


We Shall **NOT** Target

## Award honours volunteers for service to veterans



Canadians from every walk of life provide outstanding volunteer service to veterans, their communities and their country. In April 2001, the Governor General authorized the Minister of Veterans Affairs Commendation to formally recognize these Canadians' contributions.

The Governor General Warrant states the Minister of Veterans Affairs Commendation be "...awarded to individuals who have performed commendable service to the Veteran community and/or individuals who represent commendable role models for their fellow Veterans."

The Commendation consists of a certificate, a lapel pin for civilian wear and a bar for wear with decorations. The design is a gold maple leaf resting on a red poppy—a flower long associated with the sacrifices of war—and the Royal Crown on the top of the pin.

Eligible recipients must be:

- an individual, not a group or couple, of any age;
- a volunteer who made significant, sustained and unpaid contributions to their Veteran community; and
- a Canadian citizen or permanent Canadian resident when nominated

The following are a few of the many individuals who as received the award that is presented annually.




### Corporal (Retired) Frederick Smith, Milton, 2016

Corporal (Retired) Frederick Smith is a Veteran of the Canadian Armed Forces with 1st Battalion Royal Canadian Regiment. Following a traumatic posting to the Golan Heights, where Canadian troops monitored a ceasefire between Israel and Syria under the UN banner, Cpl (Retd) Smith left the Army in 1981. His downside into difficulty started at that moment as he relied on exterior stimuli to cope with everyday life and fear, problems linked to what would later be diagnosed as post-traumatic stress disorder. After years of homelessness and having struggled through the suicide of his son, Cpl (Retd) Smith admitted himself into a hospital to receive care. Since 2007, with more stability in his life, Cpl (Retd) Smith set out to help veterans find assistance with their own struggles and founded an organization called Veterans Helping Veterans. The concept is simple: Cpl (Retd) Smith walks the streets in search of homeless veterans and offers to help them. He introduces veterans to assistance programs in order to find shelter, counselling, or addiction resources and helps form links between the veterans and Veterans Affairs Canada

and The Royal Canadian Legion. Cpl (Retd) Smith has willingly invested a significant amount of his own personal income into helping veterans. In 2015, the first annual Veterans Helping Veterans' golf tournament raised \$24,000 and collected donations of 900 pairs of new underwear and large amounts of personal hygiene items, things that most people take for granted but that some people do not have access to. The primary goal of Veterans Helping Veterans is to get veterans the help they deserve. Cpl (Retd) Smith has helped countless veterans, serving members and their families including a fair number of veterans that have come off the streets and have established some sort of normalcy in their lives.

– Details based on 2016 information



### Robert Thomas, Waterdown, 2010

Robert (Bob) Thomas is a retired Canadian Forces Veteran. An active volunteer, Thomas belongs to many organizations. For the past 12 years, he has been a member of the Canadian National Exhibition Warriors' Day Parade Council and for the past four years has been chairman of their Parade Participation Awards Committee. Thomas is an active member of

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