



19TH ANNUAL

★ ★ **REAL HEROES AWARDS** ★ ★

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October 1, 2021

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*The 2021 Real Heroes Awards videos and virtual event
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Thank you to Sycuan Casino Resort for providing overnight stays to the Real Heroes honorees.

★ Hero Honorees and Selection Committee ★

2021 REAL HEROES HONOREES

Spirit of Hope Award: Father Joe Carroll

Animal Welfare Hero: Ricochet

First Responder Heroes: Sgt. Kris Holm and
Sgt. Brent Lowry

Disaster Services Hero: Terri Sorensen

Gift of Life Hero: Pechanga Arena San Diego

Good Samaritan Hero: Nicholas Bohr,
Firefighter/Paramedic

Service to the Armed Forces Hero: Kenneth Hutton,
U.S. Navy Aviation Boatswain's Mate

Corporate Hero: Wawanesa Insurance

Youth Hero: Nevaeh Henrich

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Join the conversation online using **#SDICRealHeroes**

★ 2021 Real Heroes Honorees ★



Spirit of Hope Award: Father Joe Carroll

Presented by: San Diego State University

Father Joe Carroll dedicated his life to ending homelessness. His efforts on behalf of poor and impoverished people in San Diego are legendary. As an icon of the Southern California region and beyond, Father Joe Carroll selflessly and tirelessly served our community for more than three decades. Although he retired from Father Joe's Villages in 2011, as President Emeritus, Father Joe continued to lend a hand in our community with charm and with deep care and compassion for our neighbors in need.

"These are neighbors not strangers, they are somebody's son, daughter. They're just in trouble but there's a way to help."

—Father Joe Carroll



Animal Welfare Hero: Ricochet

Presented by: Mission Fed Credit Union

Ricochet the golden retriever is a certified therapy dog, and first-ever canine assisted surf therapy dog. Ricochet and her owner Judy Fridono are on a mission to empower veterans to gain confidence in the water and in social situations. What makes Ricochet extraordinary is her powerful ability to make immediate, deep, heart-to-heart connections with the individuals she interacts with.



First Responder Heroes: Sgt. Kris Holm and Sgt. Brent Lowry, California Highway Patrol

Presented by: Sycuan Casino Resort

California Highway Patrol Officers Sgt. Kris Holm and Sgt. Brent Lowry were able to get the mayday out on the radio seconds before a Tesla vehicle drove through an emergency scene, creating an Incident Within an Incident (IWI). There were eight San Diego Fire-Rescue personnel working a wrong-way driver fatality incident, with extended extrication time. No first responders were injured, thanks to these two sergeants and their quick and heroic actions.



Disaster Services Hero: Terri Sorensen

Presented by: Falck

Terri Sorensen is the President of the all-volunteer run group, Poway Neighborhood Emergency Corps (PNEC). Following the wildfires in 2007, PNEC was formed and has provided community disaster preparedness meetings, held an annual Emergency Survival Fair, responded to emergencies in the community, and more. PNEC is committed to disaster preparedness, response and recovery. Terri Sorensen has played an instrumental role in PNEC's success, including providing care for residents of Poway during the pandemic.

★ 2021 Real Heroes Honorees ★



Gift of Life Hero: Pechanga Arena San Diego

Presented by: CIT Bank

Pechanga Arena San Diego graciously opened their doors to American Red Cross Biomedical Services during the COVID-19 pandemic, providing large, open space for socially-distanced blood drives. This was offered to the Red Cross free of charge, with Pechanga Arena San Diego incurring all costs for their facilities staff, which was required at all blood drives. From April 2020 through June 2021, Pechanga Arena San Diego sponsored 13 blood drives, collecting 1,169 units of lifesaving blood — saving up to 3,507 lives.



