



20TH ANNUAL

★ ★ ★ REAL HEROES AWARDS ★ ★ ★

Ordinary People. Extraordinary Courage.

Wednesday, October 5, 2022

USS Midway Museum

American Red Cross
San Diego and Imperial Counties

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The 2022 Real Heroes Awards videos were produced
by **Hildreth Media Group, Inc.**

★ WELCOME ★

On behalf of the American Red Cross, it is my pleasure to introduce you to the 2022 Class of Real Heroes. It's an honor to share their stories with you and be together this year to celebrate in person. These are truly extraordinary individuals and organizations who have made a lasting impact on the community and embody the spirit of the Red Cross mission.



From all of us at the Red Cross, please accept my sincere thank you for your support. Because of you, the Red Cross touches our community every day through the following programs:

Disaster Services • Training Services • Service to the Armed Forces International Services • Biomedical Services

In San Diego and Imperial Counties, the Red Cross empowers ordinary people to perform extraordinary acts in emergency situations. Whether it's a wildfire or a home fire, a call for blood, or a call from a service member or military family in need, the Red Cross continues to deliver its vital mission, and provide hope when it's needed most.

Because of your support in the last fiscal year, the Red Cross of San Diego and Imperial Counties:



Responded to
312 disasters and
provided help for
1,188 people affected



Provided more than
12,500 services to
military members,
veterans, and
their families



Collected over **28,500**
platelet and red blood
cell units at more than
1,000 blood drives



Enrolled over **49,000**
people in Red Cross
health and safety
training courses

We also continue our local efforts in support of the nationwide Red Cross Home Fire Campaign, launched in 2014 to prevent home fire deaths and injuries. As part of this effort, our volunteers and partners provide free smoke alarm installations and provide home fire safety information through local *Sound the Alarm* events and appointment-based installations.

We were able to do all this and more because of the generous support of partners, volunteers and donors. Thank you once again for joining us and helping us advance the Red Cross mission in our community.

With appreciation,



Sean Mahoney
Regional Chief Executive Officer
American Red Cross Southern California Region
Serving San Diego, Orange, Riverside, San Bernardino and Imperial Counties

Help Prevent Home Fire Deaths and Injuries

This year's Real Heroes Awards will benefit the Red Cross Home Fire Campaign.

Home fires claim seven lives every day but having working smoke alarms can cut the risk of death by half. The Red Cross Home Fire Campaign helps save lives by installing free smoke alarms in homes that don't have them, and by educating people about home fire safety.

Through local *Sound the Alarm* events, the American Red Cross of San Diego and Imperial Counties partners with fire departments and community partners to install free smoke alarms and provide San Diego County and Imperial County residents with important fire safety education.

Since the program launch in 2014, we have installed more than **35,500 free smoke alarms** and made over **12,800 homes safer** in San Diego and Imperial Counties. In November 2021, the Red Cross of San Diego and Imperial Counties and the San Marcos Fire Department installed free smoke alarms in the home of San Marcos resident Joan Quinn (pictured here). Earlier this year, these alarms went on to save Joan's home and life when she experienced a home fire.

Nationwide, over **2.4 million free smoke alarms** have been installed and **1,366 lives** have been saved thanks to smoke alarms installed by the American Red Cross and partners through the Home Fire Campaign.



San Marcos Fire Department Fire Inspector Kenneth Kim (*left*) installed free smoke alarms for Joan Quinn (*right*) through the Red Cross Home Fire Campaign.

Learn more about the Home Fire Campaign



Please consider donating today. Complete the pledge card, text the word **SDHEROES22** to **76278** or donate online.



When you donate to the American Red Cross, your donation is used efficiently. An average of **90 cents of every dollar** the Red Cross spends is invested in humanitarian services and programs. The American National Red Cross is registered as a 501(c)(3) non-profit organization. Contributions to the American National Red Cross are tax-deductible to the extent permitted by law. The Red Cross' tax identification number is 53-0196605.



Volunteers Needed

Volunteers carry out 90% of the humanitarian work of the Red Cross. Whether helping one displaced family or thousands, providing care and comfort to an ill or injured service member or veteran, or teaching others how to respond in emergencies, it's through the efforts of ordinary people that we can do extraordinary things.

Learn about our highest-priority positions and how you can make a difference!

Apply Now!





Roll Up a Sleeve to Help Patients in Need

Every two seconds, someone in the United States needs blood. The American Red Cross must collect enough blood every day to meet the needs of accident and burn victims, heart surgery and organ transplant patients, and those receiving treatment for leukemia, cancer or sickle cell disease. Each day, the Red Cross needs to collect about 12,500 blood donations and nearly 3,000 platelet donations to meet the needs of patients at about 2,500 hospitals and other facilities across the country.

