



Richard Loat (middle row, centre) with volunteers as they load donations for a local food bank after a Five Hole for Food event.

He shoots, he scores a victory for social change

An Award achiever uses hockey to make a big dent in hunger among underprivileged Canadians

A hockey stick and a can of food: Two random elements that have started a social movement that is sweeping across the country because Richard Loat believes that when you're able to do what you love and love what you do, anything is possible.

Believing that hockey can be a vehicle for change, Richard started Five Hole for Food, a national grassroots, non-profit organization that aims to raise both food and awareness for a cause that affects more than a million Canadians –

hunger. With no budget, armed only with his savvy communication skills and desire to effect change, Richard took to social media to start something new.

And start something he did. Organizing drop-in ball hockey games in major cities across Canada and promoting them on social media platforms such as Twitter and Facebook, Richard has created a volunteer-driven organization which has collected over 500,000 pounds of food for local food banks across the country since

2010. That is a social movement.

As a Gold Award achiever who has achieved all three Award levels, pursuing The Award started as something small and over the years turned into something much bigger. According to Richard, The Award gave him the framework and the opportunity to create something that spoke to his generation, he wanted to mobilize millennials and the community service section of the programme gave him the perfect platform to do so.

"I've never been one to just tick

a box and be done. For me, doing something in an ongoing manner for the number of weeks we had to do it in was the chance to create something rather than just complete hours," he says. Creating Five Hole for Food led Richard on a 17-day cross-country road trip with strangers he met on Twitter who wanted to join his cause, while setting up free drop-in ball hockey games in nine locations from St. John's to Vancouver. That inaugural cross-country road trip has since become the organization's marquee

event and includes 13 cities.

In 2013, Five Hole for Food became a global movement as it launched in the United Kingdom under the name Footy for Food, replacing one national sport for another. It aims to be in six European countries by 2015. Thanks to the framework of The Award, he channeled his passion, told his story and evoked emotion, and now challenges everyone to do the same. For more information on Five Hole for Food visit www.fiveholeforfood.com

International leaders of tomorrow



Canadian IGE delegate Vicky Bateau (fourth from right) and fellow delegates ring the World Peace Bell in South Korea.

Four Gold Award Holders represented Canada on the global stage at the International Gold Event 2014 held in South Korea from October 22 to November 2.

The IGE is a triennial global leadership gathering for the next generation of key decision makers and influencers within The Duke of Edinburgh's International Award worldwide. This incredible event brought together Award participants from around the world to develop character and leadership skills, while providing opportunities to contribute to the development of policy and best practices for The Award.

More than 70 Gold Award holders from 34 countries took part in the programme, which included skills development workshops and field visits to local educational, employment, environmental and peace-building projects. Attendees experienced first-hand what life is like for young people in South Korea and reported back to their fellow

Award holders on what they had learned and how they could apply their knowledge in supporting more young people in their own countries and communities.

The IGE gave participants a chance to exchange ideas and establish sustainable networks of emerging leaders who will contribute to the development of The Award locally, nationally, and internationally. Canada's four delegates were Corey Malone from Manitoba, Jessica Silva and Kiwayne Jones from Ontario and Vicky Bateau from Quebec. All four have achieved their Gold Award and were excellent representatives of Canada's more than 44,000 participants.

Jessica, a newly-appointed representative to the International Council, says "The IGE Seoul 2014 has proven to be one of the most explorative and challenging experiences for us delegates. Personally, I find that it challenges the way that we look at leadership and at the responsibilities of a leader."

'It's discovering who you are'

Kimberly Hort is a Gold Award achiever from Cold Lake, Northern Alberta, who recently received her Award from HRH The Countess of Wessex at a ceremony in Kelowna, B.C. She later spoke to new donors at a fundraising dinner held at Mission Hill Winery Estates. Here are a few excerpts from this remarkable young woman's address to the Founding Partners of the Charter for Business:

"For eight years the Duke program became a part of my family's everyday life. It inspired my family and I to learn and do things we never would have done otherwise, and that's what makes it such a special program. I took up cello and oil painting, things I never thought I would have the talent to do.

