

Mayor's Medal of Honor Awards Luncheon
Wednesday, December 10, 2014
11:30 a.m.

	Recipient	Presenter
LEGACY	Dr. Roger White John Perkins	Steve Williams Jane Bisel
ARTISTIC/CULTURAL ACHIEVEMENT	Judy Onofrio	Greg Miller
CITY SERVICE	Don (Donald) Bray	Dick Dale
COMMUNITY – WIDE SERVICE	Don (Donald) Carlson	Melissa Brinkman
SERVICES TO THE ELDERLY	Bob (Robert) Beery	Vivian Malcomson
SERVICES TO THOSE WITH DISABILITIES	Dick & Marilyn Fryer	Mayor Brede
YOUTH IN COMMUNITY	Ellie Ekblad	Mayor Brede
HUMAN SERVICES	Stephanie Holt	Cresta Valentine Sadosty
INDUSTRY	Adam Ferrari	Tessa Leung – cannot attend Melissa Brinkman (will read script)
SCHOOLS/EDUCATION – EDUCATOR	Julie Ruzek	Wendy Edgar
HEROISM	Joyce Lewis	Mayor Brede
DIVERSITY AWARD	Dr. Ashok Patel	Kei-Leung (Al) Lum
MAYOR'S AWARD	Eric Kerska	Mayor Brede Gregory Stavrou

MAYOR'S MEDAL OF HONOR

CRITERIA

ARTISTIC/CULTURAL ACHIEVEMENTS

An individual who sustains and promotes creative endeavors by any of the following:

- a) Acting as a benefactor of the arts
- b) Serves to coordinate artistic displays, performances or shows
- c) Personal achievement in art, music, theater, dance, literary or poetic endeavors, and other artistic or cultural activities.

CITY SERVICE

- a) an employee of the city who provides a service above and beyond the call of duty
- b) a volunteer who provides extraordinary service to the city while fulfilling duties of appointment on a board, committee or commission.

COMMUNITY-WIDE SERVICE

Any member of the community who donates personal time and ability to achieve a goal to the benefit of all citizens of the greater Rochester area.

SERVICES TO THE ELDERLY

A senior citizen for one of the following:

- a) exemplary service among peers
- b) creative endeavors
- c) promotion of health, economic and other issues responding to the needs of senior citizens

SERVICES TO THOSE WITH DISABILITIES

- a) a handicapped or disabled member of the community for outstanding achievement in overcoming personal disability – or
- b) any member of the community assisting persons with disabilities

YOUTH SERVING COMMUNITY

Any elementary, secondary or high school student who shows involvement, initiative and support of community

HUMAN SERVICES

An individual providing humanitarian services to others.

INDUSTRY

An individual exemplifying business and industrial advancement

- a) by encouraging development and growth in Rochester
- b) by demonstrating innovation in business or industrial concepts
- c) through contributions that help sustain organizations which provide necessary services that benefit the citizens of our community

SCHOOLS/EDUCATION

For individual achievement in sustaining high quality education in Rochester through one of the following:

- a) personal endeavors as a teacher
- b) administrative endeavors providing resources
- c) citizen providing service to the schools as a volunteer
- d) any individual promoting the cause of education within the community

LEGACY AWARD*

*First time presented: 2001

For an endeavor that provides a lasting commemoration of a significant event that will be recognized by future generations as a momentous part of the history of Rochester and Olmsted County.

HEROISM AWARD

DIVERSITY AWARD

An individual, who facilitates, promotes and lives a culture that values and/or utilizes the unique talents of all people in the community; one who celebrates all dimensions of diversity.

MAYOR'S AWARD

Selected by the Mayor

John Perkins and Roger White: Medal of Honor Legacy Award

Both separately and together, John Perkins and Dr. Roger White have made groundbreaking contributions to the treatment of cardiac emergencies. As co-founder of Gold Cross Ambulance Service in 1962, John began a partnership with the Rochester Police Department that made their dispatch system the point of contact for all medical emergency calls. With officers able to perform CPR before Gold Cross paramedics arrived, this team approach and John's decision to invest in portable defibrillators boosted sudden cardiac arrest survival rates to almost 30%.

Roger joined the team on the day he started work at Mayo Clinic, in 1970, when he called Gold Cross to volunteer to train its EMT staff. Within three years, he was Gold Cross's volunteer medical director and was developing an EMT training course that set a precedent for the current national program. Under his direction, Gold Cross became the first ambulance service in the Upper Midwest to establish IV pathways in the field, as well as the first mobile coronary care unit in Minnesota. With the continuing expansion of its paramedic program, staff soon provided free CPR training to local citizens and RCTC students.

