

COMMUNITY HEROES

Guides clip locks in aid of cancer patients

With the help of Stephanie, Maria and Kerry of Signature Salon, Guide leader Denise Hennebury and Stephanie Smith and Cindy Collins of the First Mount Pearl Trex Girl Guides had 10 inches cut off their hair to aid in the making of wigs for cancer patients. Pictured are (back row, left to right): Stephanie, Maria and Kerry of Signature Salon; (front row, left to right): Denise Hennebury, Stephanie Smith and Cindy Collins.



Walks raise funds for diabetes research

The Canadian Diabetes Association (CDA) acknowledges the generous donation from The Matthew and Cameron Flynn Walks for Diabetes in Buchans. To date family, friends and community have raised more than \$43,000 in support of diabetes research. Pictured (from left to right) are Cameron Flynn, Matthew Flynn and Debbie Devereaux, coordinator of individual giving, CDA.

Salvation Army recognizes community partners



At the Salvation Army's Annual Red Shield Luncheon in April, Friends of the Army awards were presented to people who in a special way had linked with the army in the past year. An award was presented to North Atlantic for their commitment of supplying fuel worth up to \$3,500 a year for the Salvation Army's Mobile Care Unit. Pictured above left (left to right) are: Maj. Loretta Fudge, public relations; Lisa Viguers,



North Atlantic; Craig Ralph, North Atlantic; and Susan Patten, Red Shield chairwoman. An award was also presented to Nubody's Fitness for its Christmas Angel Tree that was set up in both of their locations to help the Salvation Army collect gifts for teenagers for Christmas. Pictured above right (left to right) are: Maj. Loretta Fudge, public relations, Jamie Power, Torbay Nubody's; Krista Cochrane, Mount Pearl Nubody's; and Susan Patten, Red Shield chairwoman.

PICTURE YOUR GOOD CAUSE HERE

Has someone in your organization done something notable? Here's your chance to tell Telegram readers all about it.

Community Heroes spotlights community organizations and the volunteers who have gone that extra mile. If your group honours someone, or achieves something notable, take a photograph and send it in with a description. Maybe your

group selected its volunteer of the year; maybe the gang at your office did something special for a charity. Send submissions by e-mail to Sunday editor Brian Jones, bjones@thetelegram.com

Photograph guidelines

► Photographs must be properly exposed and in focus, in either colour or black-and-white.

► A full caption, identifying all participants in the photo, must be provided. Provide as much detail as possible about your group and activity.

► Each submission must be timely and topical.

► Keep it simple: a photograph of a small number of people almost always looks better than a crowd.

► Photos will not be returned.

► Because of space limitations, the following submissions cannot be accepted: scholarship and graduation announcements; academic or professional awards; appointments; ticket winners; military postings.

► Publication decisions rest with The Telegram.