



IODE Canada *Express News*

RCMP Community Service Award For 2023

Constable Sahar Manochehri E Division, Burnaby, British Columbia



In 2014, Constable Sahar Manochehri and her husband, Randall Wong, also an RCMP member, started a personal initiative "*Warming the Homeless*". Constable Manochehri wanted to do something meaningful and began by providing gloves to individuals. Over time, socks and personal items have been added.

Realizing that the number of un-homed women was extremely high, she wanted these women to feel supported. Constable Manochehri developed gender specific packages. All packages included appropriately sized: a toque, thermal gloves, winter socks, rain poncho, tea/coffee/hot chocolate packets (requiring only hot water) and multiple hand warmers. For women, hygiene products and donated toiletries were included. In addition to the packages, Sahar started to provide a limited number of brand new, thick, warm moving blankets, emergency blankets/tents and instant noodle cups distributed at her discretion.

Her organization is non-profit, not a registered charity, sustained by donations. Constable Manochehri appreciates her peers' support and feels blessed that she has been able to assist so many. In her free time, Sahar purchases products and prepares packages. Together with her

husband on nights off, they hit the streets handing out packages to un-homed individuals or in downtown shelters. During her years in Vancouver, she provided packages to the North Vancouver shelters, North Vancouver City and North Vancouver District Fire departments.

Sahar started with Burnaby RCMP in 2021 and based her CAPRA project on the Vancouver-based effort. Since then, she has been providing and replenishing the Burnaby RCMP cells with her care packages. She also delivers donated items to the Burnaby Detachment to make sure that people who are discharged are adequately clothed on release.

Sahar continues to demonstrate an on-going commitment to excellence in the community, within the RCMP. She significantly contributes to the quality of life for all. The members of The National Chapter of Canada IODE, assembled for their 123rd Annual Meeting, are honoured to present the 2023 IODE Canada RCMP Community Service Award to **Constable Sahar Manochehri**.

Founded in 1900, IODE Canada is a national women's charitable organization dedicated to enhancing the quality of life for individuals through education support, community services and citizenship programs.

For more information about our organization and charitable work, please visit our website.

www.IODE.ca



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