Where I come from most of the people my age would volunteer when they were asked to; no-one really got up and started looking for volunteer opportunities. The Duke program inspired me to do that; I would look in the local



unassuming and self-doubting young girl into a confident leader who isn't afraid to bark orders when something needs to be done... this isn't just a youth program, it's the best family activity you'll ever have, it's meeting extraordinary people and making friends from every walk of life, it's summer and winter and mosquito season. It's discovering who you are, who you want to be and realizing that you can be that person, that no matter how unobtainable your goals may seem to you, you can reach them.

I've grown up in the Duke program, living by its guidelines and what it stands for, so getting my Gold really symbolized

paper for community clean ups, I volunteered with youth, tutored youth struggling with math and learned a lot from the people who volunteered with me.

For me the Duke wasn't just a hobby, it wasn't something I had to do when I got home from school, like homework, just because it had to be done. The Duke wormed its way into my heart and touched every aspect of my life; it was my extra-curricular activities, my weekends, and my holidays. I've seen it turn a friend from a shy,

for me that one part of my journey was over. More importantly, it meant that I had done what I had set out to do; I'd achieved my goals. I had learnt and grown and not wasted a single moment, and that is something I plan on continuing for the rest of my life ... So to every person here I would like to say thank you. Thank you so much for supporting youth like me ... for making my journey and the journeys of thousands of other youth possible and a truly unforgettable experience."



IN MEMORIAM

Hartland Molson MacDougall, 1931-2014

It is with great sadness that The Duke of Edinburgh's Award family notes the passing of Honorary Director Hartland MacDougall, CVO, OC, on Sept.17.

Hart served The Award in many capacities for more than 30 years: as National President; Governor of The Charter for Business; International Trustee; World Fellow; and as Chairman of the Award's International Governing Body.

Hart leaves a tremendous legacy of accomplishments in the fields of business, philanthropy, and volunteer leadership. He will be greatly missed.

Royals celebrate Canadian youth

Visit recognizes The Duke of Edinburgh's Award participants, donors and volunteers

For a week in September, Their Royal Highnesses The Earl and Countess of Wessex travelled across Canada to celebrate the impact of The Duke of Edinburgh's Award on Canadian youth.

The Earl, himself a Gold Award Achiever, serves as Chairman of The Award's International Council and The Countess recently took on the role of The Award's Global Ambassador.

The visit began in British Columbia where they presided over separate ceremonies, recognizing young people who had achieved their Gold Duke of Edinburgh's Awards. After visiting two fly-in First Nations communities and a number of community service organizations in Vancouver, Victoria, Esquimalt, and Kelowna, the B.C. programme concluded at Mission Hill Family Estate with a special dinner welcoming new Founding Partners to The Duke of Edinburgh's Award Charter for Business. Thanks to the generosity of those dinner guests, and hosts Anthony and Debra Von Mandl, the dinner raised \$1.2 million in pledges to expand The Award and its work with disadvantaged Canadian youth.

For the final three days of the visit, Their Royal Highnesses traveled to separate areas of the country. The Earl visited four communities in Saskatchewan, presenting Gold Awards and meeting with Award Leaders in Regina. The Countess flew to a remote community 600 kilometres north of Thunder Bay, Ont. to spend two days with the people of the Kitchenuhmaykoosib Inninuwig First Nation. Her final stop was North Bay, Ont. for the Nipissing University Symposium on First Nations education and to present Gold Awards to local recipients.

Between them, Their Royal Highnesses have made 38 trips to Canada, visiting every year but one since 2000, always focusing a portion of each visit on young Canadians. The Duke of Edinburgh's Award in Canada is fortunate to have such dedicated and engaged global leaders.