The Red Cross collects, processes and distributes about 40% of the nation's blood supply. This wouldn't be possible without the kindness of volunteer donors who roll up a sleeve to help patients in need every day.

The Red Cross Blood Supply

About 62% of the U.S. population is eligible to give blood but only about 3% donates. With no substitute for blood

and no way to manufacture it, volunteer donors are essential for hospital patients in need of transfusions. Year-round, the Red Cross has a constant need for blood and platelet donors. Donated blood has a limited shelf life, so supplies must be continuously replenished to ensure sufficient inventory of blood products. Blood donations remain essential to the health of communities. A single blood donation can help save more than one life. Together, we can continue to ensure lifesaving blood is available wherever and whenever it is needed.

How You Can Help

- Host a blood drive
- Donate blood, platelets or plasma
- Recruit friends to donate
- Volunteer at a blood drive



★ EVENT PROGRAM ★

Registration and Networking

Presentation of Colors

Marine Corps Recruit Depot San Diego Color Guard

National Anthem

Machinery Technician Petty Officer First Class Michael Dalager

Introduction & Welcome

Award Presentations

Animal Welfare Hero Award

Barbara “Babs” Fry, A Way Home for Dogs

Gift of Life Hero Award

Alan Lewis

Good Samaritan Hero Award

AWS1 Cale Foy

Disaster Services Hero Award

Kenneth Kim, San Marcos Fire Department

Service to the Armed Forces Hero Award

AST1 Joshua Carlson

First Responder Hero Award

Officer Janel Seney, San Diego Harbor Police Department

Corporate Hero Award

Sycuan Casino Resort

Youth Hero Award

Bianca Villalobos

Closing Remarks

Event Chair

Denice Garcia

2022 Real Heroes Awards Selection Committee

Committee Chair: Jaymie Bradford, *San Diego Regional Chamber of Commerce*

Josh Mays, *San Diego State University*

Mark Morrison, *San Diego City Firefighters Local 145*

Penney Newell, *San Diego Gas & Electric*

Courtney Pendleton, *Mission Fed Credit Union*

Mark Trask, *Kaiser Permanente*



Monica Dean, Event Emcee

Monica Dean is a National Edward R. Murrow Award-winning anchor/reporter for NBC 7 San Diego. She co-anchors NBC 7's 4 & 5 p.m. weekday newscasts.

In her nearly two decades at NBC 7, Monica has won Emmy Awards for her coverage, and helped establish the KNSD Academy, an experiential learning program at NBC 7 & Telemundo 20 that introduces high school students to careers in TV News. She regularly emcees galas for a list of non-profit organizations that support children, sex trafficking survivors, and emergency preparedness/response. Monica is also an accomplished motivational speaker.

Monica has lived and worked all over the world, but California will always be her home. Monica is passionate about family, faith and community. She is married and has three school-age children, all of whom are active in their community church. Monica can often be found volunteering at school; teaching art to elementary students, moderating classroom book clubs, emceeing school events, hosting church youth groups, and inspiring future journalists through interactive presentations. On the weekends Monica is often cheering from the sidelines of her children's numerous sporting activities and fine arts performances.

Follow Monica

Twitter: @MonicaNBCSD

Facebook: facebook.com/monica.dean

Instagram: @MonicaNBCSD

★ 2022 REAL HEROES HONOREES ★



Animal Welfare Hero:

Barbara "Babs" Fry, *A Way Home for Dogs*

Babs Fry is a hero to pets and pet owners alike in Southern California and beyond. Often referred to as a "pet detective," Babs estimates she has reunited hundreds, if not thousands, of lost pets with their owners. She uses her dog tracking skills to find lost dogs, often spending many days and even weeks tracking down lost pets. Babs and volunteers with her nonprofit, A Way Home for Dogs, work tirelessly to reunite lost pets with their owners. Thanks to her love of animals and passion for reuniting pets with their owners, Babs has changed the lives of countless pet owners who have been successfully reunited with their beloved lost pets.

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Gift of Life Hero: Alan Lewis

Alan Lewis, a U.S. Navy veteran and Escondido resident, donated blood for the first time in February 1999. 22 years later, Alan recently reached an important milestone — his 1,000th platelet unit donation. His competitive spirit and desire to help hospital patients in need is shown through his commitment to regularly rolling up his sleeves to donate, including his biweekly triple-unit platelet donations. Alan's donations have brought help and hope to patients near and far. His platelet donations have been delivered to hospitals as close as La Jolla and as far as Guam. Over the past 22 years, Alan has helped potentially save thousands of lives.

