



# GAZETTE

## GRAND PRIOR'S MESSAGE



*The Grand Prior, Jane Anema*

The *Small Acts of Kindness programme* has been a success on many levels. Members of the Order have been able to connect with a wide variety of people all of whom bring value to the world as we knew it and to the future that is being created in real time by COVID.

The world of COVID has brought a new awareness of the need for kindness and respect

for those on the frontlines and those who toil without recognition.

Those small acts of kindness we have recognized should serve to remind us of that kindness will always matter. Our words & our deeds speak to the heart of every individual we connect with. As members of an order of chivalry, kindness should be our watch word and our strength.

**Jane Anema**  
*Grand Prior GCLJ*



*Theresa Bellows*

## SMALL ACTS OF KINDNESS

*Submitted by Glynis Grigg & Julien DeSchutter - Calgary Commandery*

**Theresa**, a wonderful advocate of Saint Lazarus Canada, continuously engages in Small Acts of Kindness throughout her day as Volunteer Coordinator at Dulcina Hospice in NW Calgary, as well as in her role as one of the "Roadshow Training" Coordinators for The AHPCA.

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### CHAPTER GENERAL Niagara Falls, Ontario



The 2021 Chapter General in Niagara Falls is still on hold due to the Covid-19 pandemic. .

Stay tuned for updates, including information for those who have already paid, how to apply your payment to the actual date or receive a refund.

The organisers continue to hammer out the details, and we will let you know as soon as a final determination has been made. Keep in mind that 2022 is our 60th anniversary of Saint Lazarus Canada and should prove to be quite a year.



# SMALL ACTS OF KINDNESS (CONT'D)



*Nancy Rose*

*Nancy's* neighbour was having a difficult time working with the authorities arranging the continuing care her mother required, so Nancy took it upon herself to "make it happen", which led to a successful resolution.



*Marj McNeil*

*Marj*, a retired nurse, on her own time, voluntarily set up a very successful "Living with Cancer" program in New Glasgow N.S. She has since taken on the challenge of developing the same program in High River AB, for the surrounding regional communities, in cooperation with the Calgary Commandery.



*Katherine and Michael Olson*

While out walking, the *Olsons* came upon an elderly couple in distress as the husband had slipped on ice, had fallen, and suffered an injury. The couple spoke no English, but were able to (through sign language) indicate the family they were visiting. *Kathryn* and *Michael* got the couple back to that home safely.

## THE GO FORWARD TEAM (GFT) UPDATE | ROBBIE SPRULES

The *GoForwardTeam* continues to be in a hiatus due to the Covid-19 period. The Vice Chancellor Strategic Development and the Grand Prior meet on a continuous basis to discuss various events and new initiatives. The establishment of various programs for the SLC 60<sup>th</sup> is a focus for the Grand Prior and the Vice Chancellor Strategic Development, along with a new initiative for Postulant attraction and Member retention by the VCSD.



### GO FORWARD TEAM MEMBERS (GFT)

- Jane Anema, Grand Prior
- Chevalier Robbie Sprules VCSD
- Chevalier David Cvet CITO



**Contributor**



**ROBBIE SPRULES**

This marks the sixth *Gazette* under Robbie's direction. This issue brings focus to those who have been working on the *Small Acts of Kindness* program. We may have to do a 'part two' as we had so many submissions of worthy folks. We are only able to put in a small random sampling of those who received the pin. We hope to continue to recognize these folks over the next year.

Please continue to send in your stories to the editor, and we will publish as many as we are able over the next few months.

The efforts of all the Saint Lazarus Canada folks who have rewarded people in their communities with the Small Acts of Kindness award are significant. Small ceremonies have popped up across Canada to celebrate the achievements of giving by very worthy Canadians. Thank you to all who have participated in this program, a huge success.

A great Order success.  
[gazette@stlazarus.ca](mailto:gazette@stlazarus.ca)

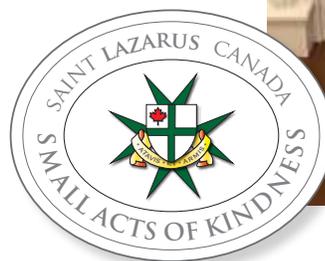
# SMALL ACTS OF KINDNESS, FIRST RECIPIENT

Little did we know that when we started the *Small Acts of Kindness* program that we would be engulfed in a pandemic, branded 'Covid-19.' Our program has been an outstanding success for the Order, as we have recognized far more people than we are able to showcase in this edition of the *Gazette*. **Paul Henry** has certainly recognized the most individuals for outstanding service to their community. What Covid-19 has made us realise is that all Canadians are deserving of this recognition; everyone has had to make a sacrifice, and help others whilst maintaining their own equilibrium.