CPL MALCOLM BYERS



VISIONS WEST



ERICH SAIDE/TESS LOBMAIER



BRENDA CARDIFF



PETER MOON



Clockwise from top left: ESQUIMALT: The Earl of Wessex (left) and Commodore Bob Auchterlonie (right), Commander of Canadian Fleet Pacific, with Sea Cadet recipients of the Silver Duke of Edinburgh's Award on board a cruise off CFB Esquimalt. **VICTORIA:** The Earl of Wessex presented 89 young people with their Gold Award certificates at Government House. **KELOWNA:** The Countess of Wessex presides over her very first Gold Award Ceremony as The Award's Global Ambassador at Mission Hill Family Estate. **REGINA:** The Earl of Wessex, Hon. Deputy Commissioner of the RCMP, who presented Gold Award Certificates at RCMP depot, chats with participants after the ceremony. **NORTH BAY:** HRH The Countess of Wessex with Gold Award Achiever Matea David-Steele from Sault Ste Marie at the University of Nipissing University Gold Award Ceremony. **NORTHERN ONTARIO:** Left to right: The Hon. Kathleen Wynne, Premier of Ontario, The Hon. Elizabeth Dowdeswell, Lieutenant Governor of Ontario, The Countess of Wessex, and Her Honor Ruth Ann Onley were appointed Honorary Canadian Rangers during a visit to the Kitchenuhmaykoosib Inninuwig First Nation. **KELOWNA:** Anthony Von Mandl, Proprietor of Mission Hill Family Estate and Governor of The Charter for Business (left), and Dr. Debra Von Mandl with The Earl and Countess of Wessex at the Charter for Business Dinner at Mission Hill. **VANCOUVER:** Darrell Pasloski, Premier of Yukon (left) and The Hon. Doug Phillips, Commissioner of Yukon, present The Earl of Wessex with a carving from the Kwanlin Dun First Nation at a working lunch hosted by CFB Governor David Aisenstat to discuss the expansion of The Award into the territory.

IN THEIR WORDS

"The Award has allowed me to discover passions within myself that I never knew existed."

— Meera Jagota,
Silver Award Participant, Ontario

"The Award program helped me discover what I believed in and to find the person I wished to become."

— Romy Zeitlinger,
Gold Award Achiever, Quebec

"The Award program allowed me the opportunity to explore activities I would never have had in the classroom."

— James Wolfville,
Gold Award Participant, Nova Scotia

BY THE NUMBERS

44,000

Young Canadians who are currently enrolled in The Award program

7,500,000

Dollars created by Award participants in economic value for Canada through community service

500,000+

Number of Canadians who have pursued The Award since 1963

86

The percentage of Award participants who developed the skills to achieve future goals

75

The percentage of Award participants who have a greater appreciation for the environment

87

The percentage of young people who feel more confident about themselves as a result of doing The Award

20

The percentage of Award participants considered to be at-risk youth.

PARTICIPANT PROFILE

Anastasia Johnson

Gold Award Achiever, Quebec



Anastasia Johnson performs at the Birks-sponsored Gold and Silver Gala for the Quebec Division of The Duke of Edinburgh's Award.

SKILL
Drama and Piano

SERVICE:
Launched the Community Service Intergeneration Seniors Program, travelling to nursing homes in Montreal to play piano for seniors; volunteered at Montreal Children's hospital; peer tutoring

ADVENTUROUS JOURNEY
Four-day hike at Mont Orford in the Eastern Townships, Quebec

PHYSICAL FITNESS
Rowing

RESIDENTIAL PROJECT
Summer Law and Medicine program at the University of Toronto

Montreal's Anastasia Johnson gives back to her community via her music. This accomplished performer launched a program where she sings and performs on piano for seniors at nursing homes

in and around Montreal. She also inspired and was the youth headliner at the 2008 inaugural "Music through the Ages" Benefit in Kingston, Jamaica. This benefit has since become an annual event and provides local orphans with presents during the Christmas holiday.

