

## DISTRICT 11

# Bonnie Conrad

Bonnie Conrad, a proud mother of a son who recently joined the Canadian Armed Forces, came forward 4 years ago with her family to volunteer with the Halifax & Region Military Family Resource Centre (H&R MFRC) to learn about the unique military lifestyle, to give back to the community, and to support her son. Bonnie demonstrates leadership, compassion, dedication and enthusiasm in her volunteer role, and strives to make a difference. Well-known at the H&R MFRC with employees, volunteers and families, Bonnie and her family have been difference-makers. In particular, you'll often see Bonnie with the Deployment Program supporting families at special events, ship departures and homecomings, and in family briefings. Each year, Bonnie and her family contribute well-over 100 hours in support of military families. The military community and H&R MFRC are so thankful for Bonnie's volunteerism. Thank you!