Below is a picture of the very first recipient on the right, **Bonnie Garrett**, for her service in visiting seniors in need, and helping to bring cheer to their lives. The Small Acts of Kindness certificate and pin were presented by **Lady Lucinda Sprules, OIJ**, in Port Hope, Ontario. Congratulations Bonnie, keep up the good work.

I would encourage everyone in the Commanderies to continue this worthy effort. It recognizes individuals for their community service, and extends the brand of Saint Lazarus Canada in areas where heretofore we have not had the reach.

**Robbie D. Sprules KLJ**  
*Vice Chancellor*  
*Strategic Development*





# MAKING A DIFFERENCE

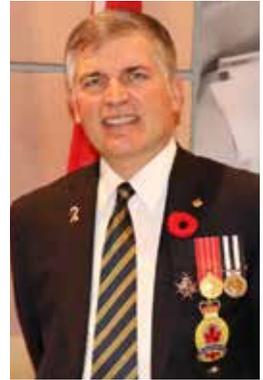
## in the Greater Sudbury and North Eastern Ontario areas through the SMALL ACTS OF KINDNESS

By Major (Ret'd) Paul E. Henry

Approximately one (1) year ago, my Toronto Commandery Commander, **Chevalier Rick Firth, KLJ, OMLJ**, approached me about a new St-Lazarus Canada initiative, to see if I would be interested in representing the Toronto Commandery in the Sudbury area as the Captain/Casalier of the Sudbury House? My role would encompass recruitment and getting the community to take notice of the great work done through the Military and Hospitaller Order of St-Lazarus of Jerusalem (St-Lazarus Canada). As most of you know, for the past eleven (11) years, I have been actively involved promoting the Order through various roles: Toronto Council Member, National Editor of the Gazette, philanthropy at the National and Regional levels, National Marshal of the Order, Member of the Priory Governing Council and Representative for the bestowing of two (2) bursaries in the Sudbury region. I gladly and humbly accepted this new role as the newly minted Sudbury House Captain/Casalier and Representative of the Toronto Commandery.

One of my most rewarding tasks in support of the Order has been to recognize the tremendous work of professionals in North Eastern Ontario and on the Global scenes, through the Small Acts of Kindness initiative and honor program. Since the invitation of our **Grand Prior, Dame Jane Anema, MStJ, GCLJ, GOMLJ, SCrLJ**, in the Fall of 2020, I have been busy amassing and recognizing a very distinct group of tremendous individuals that have made significant contributions and a difference in

their work, philanthropy, and volunteerism in North Eastern Ontario by their Small Acts of Kindness. These twenty-eight (28) individuals that I have taken the time to recognize (albeit through pandemic protocols) are truly inspiring and do uphold our Motto: *Atavis Et Armis*. I'm proud to say they are now recognized by St-Lazarus Canada through our recognition program, namely through the Sudbury House of the Toronto Commandery. It has given me the opportunity to also introduce each and every one of them to our great Order of Chivalry. Let us all give a big high five to this group of distinctive ladies and gentlemen who truly make a daily difference in the lives of so many:



### 1 Health Sectors and First Responders:

**Dr. Innes Gockel**, internationally recognized thoracic surgeon and professor

**Dr. Penny Sutcliffe**, MOH Sudbury-Manitoulin Public Health

**Dr. Marlene Spruyt**, MOH Algoma Public Health

**Dr. Lianne Catton**, MOH Timmins-Porcupine Public Health

**Dr. Abdon Nanbay**, internationally recognized emergency specialist

**Mr. Aaron Archibald**, CEO Pioneer Manor Long Term Home



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**Mr. Dominic Giroux**, CEO HSN Hospital  
in Greater Sudbury