Roger continued to promote development of national protocols for cardiac resuscitation through scientific research, and as a board member of professional organizations in the field. His work demonstrated that early access to care administered by trained first responders—including paramedics, firefighters, and law enforcement staff—significantly improved outcomes, and set new standards for the treatment of cardiac events.

These two men, both pioneers in emergency medicine, have dedicated their careers to developing an innovative and collaborative approach to cardiac emergencies, and have left a legacy of important research, effective protocols, and greatly improved survival rates for sudden cardiac arrest. We honor them here today with the Medal of Honor Legacy Award.

ARTISTIC/ CULTURAL ACHIEVEMENT

(Judy Onofrio) She is a renowned international artist of sculpture. Her work has been exhibited throughout the United States, including the Minneapolis Institute of Art. She is the recipient of the distinguished Artist Award from the McKnight Foundation. 42 years ago she initiated the Total Arts Day Camp at the Rochester Art Center that continues to this day. Her current work reflects her personal experience with mortality, renewal and healing. She was the recipient of the Greater Rochester Arts and Cultural Trust's Ardee Award for Outstanding Artist in 2013.

It is my great pleasure and honor to present this year's Artistic/Cultural Achievement Award to Judy Onofrio.

Don Bray: Medal of Honor City Service Award

Each year, 2.7 million people visit Mayo Clinic and its hospitals for advanced medical care. In addition to the emotional and physical stress of life-threatening illness, many of them also are facing the financial burden of unexpected medical bills—coupled with lost wages during treatment, the cost of a long-term stay in Rochester, and on-going expenses at home.

Thanks to the efforts of Rochester Police officer Don Bray, law enforcement families facing these difficulties have a chance to find the support they need. Seven years ago, Don founded the Rochester Police Benevolent Association's "House of Hope" medical hospitality program to provide them with free lodging in a supportive, home-like environment. Since that time, the program has welcomed hundreds of families to furnished apartments at the Residences of Old Town Hall, where they and family members also are able to prepare meals in a communal kitchen and use shared recreational facilities. With the full support of the Police Benevolent Association, Don has managed the House of Hope since its inception. With demand for accommodations far exceeding program capacity, and growing steadily, Don's long-term gift of the volunteer time and round-the-clock availability needed to maintain the House of Hope has been significant.

Don's tireless work to find and secure suitable facilities for the program, to solicit private donations to support it, and to respond to requests for its services clearly exceeds the expectations of his job as a police officer and is worthy of special recognition. I am pleased to be here today, with Mayor Brede and all of you, to see his exemplary gift to the law enforcement community recognized with one of Rochester's greatest honors: the Medal of Honor for City Service.

2014 COMMUNITY-WIDE SERVICES

Don Carlson was born in Mason City, Iowa. Graduated from St. John's University in Collegeville, MN. with History Major.

On his road to Rochester married a wonderful woman, Ruth Arnold started to raise 5 kids as he taught history at Pacelli high school, in Austin, MN. Until one day he was inspired to make a career change after hearing the life of an FBI agent speak at career day. He moved to Dallas in the wake of the JFK assassination, and began working as a special agent for the FBI for the next 25 years which eventually led him to Rochester in 1980. Upon retiring from the FBI, Don started another career working at Mayo Clinic as a security administrator until he retired in 19__.

Don's commitment to service in the Rochester Community began when he was appointed to the Olmsted County Sheriff's Civil Service Commissioner in 1987. Then when Don's wife, Ruth, was diagnosed with cancer in 1992, Mayo Clinic Hospice was there for the whole Carlson family.

Don's experience with Mayo Hospice was a lightning rod that got him involved volunteering for Mayo Hospice in a big and genuine way where he has continued to volunteer countless hours of his time to Mayo Hospice for the past 20 years.

Many of the organizations that Don has giving his time to over the years reflect some of his deep loves for his service from the Sheriff's Civil Service Commission, which he is still on today. To serving as a board member for the Rochester Police Athletic League since 2001 and began doing so out of deep admiration and respect for Rochester Police Officer Fred Fanning. To his focus on physical activity where he has been a member of the YMCA for 33 years and served on their board.

Don has served on the Rochester Senior Center board. Volunteers for the Salvation Army regularly ringing bells over the holidays. For the past 20 years he has served as a volunteer for the Diocese of Winona and St. John's Catholic Church. He serves at the Sunday lunch program for the Interfaith Hospitality Network through the Church of St. John's as well as he volunteered every year at the ever popular St. John's Block Party.