More recently, Anastasia lent her voice to a fundraiser for the betterment of Quebec youth at the iconic La Maison Birks in Montreal. Performing with acclaimed jazz pianist Dr Oliver Jones and the Oliver Jones Trio, Anastasia was supporting her local community and the self-determination and achievement of Quebec youth. For Anastasia, "being part of The Duke of Edinburgh's Award programme has been a pleasure, even better yet, an effortless one. The most important thing it has done for me is reinforce the qualities that should be sought out by any and every individual: moral values, determination and self worth."

A golden currency

This past summer and into the fall, 384 young people from across the country were recognized for their hard work, determination and perseverance. The Gold Award is the highest accolade of achievement when pursuing The Duke of Edinburgh's Award. At eight ceremonies in various locations during the past six months, The Award was honoured to have Their Royal Highnesses The Earl and Countess of Wessex, HRH The Princess Royal and The Right Honourable David Johnston, Governor General, preside over ceremonies to recognize the achievements of these remarkable young Canadians.

In Kelowna, The Countess summed it up well, saying: "Welcome to the Award family. I wish you every good fortune in the future, I have no doubt you will as others have said make a difference



HRH The Princess Royal presented 91 young people with their Gold Awards at Chateau Laurier in Ottawa. HRH chats with achiever Tracey Thompson. GRANT MARTIN PHOTOGRAPHY

to those people in your lives and those around you." She added: "The Award is becoming serious currency when it comes to getting a job. I defy anybody to have a sensible and meaningful conversation about an academic qualification, but as soon as you start talking The Award you've got stories to tell, you've got things

to share, and those things will show a potential employer that you've got leadership skills, you have self-determination and motivation, you have organizational skills, and you also have an awareness of the world around you through your volunteering activities. So keep at it and good luck to all of you".



About the Award

WHO WE ARE

The Duke of Edinburgh's Award is the world's leading achievement award for young people. We are a federally-registered charity for the development of people ages 14-24, equipping them with the life skills that will make a difference to themselves, their community and the world. We strive to be the self-development program in which any young Canadian can participate, barrier-free, regardless of socio-economic or physical circumstance.

WHAT WE DO

We provide an Award that is self-directed and develops the whole person – mind, body and soul. Our concept is one of individual challenge. We challenge young people to set and achieve goals in four areas which encourages; personal discovery and growth, self-reliance, perseverance and responsibility. There are three levels to The Award; Bronze, Silver and Gold. A young person can progress through each level or enrol directly to either the Silver or the Gold. Each level requires an increasing level of commitment and effort. Young people have until their 25th birthday to complete The Award.

SERVICE

Undertake a voluntary service to individuals or the community. This develops compassion, commitment and the confidence to make a difference.

PHYSICAL RECREATION

Improve in an area of sport, dance or fitness activities. This develops a sense of achievement, fitness and teamwork

SKILLS

Develop a practical or social skill of personal interest. This helps young people realise their unique potential and gain greater self esteem.

ADVENTUROUS JOURNEY

Cultivate a spirit of adventure, discovery and appreciation of the environment. Young people work in small teams to plan, train and complete a journey/expedition in to the Canadian wilderness or abroad. This develops teamwork and leadership skills and challenges young people to push themselves beyond their expectations

RESIDENTIAL PROJECT

(Gold level only) Stay and work away from home doing a shared activity. This aims to broaden horizons, experiences and outlook through living and working with others to achieve a positive goal.

THE CHARTER FOR BUSINESS

Since 1996 The Charter for Business (CFB) has been raising funds within the Canadian business community to expand The Award's work with disadvantaged young people. Comprised of more than 60 corporations, individuals and foundations, the CFB has pledged over \$20 million since inception to ensure that The Award continues its outreach efforts focussed on aboriginal youth, inner-city youth, young offenders, northern & rural youth, and young people with disabilities.