**Mrs. Beth Smith**, Coordinator of pharmacy  
operations at HSN and SJANE0 Board

**Mrs. Heather Roy**, Executive Director  
SJANE0 and Barrie Operations

**Mrs. Michelle Morin**, Client services  
coordinator SJANE0

**Mr. Gaston Lavigne**, CEO McCullough  
Hospice in Greater Sudbury

**Mr. Mathieu Rheault-Henry**, 2<sup>nd</sup> year  
medical student at the NOSM

**Mr. Paul Pedersen**, Chief of police Greater  
Sudbury police services and SJANE0

**Brigadier-General John Valtonen**, Inspector  
Greater Sudbury police services and SJA

## 2 Education Sector

**General Robert Goodwin the 3<sup>rd</sup>**, Professor  
Emeritus of ethical leadership NWCCU

**Admiral David Shimp**, Honorary Consul to  
Georgia and Dean of NWCCU

**Mr. Peter Murphy**, Professor of public affairs  
NWCCU

**Dr. Kevin McCormick**, HCol and President  
and Vice-Chancellor of Huntington U.

**Father John Meehan**, sj, President and  
Vice-Chancellor University of Sudbury

**Mr. Chris McCormick**, 1st year law student  
at York U., and SJANE0 board member

**Mr. William McCormick**, 1st year health  
promo student at Laurentian U. and  
SJANE0

## 3 Philanthropy and Other Sectors

**Mr. Émile Guy**, SSM Catholic Diocese  
pastoral and educational services

**Father Jean Vézina**, Chancellor SSM  
Catholic Diocese

**Mr. Stéphane Henry**, Vice-Director of the  
Protocol Office

**Mr. Todd Wilkinson**, Owner of Reg  
Wilkinson's men's and ladies wear in Sudbury

**Mr. Abbas Homayed**, Owner of Printing  
company and HL/Col of the Irish Regiment

**Mr. Gerry Lougheed Jr**, Co-Owner of  
Lougheed's Funeral Home and Hospice Board

**Sir Geoffrey Lougheed**, Co-Owner of  
Lougheed's Funeral Home and Immediate  
Past Chancellor of the Venerable Order of  
St. John (will accept the honor in 2022)

Again, I'm amazed at the caliber and levels of community involvement carried out by each of these deserving honored members of the Small Acts of Kindness pin. As an aside, my personal Motto on my Canadian Coat of Arms indicates, **Docendo Veritatem Disco** (By teaching I learn the truth). These recipients have taught me so much about community involvement and philanthropy. Please join me in congratulating them all for their continued inspirational and ethical leadership with the «make a true difference attitude» that we all aspire to as members of the Canadian Priory of the Military and Hospitaller Order of St-Lazarus of Jerusalem. May they inspire others to strive to be great Canadian citizens in the years to come.

**The Chevalier and Major (Ret'd)**  
**Paul E. Henry**, MS&J, CD, KLJ (J),  
OMLJ, M.Ed., DFNWC, MRHSC  
Captain/Casalier Sudbury House and  
member of the Toronto Commandery





## COMMANDERS' CORNER



For my second interview I decided to head east to our fair National Capital and speak with one of the newest Commanders – **Col. (Rt'd) Craig McQuitty OStJ, CD, CLJ, MMLJ**

Craig was born in Montreal and moved to Prescott, Ontario where he completed high school before attending Queen's University and earning a BSc(Honours) in Geology. Economic downturns in the 80's meant few opportunities for soft rock mining and led Craig back to the military life. As summer employment before attending university, he had joined the Brockville Rifles – there he found his niche in life.

Over the years his skills were well utilized and led to many varied experiences with the Armed Forces. A seven month peacekeeping deployment to the Western Sahara; relief operations during the Ice Storm of 1998; courses at the U.S. Marine Corps College in Quantico, Virginia; participation in ceremonies to commemorate the 50<sup>th</sup> anniversary of D-Day and the liberation of France, Belgium and the Netherlands; secondment to Veterans Affairs to help organize the official Canadian participation in the Dutch liberation and VE-Day celebrations in the Netherlands are just a few of the highlights of Craig's career. "Organization" should probably be his middle name.

As a member of St. John's Ambulance, he met past **Grand Prior, Chev. Richard Dumbrille**, who led him to Saint Lazarus Canada. Craig's belief in helping others and a personal knowledge of the importance of palliative care to both the patient and their loved ones made our Order an organization he wanted to support.

Invested in 2012 at the Toronto Chapter General, Craig became an active member of the Ottawa Commandery. In 2020 he followed Chev. Ron Davidson as Commander.

When asked about leisure activities, Craig quipped "Golf, I play at it". Walking the many pleasant areas around his home in Ottawa and perfecting recipes, especially ones that he can serve at family gatherings, also rated high on his "what I do list". He freely admitted that he doesn't like shoveling snow. Could that be worse than sweeping Saharan sand out of your tent? A question to ask Craig when we can meet again in person.

