedication to their future career and Sarah embodies all these characteristics. Congratulations Sarah!*

*Theresa Casey Volunteer Award  
Hooriya Sher*



*The Theresa Casey volunteer award is awarded to a well-rounded high school student who is also an outstanding volunteer. Hooriya exemplifies the definition of a well-rounded individual.*

*Hooriya Sher is a 2018 graduate of Saint John High School, with plans to attend the University of New Brunswick Saint John in the fall to obtain a Bachelor of Science degree.*

*Hooriya has been a volunteer at the Brighten Group Gift Shop since June 2016 and has gained valuable work experience from this venture and she feels it has really prepared her for her future goals of working in a hospital environment as an ophthalmologist.*

*Hooriya explains what impact volunteering here at the hospital has had on her: "Mainly, volunteering at the hospital has given me a valuable insight and firsthand experience of what a hospital environment feels like. I have liked the experience a lot so far and I am looking forward to working in the hospital in the future."*