PRESENTED BY



★ 2022 REAL HEROES HONOREES ★



Good Samaritan Hero: AWS1 Cale Foy

On the morning of May 2, 2021, AWS1 Cale Foy was on a trail walk with his wife and children at the Cabrillo National Monument in Point Loma when he observed a boat that had crashed offshore, with dozens of people in need of help. Rough seas presented dangerous and unforgiving conditions, but he jumped into action, using his Naval rescue training and working with another good Samaritan to identify people in the water who needed help, then swimming out to them getting them to safety. AWS1 Foy ultimately saved four lives thanks to his selfless and heroic actions.

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Disaster Services Hero: Kenneth Kim, San Marcos Fire Department

As a Fire Inspector with the San Marcos Fire Department, Kenneth Kim knows that smoke alarms save lives. In 2018, Kenneth began working with the local Red Cross, supporting their *Sound the Alarm* program, which aims to prevent home fire deaths and injuries by installing free smoke alarms and educating community members about home fires. Kenneth has promoted the program throughout San Marcos, helping to organize *Sound the Alarm* events in mobile home parks and installing free smoke alarms for community members. Smoke alarms Kenneth installed in one home even saved the life of a resident who later experienced a fire. Thanks to Kenneth and the San Marcos Fire Department, thousands of free smoke alarms have been installed, helping to make community members safer.

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★ 2022 REAL HEROES HONOREES ★



Service to the Armed Forces Hero:

AST1 Joshua Carlson

On January 19, 2021, Coast Guard Sector San Diego received a report of a disabled migrant vessel adrift 108 nautical miles northwest of San Diego. AST1 Joshua Carlson and his crew navigated to the 30-foot vessel, with 21 survivors onboard in immediate peril. AST1 Carlson jumped into the rough seas, swam to the vessel, and triaged and critically assessed all members, who were suffering from hypothermia and needed expedited medical evacuation. Over a period of 90 minutes, AST1 Carlson swam back and forth to the vessel through 12-foot seas. One by one, he assisted survivors into the water and lifted them into his crew's helicopter rescue basket. Through his heroic efforts, AST1 Carlson endured taxing conditions and ultimately saved nine lives.

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First Responder Hero: Officer Janel Seney, San Diego Harbor Police Department

On November 22, 2021, Port of San Diego Harbor Police Officer Janel Seney observed a vehicle stopped on active train tracks, with an unconscious male in the driver's seat. Officer Seney instructed dispatch to hold all train traffic and used her baton to gain access into the vehicle. Officer Seney and a good Samaritan extracted the driver from the vehicle. The driver was in medical distress and did not have a pulse. Officer Seney performed CPR until additional first responders arrived and successfully used an AED on the driver. The driver began breathing on his own and was transported to a local hospital, where he survived, thanks to the heroic actions of Officer Seney.

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★ 2022 REAL HEROES HONOREES ★



Corporate Hero: Sycuan Casino Resort

Sycuan Casino Resort has been a long-standing partner of the American Red Cross. Sycuan supports the Red Cross mission through their philanthropic giving, and supports local disaster preparedness and response efforts, allowing the Red Cross of San Diego and Imperial Counties to place a Disaster Response Trailer on the Sycuan Tribal Reservation and incorporating the local Red Cross into their annual Safety Expo. Through their Sycuan Cares initiative, Sycuan serves as a dedicated partner to numerous local charities as well, donating over 1 million dollars in support of the community.

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Youth Hero: Bianca Villalobos