Whenever his kids visit him, they often notice the phone ringing off the hook with requests big and small looking for some 'Don time'. Whether it is pouring a tall beer at the St. John's Block Party, running errands for the Sr. Center, holding hands of those that are terminally ill, or jumping in the car with good friend, Dick Dale, for a road trip of delivering cookies to those in need...Don isn't one to say no.

Aside from all of this, Don is a proud dad to his 5 children who know him as 'Pop' and he beams with pride over his many grandchildren, who all adore him and shower him with love! In his

younger years, he was the always the dad that was not only cheering on his kids, but coaching their teams, or refereeing a game; he loves to be involved where he can make a difference.

When Don stops to take time just for himself, you can find him on a golf course, at a game cheering on his grandkids, in the 'back pew' at church, out for breakfast at the Canadian Honker. He is a huge Notre Dame Fighting Irish fan, and isn't too happy if they suffer a defeat.

For all of the hours of volunteer service he has done you could compound that tenfold for the hours he has spent caring for his family members and friends.

Don is a stellar example of service to the Rochester Community, to others, and to his family. He won't like the attention that this award will bring to him, but he is very deserving and needs to know what a positive impact he has made on the lives of so many people.

Please join me in congratulating Don Carlson as this year's Mayor's Medal of Honor recipient in recognition for his efforts in *Community-wide services*.

Services to the Elderly

by Vivian Malcomson

When the first class graduated from the University of Minnesota in 1850's, the president gave them this advice, (in essence): "When you leave here get a good job for which the university has prepared you. While you are employed, save for your retirement so that when you retire you will not have to work for a living. Then you can pay back to your family and community what was given to you." My husband, Dave, and I did that and I praise God that I am still able to do that.

I called Chrisanne Peiper, Adult Enrichment Coordinator at the Rochester Community Education Office. She supplied the following information: "The person to receive this award is a retired educator with degrees from the University of Minnesota. He was Curriculum Director with the Rochester Public Schools and worked on national and state curriculum studies. In retirement, he has served as adjunct faculty member at the University of Minnesota, Winona State University, Rochester Community and Technical College and Saint Mary's University. He is very involved in RCTC's Learning Is Forever (LIFE) Program as an instructor and participant. He has been instrumental in taking the Learning is Forever Program 'on the road' to several senior living communities in Rochester. Some recent comments pertaining to his classes at RCTC's Life program include: "He tells a great adventure story with the caveat that research information is not always accurate;" "His approach of research of lesser known historical figures is really enjoyable. His conversational approach is perfectly associated with his research;" and "Outstanding storytelling of a great, (mostly not taught), piece of history, only he does it this way!"

We've all heard that "Behind every great man there is a great woman"; He and Phyllis, his wife, have been married for 50 years! Congratulations Bob Beery!

SERVICES TO THOSE WITH DISABILITIES

Presented to Dick & Marilyn Fryer

Their story started out as a dream to find assisted living with a home-type atmosphere for their adult son Jon, who has developmental disabilities. They wanted him to live as independently as possible, remain active in our community, and have the ability to make decisions based on his own personal preferences whenever possible.

In 1976, Dick & Marilyn helped establish the very first Bear Creek Services group home for 4 adult men with disabilities. In the 38 years since, their dedication and activism has helped pave the way for hundreds of people in our community to establish the same opportunities that their son Jon has received. Dick and Marilyn didn't stop their advocacy because the dream for their son was fulfilled; they wanted every family with a disabled child to have the same opportunities as Jon.

Dick and Marilyn have each served as Board of Directors of Bear Creek Services. They have also worked on community outreach groups and fund raising committees for several nonprofits. Bear Creek Services, PossAbilities and The Arc are a few that we know of, and there are probably more. They have fought for legislative rights not only for people with disabilities, but also for the families of others in Minnesota who care for people with disabilities. They have participated in over 50 wine-tasting events, golf outings, car raffles, bingo nights, and volleyball tournaments to raise money for the nonprofits...the list goes on and on.

We have attempted to total the hours that the Fryers have volunteered over the past 38 years. As a conservative estimate, we believe it approaches more than \$90,000 in volunteer work hours; they have personally contributed significant sums to these causes as well.

Dick and Marilyn Fryer have been, and continue to be, true leaders in empowering all people who have disabilities...to help them build independence and maximize their potential in life.