Good Samaritan Hero: Nicholas Bohr, Firefighter/Paramedic, Barona Fire Department

Presented by: San Diego City Firefighters Local 145

Barona Fire Department Firefighter/Paramedic Nicholas Bohr was off duty and at home with his family when he heard a collision. He quickly investigated and discovered a vehicle accident outside. The vehicle was on fire, with a partially-trapped critical trauma victim inside. Nicholas recognized the serious nature of the incident and immediately began to help, knowingly placing himself in harm's way, with no available self-protection equipment. Prior to emergency resources arriving, he was able to rescue the victim from the vehicle and delivered emergency patient care until first responders arrived on scene.



Service to the Armed Forces Hero: Kenneth Hutton, U.S. Navy Aviation Boatswain's Mate

Presented by: U.S. Bank

In July 2020, the USS Bonhomme Richard experienced a major fire. U.S. Navy Aviation Boatswain's Mate Kenneth Hutton immediately responded, gathering sailors to sweep the berthing spaces and establishing a safe route to evacuate fellow Sailors. After the evacuation, he assisted Federal Firefighters in setting up fire trucks on the pier. Amid large explosions and obstacles, ABH1 Hutton led his team in continued response efforts to help Sailors to safety and extinguish multiple large-scale fires, clearing the way for the next attack teams. Upon post-fire medical assessment, ABH1 Hutton was determined to have suffered injuries that included smoke inhalation and a dangerously low blood oxygen level of 84%. In the following days, ABH1 Hutton gathered countless Sailors, created attack teams, conducted safety checks, and more. He was also a part of a rapid intervention team that helped locate a team of firefighters that lost communications and were low on breathable air. The USS Bonhomme Richard experienced zero loss of life during the multi-day incident, thanks in part to ABH1 Hutton's heroic actions and leadership.

★ 2021 Real Heroes Honorees ★



Corporate Hero: Wawanesa Insurance

Presented by: Kaiser Permanente

Wawanesa Insurance has been a longstanding partner of the Red Cross, supporting disaster preparedness and response, sponsoring events and helping to fund an emergency response vehicle. This past year, they stepped up their commitment to the Red Cross mission by donating \$40,000, to cover the cost of thousands of smoke alarms that will be installed in at-risk homes across our community. The risk of dying in a home fire is 55 percent lower in homes with working smoke alarms, according to the National Fire Protection Association. Wawanesa Insurance has also been a steadfast supporter of Red Cross wildfire relief efforts. The intensity of wildfire season is increasing every year and Wawanesa Insurance makes pre-positioning relief supplies and responding to these disasters that much more efficient and impactful.



Youth Hero: Nevaeh Henrich

Presented by: San Diego Gas & Electric

Nevaeh Henrich and her best friend were spending the afternoon together when Mrs. Rogers, her best friend's mother, rushed into the room clutching her hand to her upper chest area with a look of dire concern. Nevaeh immediately took control. She called 911 and explained to the operator that her friend's mother was choking. She gave the operator the address and then turned her attention back to her friend and Mrs. Rogers. They administered the Heimlich maneuver, but were unable to successfully dislodge the blockage. Nevaeh ran to find her friend's brother, who jumped in to assist. With his help, the blockage was removed, and Mrs. Rogers was able to regain breathing; however, it was strained and extremely difficult. Nevaeh ran out to the street to flag down first responders. She then traveled to the hospital with her friend, who was extremely shaken, and stayed with him to provide comfort and support until her best friend's father arrived.

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There's nothing more important to us than keeping you safe during wildfire season. But we need your help. We encourage you to develop an emergency plan, prepare an emergency kit, then practice your family's preparedness plan. Next, be sure we have your current contact info so we can keep you updated. That way in the event of high fire risk weather conditions, you'll be both ready and well-informed.

For more information on emergency preparation and wildfire safety, visit sdge.com/wildfiresafety.



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PAR Western Line Contractors is a proud sponsor of the 19th Annual Real Heroes Awards. We are happy to join the American Red Cross of San Diego and Imperial Counties in celebrating those who have gone above and beyond to make our communities safer, stronger and more resilient.

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