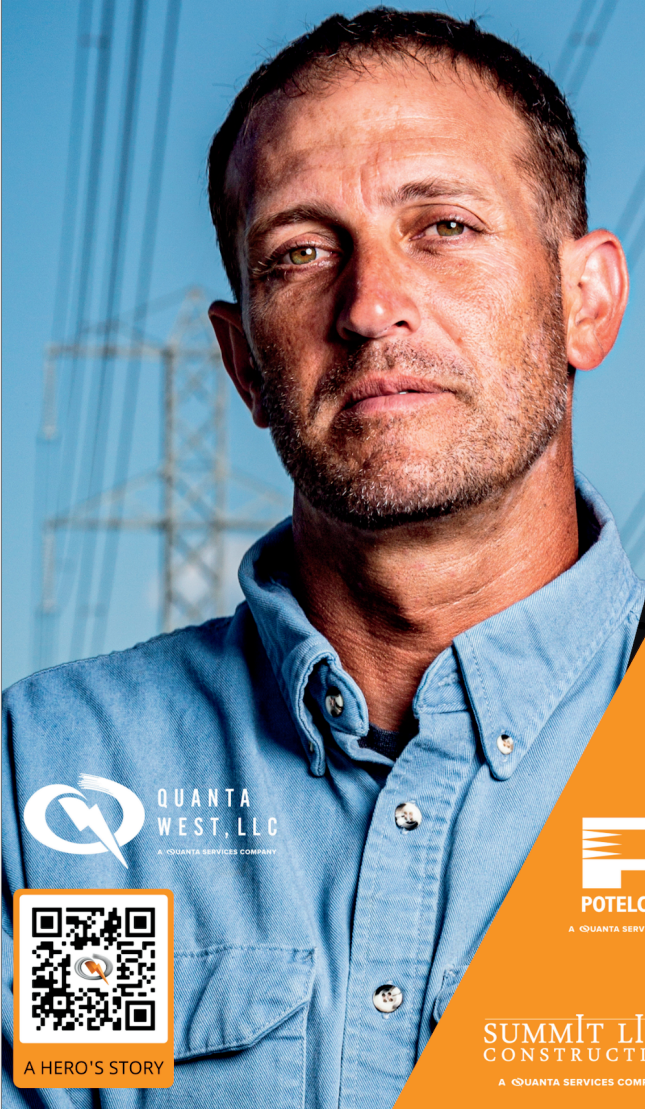
12-year-old Bianca Villalobos is a Girl Scout, volunteer, pageant queen and Youth Ambassador for the Juvenile Diabetes Research Foundation and American Diabetes Association. She also dedicates time to volunteering with her church and at the Veterans of Foreign Wars post, where she retires the flag and serves meals to veterans. Bianca frequently donates to causes she supports, whether it's by bringing books to Little Free Libraries or insulin doses to the nonprofit Insulin for Life. Through all her charitable activities, Bianca strives to bring greater awareness and understanding of Type 1 diabetes to the public while making a positive difference in the community.

PRESENTED BY



When it comes to saving lives, we recognize and celebrate all of the Real Heroes, the everyday, and the first responders. We're proud to partner with the Red Cross to share our gratitude.

THANK YOU FOR MAKING ALL THE DIFFERENCE.



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A HERO'S STORY

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Not all heroes wear capes

We are San Diego: Our 4,500 employees work across San Diego and Southern Orange Counties to ensure your energy is delivered safely and dependably. We thank the heroes among us, ordinary people with extraordinary courage, for helping to improve the lives and communities we serve. We applaud your bravery, dedication and selfless support for a healthy, clean and safe community. You are and always will be the real heroes.



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Congratulations to the Real Heroes Honorees

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**When communities
celebrate, so do we.**



**U.S. Bank is proud to support
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Award Breakfast.**



Thank you to the heroes

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and grow our communities.

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TOGETHER,
THRIVES
TOGETHER.

Kaiser Permanente proudly supports the **American Red Cross of San Diego and Imperial Counties** and its leadership in developing healthier lifestyles in our community. Together, we see a brighter future for all.

Learn more at kp.org/sandiego

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and honors the
2022 Real Heroes



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San Diego City Firefighters Local 145

Since 1973, San Diego City Firefighters Local 145 has donated countless volunteer off-duty hours to San Diego charities, schools and civic organizations. In addition, they have contributed more than 3 million dollars to community service projects.

**San Diego City Firefighters
are proud to support the
American Red Cross**

10405 San Diego Mission Road Suite 201
San Diego, CA 92108
619-563-6161
SanDiegoCityFirefighters.org

★ REGIONAL LEADERSHIP ★

American Red Cross Southern California Region Leadership Team

Sean Mahoney, *Regional Chief Executive Officer*

Malinda McDonald, *Chief Operating Officer*

Glenn Maddalon, *Regional Chief Development Officer*

Debbie Leahy, *Regional Disaster Program Officer*

Jason Brand, *Regional Service to the Armed Forces Director*

Christine Welch, *Regional Communications Director*

Debbie Pari, *Regional Volunteer Services Officer*

Becky Firey, *Executive Director (Orange County)*

Lois Beckman, *Executive Director (Riverside County)*

Yvette Baysinger, *Executive Director (San Bernardino County)*

Ann Anderson, *Director, Women, Infants & Children (WIC) Program*

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#SDICRealHeroes

Facebook: **facebook.com/SoCalRedCross**

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Instagram: **@socalredcross**

Photos from today's event will be shared at **Flickr.com/SoCalRedCross**

Videos at **YouTube.com/SoCalRedCross**

**Nominations are accepted year-round
at redcross.org/sandiego/realheroes**

Thank You!

Valued Community Partners



**American
Red Cross**

Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Diversity Vision Statement

The American Red Cross aspires to be an organization fully committed to diversity and inclusion by creating and maintaining a diverse, high-performing workforce of employees and volunteers who reflect all communities we serve; by cultivating a collaborative, inclusive and respectful work environment that empowers all contributors; and by leveraging diverse partnerships — all of which helps to ensure culturally competent service delivery supported by effective community leadership and engagement.