**Glynis Grigg, DCLJ, OMLJ**  
*Vice-Chancellor of Commanderies*





# SMALL ACTS OF KINDNESS



**Bryan Mombourquette** has freely offered his skills as an A/V specialist to many charitable organizations to continue their work virtually during the pandemic including Rotary clubs and a number of churches. Bryan is a worthy recipient of a Small Acts of Kindness pin. Pictured with **Scott Saunders**, *Commander of Western Ontario.*



**Wendy Esplen** is a familiar face at the local post office and with a smile on her face goes above and beyond to ensure every letter and parcel is delivered to its recipient even if addressed incorrectly. Wendy lives by the model, “Neither snow nor rain nor heat nor gloom ...” to get her job done and is a worthy recipient of a Small Acts of Kindness pin. Pictured with **Scott Saunders**, *Commander of Western Ontario.*

The **Reverend Carrie Irwin** has not missed a beat in spreading the Good News of the gospel during the pandemic. With an attitude of ‘what can we do’ vs ‘what can’t we do’ during Covid-19 she immediately switched to virtual worship, bible study and coffee hours for the Regional Ministry she serves. The people of God have been well served by this worthy recipient of a Small Acts of Kindness pin. Pictured with **Scott Saunders**, *Commander of Western Ontario.*



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In addition to supporting their children and grandchildren in their activities, **Barry** and **Marcia Hogan** give their time & talents to a wide variety of organizations in the local community . While all of that sounds ‘normal’ they do this across three time zones and two countries. From serving soup and organizing the ‘fresh’ market for the local food bank to supporting mental health programmes and counselling, they have made an impact on the community.



**Don Cook** has been at the side of many charitable organizations shepherding them through the strategic planning process and then often takes on the role of a board member to make the plan work. He is one of the founders of the *REBOUND* programme which was established to provide interventions before youth became involved in the justice system.



**Shawn Roy** has worked the front lines of a local food bank for the past two years. He is at the heart of a community caring for itself and manages the movement of thousands of pounds of food to those who have found themselves in need.



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*Martin Vrolyk* chairs his church board, serves on the two community boards and supports many of charitable organizations with pro bono advice on marketing.



*Tony Lea KCLJ OMLJ* presents iPads on behalf of Western Ontario Commandery, to **Andrea Binkle**, Executive Director at Lisaard House and Innisfree House – Hospices in Cambridge, Ontario.



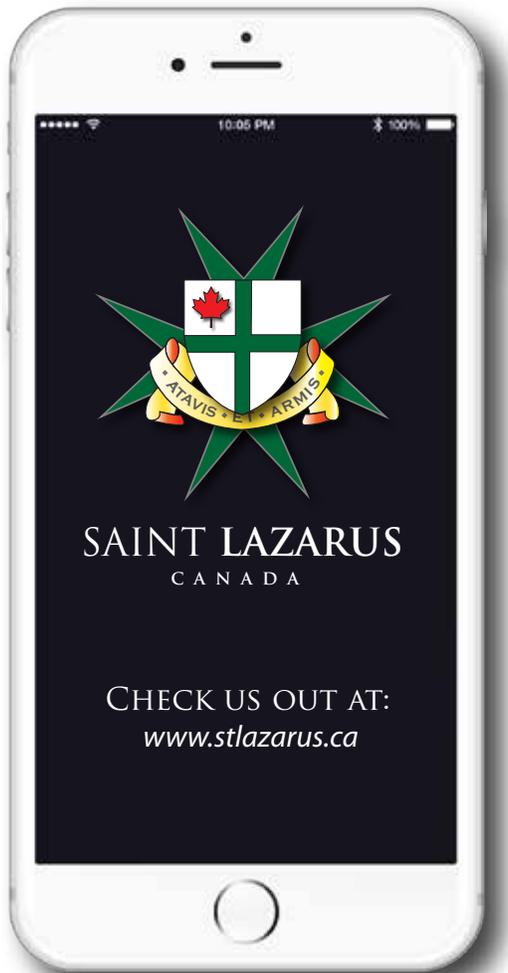
*I was visited today by **Dr. Paul Loofs** and **Commander John Neill** who delivered (for the 11<sup>th</sup> straight year) a cheque of \$1,000. We are grateful for the Order's incredible support of Victoria Hospice, and will publicize this gift on our Facebook site.*





# CHECK OUT THE WEB SITE

# [www.stlazarus.ca](http://www.stlazarus.ca)



ACCESS the Members' Area to explore the comprehensive resources available to members. If you don't have a username and password, please contact the Order administrator with [access@stlazarus.ca](mailto:access@stlazarus.ca)

You can use your mobile devices, or access from a desktop computer. Either way, you will get the same results.



*David Cvet,*  
Chief Information &  
Technology Officer

ACCESS



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