We are honored to share in their journey. Their dedication inspires us, and will continue to pave the way so all people with disabilities can remain a vibrant part of the Rochester community.

It is my honor and privilege to announce Dick and Marilyn Fryer the recipients of the Mayor's Medal of Honor for Services to Those With Disabilities 2014.

Ellie Ekblad – Mayor Medal of Honor winner in the Youth Category.

Ellie is a senior at Century High school and currently a Co-Chair of the Rochester-Olmsted Youth Commission where she has served for 4 years.

Summing up why Ellie embodies all that we can be proud of in our next generation of leaders isn't easy, but here are some highlights. In 2012 the Youth Commission created a Public Service Video on the signs of depression and the danger of suicide among young people. Ellie was a key developer of the script and directed the filming of the video which resulted in our 1st place award in a statewide competition sponsored by the MN Department of Health and SAVE (Suicide Awareness Voices for Education). Ellie volunteers annually to collect non perishable food and personal hygiene items for homeless youth in our community, and this fall she worked hard on the Youth Commission voter registration campaign in Olmsted County High Schools. Ellie is also a youth representative from our Congressional District on the Minnesota Youth Council and this year she will be working with other Minnesota Youth Council members to advocate on behalf of students who are on the wrong side of the achievement gap. Ellie was also one of only 3 students from our Congressional District assisting in the review of MN Department of Education 21st Century Grants which were worth over \$11,000,000.00 in funding for after school programs statewide. In addition, Ellie serves on the Olmsted County Youth Wellness Board sponsored by our Public Health Department.

Ellie excels in science and is particularly interested in the areas of childhood obesity and animal science. Her work has been recognized locally, statewide and nationally. She has earned a double academic letter in science and will be graduating in June with "Distinction in Science" and an Honors Diploma. She returns to Lincoln K-8 Choice School every year to help her former science teacher get students ready for the Regional Science Fair, passing along all of the tips she learned over the years on her own very successful science fair projects. Ellie participates in the Post Secondary Education Option taking classes at RCTC where she has also earned a Certified Nursing Assistant certificate. She is pursuing a career in the healthcare field.

Ellie has experienced some significant health challenges over the years. She is facing another surgery later this month but she will handle this one as she did the last – with cheerful determination and a thankful heart. This remarkable young woman is dedicated to her family, her community, and to our country - all qualities that we look for in a Mayors Medal of Honor recipient.

Congratulations Ellie!

2014 Human Services Award

I feel privileged to have been part of the committee that selected the recipients for the 2014 Mayor's Award. Rochester is blessed with lots of volunteers deserving of such recognition. The recipient for this year's award for Humanitarianism has been a very active advocate in our community for many years. In fact, her and her husband relocated their family to Rochester over 4 years ago from Las Vegas to establish the first organization in Minnesota to help victims of sex trafficking. Mission 21 provides resources and restoration to girls and boys that are under the age of 15 and are victims of Domestic Minor Sex Trafficking or Commercial Sexual Exploitation.

Mission 21 was started by Stephanie Holt in 2010 after she learned that sex trafficking is happening around the world and, indeed, in our own neighborhoods. Since then Mission 21 has opened an Advocacy Center and has plans to open a Safe House in Rochester, the first safe house in Minnesota catering to minors who are victims of sexual exploitation. Through Stephanie's dedication educating our community and legislature about sex trafficking she has changed victims into survivors and a community into advocates. Not only does she collaborate and communicate with all our community programs to find help and funding, she formed a partnership with Kindred Family Focus to train, license, and support specialized foster homes for trafficked youth in Minnesota.

There is so much more to say about the awareness that Stephanie has brought to sex trafficking in Minnesota but we want to thank her today for her efforts to helping these youth. She has truly made a difference. Thank You.

2014 Industry Award

Adam Ferrari

Without a doubt, design is this person's passion. He is a licensed architect and design activist who believes that designers have a moral and ethical obligation to use our unique skills to improve the world. Through work and volunteering with various organizations, he has gained exposure to a wide range of fields and disciplines and lent a perspective that views systemic issues as design problems.

This person has a breadth of experience with urban planning, community engagement, community development, affordable housing development, urban design, economic development, and process design.

