



2024 Governor's Medallion Award Recipients

Ashe County

Guy Graybeal, Jr.

Guy Graybeal, known to most as “Junior” volunteers with Ashe Outreach Ministries where he cooks and delivers hot meals through the mobile meal program. He oversees the food pantry distribution center where they distribute food to 400-500 individuals per month. Guy also builds and provides 450 school backpacks to Blue Ridge Elementary School.

Burke County

Sonya Reid

Sonya Reed volunteers at the American Red Cross using her skills as a retired human resource professional to lead the onboarding and placement program to mobilize disaster volunteers across North Carolina. Sonya has recruited over 550 new volunteers in preparedness education. Sonya is known to be an integral leader within the American Red Cross volunteer workforce who continues to leave a lasting positive impact across North Carolina.

Chatham County

Librado Mendoza Sosa

Librado Mendoza volunteers with Siler City Futbol Club where is the Co-Director of the recreation program which has increased from 60 players to over 200 in the last 3 years, while also working at Student Action with farmworkers. Librado also spends his time working for a nonprofit that is centered on social justice, providing leadership opportunities to students.



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Cherokee County

Marcil Hurt

Marcil has lived a life of service, volunteering for over 50 years as a Sunday School teacher where she nurtured young minds with instilling not just biblical knowledge but the values of compassion and empathy. Marcil also has volunteered for over 40 years with the Peachtree Community Development Club where she serves as the president, Eastern Staff, and more. Marcil serves the seniors of her community and works with youth by providing them with much needed items.

Dare County

Deborah Swick

Debbie volunteers with numerous organizations including the Town of Southern Shores, Southern Shores Civic Association, Chichawk Property Owners Association, NEST, Beach Food Pantry, Better Beaches OBX Dunes of Dare Garden Club and more. She helps to plan native species, help with roadside trash pick-up, and volunteers at sea turtle nests and more.

Gaston County

Bountiful Blessings Food Pantry

Bountiful Blessings Food Pantry brings together volunteers from Mt. Zion Restoration Church, other local churches, schools, and the community. Pantry volunteers provide meals for 3,000 families or more per week. These volunteers are dedicated to serving their community in all weather conditions. Last year, the Pantry expanded cooperation with other nonprofits and government entities to provide more services for those in need.



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Granville County

Laura and Sandy Gabel

Laura & Sandy Gabel demonstrate outstanding commitment to relieve hunger in Granville County. Laura and Sandy volunteer with Area Congregations in Ministry where they assist with raising money for new appliances and necessary funds for the ministry to effectively operate. They do everything from stocking shelves, packing boxes, to writing thank you card to donors and volunteers. Laura and Sandy also assist with the recruitment of volunteers for the organization.

Iredell County

Susan Tolle

Susan Tolle started the first Out of Darkness Suicide Walk in Iredell County. She was able to Recruit 200 volunteers and 500 walkers to participate for this awesome cause. In 2023, she was able to raise \$80,000 dollars towards the Out of Darkness Suicide Walk. Susan is responsible for bringing the Talk Saves Lives to Iredell Statesville schools where all 2700 employees were required to participate.

Lee County

Dr. William and Cindy Hall

Dr. Bill and Cindy Hall started a nonprofit medicine outreach program where they conduct a mobile health clinic twice a week, assisting over 900 patients since 2019. At their street medicine clinics, they dispense everything from flu shots to cough drops to advice and encouragement. Dr. Bill and Cindy also drive their RV to local hotels to serve and distribute food weekly to anyone in need.



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McDowell County

Vivian Poole

Vivian Poole volunteers at the McDowell County Senior Center where she delivers meals to homebound seniors 3 days a week. Vivian has also been a faithful volunteer at the Moose Lodge for over 45 years, where she assists in the safe service child ID's and senior identifications program. Last year alone, she volunteered with the Moose Lodge for over 500 hours to support the impactful programs that they offer.

Mecklenburg County

Bud Frank

Bud Frank demonstrates exceptional dedication by contributing 1,000 volunteer hours per year with American Red Cross. Additionally, his willingness to deploy and support other states underscores his commitment to service. This nominee has assumed leadership responsibilities with guiding, and empowering other volunteers within the organization.

New Hanover County

Daniel Kopchick

Daniel Kopchick is a patient care volunteer at Lower Cape Fear Lifecare where he visits over 60 hospice patients in their homes, and long-term care nursing facilities. As a retired social worker, he offers his time religiously and frequently is responsible for visiting with 4 to 5 patients and family at a time. In 2020, Daniel became a first responder for a Dementia Pilot Program where he served both dementia clients and hospice patients.



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Orange County

Pamela Tudryn

Pamela Tudryn volunteers at the SECU Family House where she serves as a special needs assistant. While many volunteers were wary of in-person volunteering during the pandemic, Pamela stepped forward. Pamela is known for taking food donations and turning them into heartwarming meals for guests and staff.

Pender County

Safe Haven of Pender County Inc

Safe Haven of Pender County supports and provides resources to domestic violence victims in Pender County and the surrounding community. Safe Haven, the Thrift Store, and their volunteers were able to assist over 477 victims of domestic violence in 2023. During the last holiday season, they were able to raise \$13,000 to use for allocated resources for the victims.

Rowan County

David Post

David volunteers with many organizations including Salisbury City Council, Rotary Club, Meals on Wheels Rowan, Senior Center, Lee Street Theatre, Rowan County United Way, and Lutheran Services Carolinas. He is a huge supporter of the arts and committed to youth services. David also raised \$25,000 for a plaque that was part of a war memorial project in the community.



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Transylvania County

Carmon West

Carmon West volunteers with the Lake Toxaway Fire Rescue, Inc., where he has volunteered for over 40 years. He is known to dedicate his time to helping the community in a moment's notice. Carmon responds to calls 24/7 in a completely volunteer compacity.

Union County

Dr. Drew Polly

Dr. Drew Polly volunteers in the Union County Schools and visits 14 elementary schools to facilitate informative workshops to the faculty and staff. Dr. Polly spends most of his time in low performing elementary schools in Union County, where he volunteers his expertise to teachers and principals on different education related issues.

Wake County

NAMI NC Helpline Responder Team

The NAMI NC Helpline Responder Team is dedicated to providing free mental health information, support, referrals, and resources compassionately every day. The helpline is open to families and individuals affected by mental illness. The Team consists of trained volunteers who provide the most resourceful options for callers. The hotline receives and assists with over 2,000 contacts a year.



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Wayne County

Donna Phillips

Donna Phillips is a lifetime volunteer across multiple organizations where she volunteers up to 5 hours per week per organization. Donna dedicates her time to teach others how to tackle their fears or weaknesses to meet their goals, while also being a resource to the community.

Wilson County

Claudia Juarez Reyes

Claudia Juarez has volunteered at Seeds of Hope and Amexcan for 6 years. Claudia volunteers as part of a folkloric ballet group where she dances at many cultural events across Eastern North Carolina. She helps to increase access to higher education in Latino youth, health education, health care, and Covid information.