



CITY OF
PRINCE GEORGE

MEDIA RELEASE

Mayor's Office

1100 Patricia Boulevard, Prince George, BC V2L 3V9

June 19, 2009

2009 Youth of the Year Honored

Manpreet Kaur Sidhu was honoured as the 2009 Youth of the Year at a City Council meeting on June 15th. Mayor Dan Rogers presented Manpreet with a plaque and spoke of her many accomplishments. "She is an outstanding young woman who has not only achieved high standards academically but has also reached out to the community as an active volunteer. The Youth of the Year Award is well deserved". Manpreet is 17 years old and has recently graduated from College Heights Secondary School in the honours program. Manpreet was part of the Head Start Program which allowed her to complete a university course during her grade 12 year. She is trilingual in English, French and Punjabi, volunteers with many non-profit organizations throughout the City and was the youth representative during the Smart Growth on the Ground initiative. Manpreet plans to go to UNBC this fall and is hoping to get into the medical program in the future.

- 30 -

For more info contact:

Cheryl Livingstone-Leman, Recreation Coordinator, City of Prince George

Youth of the Year 2009 (Recipient Biography)

Manpreet Kaur Sidhu

Manpreet Kaur Sidhu is 17 years old and is in Grade 12 at College Heights Secondary School. Manpreet is an excellent student and achieved a 97% average in her grade 11 year. She is currently part of the Head Start program at UNBC allowing her to complete a university course during her grade 12 year.

Manpreet has many interests and has given her time to several local organizations. She has organized teams and fundraising efforts for both the Canadian Cancer Society's Relay for Life and the CIBC Run for the Cure. She has volunteered at Exploration Place as a Science Alliance Junior Leader helping children ages 6 – 12 learn about and enjoy science. At school Manpreet has volunteered as a tutor for Grade 9 students. Through her efforts every student she helped improved their grades.

Her other volunteer efforts include; founding member of the Prince George Sikh Youth Society, the Canadian Diabetes Association, Prince George Regional Hospital, Community Policing, the Heart and Stroke Foundation, the Punjabi Canadian Seniors Society, the Immigrant and Multicultural Society and the Guru Nanak Darbar Sikh Society. She is also actively involved with Smart Growth on the Ground, and the Fraser Basin Council.

Manpreet's special interest is that of bridging the gap between the older Indo-Canadian generation and the younger generation. She has helped to do this by volunteering every Sunday to teach young children the Punjabi language and pass on cultural traditions. Manpreet is trilingual in English, French and Punjabi.

In her spare time Manpreet enjoys sports and has a black belt in Tae Kwon Do.

Manpreet understands the value of living a balance life and part of that for her is done by giving back to her community. She is bright, energetic, compassionate and always willing to lend a hand. She is mature beyond her years and is a very positive role model for youth of all ages.