During his tenure at the Rochester Area Foundation—a community foundation in Rochester, MN—he was an integral part of a multi-disciplinary staff dedicated to positive community impact. Among general job responsibilities, he:

1. Became a recognized local expert on residential green building—in particular affordable housing—and worked with the University of Minnesota Center for Sustainable Research on quantification of costs and savings attributed to green building.
2. Led the creation of First Homes' (non-profit supporting organization of the Rochester Area Foundation) sustainability policy - leading to two LEED for Homes affordable housing projects, fourteen Enterprise Green Communities Certified rehabilitation, and recognition from our County Environmental Commission.
3. Developed with local government staff the creation and implementation of innovative public policy related to infill zoning ordinance development, downtown parking zoning overlays, and pedestrian-oriented district overlays.
4. Led diverse groups of citizens and other stakeholders toward trans-formative change over the course of multi-year projects.
5. Applied "design thinking" to a variety of community and organizational problems through design charettes, public workshops, and seminars. Notably her created and successfully funded the crowd source idea of "Charette Happens"

He has begun to create the vision he sees for Rochester with his own company by working on several projects that have been located in downtown Rochester. He is ability to meld the old with new and navigate the infrastructure of Rochester's building code is evident in some of his most visible projects created with his firm....The Vault, The Doggery, The Limb Lab and the soon to open Grand Rounds Brew Pub.

His commitment to our community, understanding of our history and ability to integrate this on sustainable business scale makes him an exemplary model of the Mayor's Medal of Honor in Rochester, MN.

2014 Mayor's Medal of Honor Award for Schools / Education

When looking for outstanding ambassadors in the work of bridging the connection between families and schools, one needs not to look further than this year's award recipient. During her tenure in the District, she has been a successful Elementary Classroom and English Language Learner Teacher; has served in teacher leadership roles as an Instructional Coach and as a Teacher Observer, providing feedback and support to enhance teachers' practices in the classroom. In her latest role, as Facilitator of Family and Community Engagement, she has taken her passion for public education, students and families and made a commitment to inspire, challenge, and empower individuals in every realm of each student's life.

While it is easy to provide resources and supports to families during the school day and year, challenges can arise when students leave the school doors. She has not let this obstacle slow her down. She believes that putting books into the hands of students as much as possible would only have positive outcomes which is why she worked hand-in-hand with the Rochester Public Library and established a partnership which made the Bookmobile more accessible and welcoming for students and families during the summer months and the stops were modified so that students could come to their schools, where their classroom teachers and administrators would be present, and check out books throughout the summer.

Her partnership with the Rochester Public Library also helped to connect her with other community organizations who wanted to support students and reading by providing funds and books that students could keep. The relationships and partnerships

that she has initiated throughout the community will continue to enhance the support students and families can benefit from beyond the school day.

She has also been a key member in promoting the Backpack Program supported by Channel 1. Children are provided with a backpack filled with food at the end of each week, and while this program has been off the radar of many, it has been at her heart. Many children go home to houses with little to no food, and the backpack program provides security and assurance that a weekend doesn't mean that a student will go hungry. Her relationship with Channel 1 administration has increased the attention and success of more students and schools accessing backpacks. Her work in this area has now extended to a program called Beyond Backpacks which not only ensures that children are fed, but that essential resources are provided so that they enter the school and classroom focused on learning.

While she is focused on partnerships throughout our community that can change students' lives, she also believes in the power of connecting home and school. One of her greatest charges is to support parents and families. She has worked with elementary schools in the District and partnered with teachers and administration to offer a literacy program for parents that provides instruction in reading, because some of our parents are still learning to read themselves, while showing them how to support reading at home. Parent and community volunteers are also key and close to her heart as she works to engage others in the work done in our schools. And finally, she has been instrumental in providing safe and welcoming opportunities for parents to come to their children's schools with programs such as "All Pro Dads" which provides an opportunity for dads, grandpas, and/or other male role models to share in a morning

breakfast and program with their child. The hope being that once these individuals connect with others and become comfortable being in the physical school building, they will continue to find opportunities to connect with school.

Her commitment to our District's students does not only impact her professional life. Her community involvement is also great, and one example of her passion to make a difference for children is in her role as a Mentor Family for the Rochester Better Chance program. She and her husband, Matt, and their two children, Olivia and Will, are in their second year as mentors for two young boys from the program. While she believes that the lives of these boys will be changed by their experience in Rochester and by their experience with her family; her life and her family's life has been changed by opening up her home and her heart in order to give love and support to those who have come to Rochester for a second chance.

Her work and life are true models of how change happens when schools, families, and communities partner. She is truly making a difference in the lives of many of Rochester Public School Students, and has been for years. She will continue to be a game changer for our staff, parents, and students as she leads this effort.

It is my honor and privilege to introduce Julie Ruzek as the recipient of the Mayor's Medal of Honor for Schools / Education for 2014.

2014 Heroism Award

On Wed July 16 she was to play in our afternoon game. Her partner came, but Darlene did not show up. We called her home but no answer. Later that day, one of our players and the hero here, Joyce Lewis, called again and no answer.

On Friday July 18, our next game, Darlene did not show up again. Joyce called again, and then went to her house and knocked. No answer. Joyce knows that Darlene has a daughter in town. She was unable to call her as the daughter has no land line. So, Joyce went to the daughter's house and knocked. No answer. In my mind, Joyce had already gone beyond what most people would have done, but she was concerned enough to leave a note on the door. The daughter was out of town, but someone watching the house found the note (next day, I am not sure) and called the daughter. She called her son in Rochester who went to Darlene's house with a policeman. They entered and found Darlene on the floor, without much time left to live due to dehydration. She had suffered a stroke that paralyzed her lower body, so she could not move. She was conscious but had not been able to get the mailman's attention by calling out when he had delivered mail.

She was taken to the hospital, survived, and has completed physical therapy and moves with a walker. She has returned to her house but can't drive. Players have been picking her up and she is back to playing bridge.

I was able to guess Joyce had done this and got her to admit to me that it was her. She is very unassuming and would not come out directly on this.

I think she did a wonderful and extremely smart thing and clearly saved Darlene's life.

It is my honor and privilege to announce Joyce Lewis the recipient of the Mayor's Medal of Honor 2014 Heroism Award.

Mayor's Metal of Honor Award for Diversity 2014

I am grateful for this opportunity to introduce this year's recipient of the Mayor's Metal of Honor Award for Diversity.

When my family and I moved to Rochester some thirty years ago, I couldn't possibly imagine that I would find myself standing here in your company today. In this event.

The truth is we almost left a short time after we moved here.

I was having problems with the climate.

Now, I am not talking about the cold weather. I am referring to a series of racial incidents that we personally encountered.

First, it was the anonymous phone calls my neighbor received warning her not to mingle with people who looked like us. Then my car was vandalized and "chalked" with two words: Kill and the C word. So the climate was unpleasant enough that I was ready to pack up and leave.

Today, I feel fortunate that I didn't act on my impulse to leave. Leaving would have allowed hate and intolerance from a small group of people to drive us away.

Thanks to the support from friends, neighbors, my employer, and organizations like the Diversity Council, I began to feel more comfortable in the community. I also felt having a certain amount of ownership and obligations to change the climate. I found a reason and a cause to call Rochester home.

This year's diversity metal of honor recipient exemplifies this kind of open-hearted courage and kindness of common people who choose to live in compassion and understanding. He is a role model for human dignity. He shows us how to live in courage and to act on the side of respect and service for everyone. He is a connector for diversity. His circle of friends, colleagues ... his own family .. is as diverse and inclusive as the United Nations. His face-book page has 1,138 friends.

He has a vision (which I would paraphrase) as World Peace Through World Health. And he does something about the health of his fellow beings every chance he gets. He is a true servant-leader.

In service to his **world friends**, he regularly takes overseas trips to care for people in under-served parts of the world.

In service to his **local friends**, he generously shares his vast knowledge in science, technology, the humanities and spirituality with them. Everyone benefits from being his friend.

No matter how busy he is, he is always willing to help. Sometimes, I wonder if he ever sleeps.

He is a past president and an enduring supporter of the Diversity Council, a key contributor to the Scientific Research Society, Sigma Xi, an enthusiastic member of the Rotary Club, and a quiet force behind the Greater Rochester Area Dakota Supporters.

He is an educator and a healer.

It is my pleasure to announce this year's recipient for the Diversity Metal of Honor Award, Dr. Ashok Patel.

2014 Mayor's Medal of Honor – Mayor's Award

The men and women that serve in the various branches of the military cannot be thanked enough, including those veterans who in many cases paid the ultimate price.

Of particular recognition are those that serve in the Minnesota National Guard, specifically the 34th Infantry Red Bull Division. Virtually all have, not only families, but a job in the communities they live. Being deployed, often multiple times, takes them away from family and a job for extended periods of time.

One such individual is a Battalion Chief in the Rochester Fire Department. He's been deployed 3 different times during his 20-plus year employment with the City.

As Colonel in the National Guard he will be retiring after a 32 year "tour of duty" serving our country. The 2014 Mayor's Award recipient is Battalion Chief/Colonel Eric Kerska.