



LIFESAVING SOCIETY®

The Lifeguarding Experts

Investiture *citations*

Investiture of Lifesaving Honours

COMMENDATION CITATION

JANUARY 26TH, 2024 | GOVERNMENT HOUSE | EDMONTON, AB

Carol Henke

Elbow River, Stanley Park, Calgary – August 20th, 2019

THE COMMENDATION CITATION is awarded to a person who is deserving of recognition for a humanitarian act.

In the early afternoon of August 20th, 2019, Calgary firefighter and public information officer Carol Henke took a walk with her colleague along an informal beach near Elbow River. A group of children on an outing from their daycare were playing in the river a fair distance from shore, where the water was deeper and the current was stronger. Carol noticed one little girl drifting away from the rest of the group. The girl was not wearing a life jacket and she seemed to be struggling to stay afloat, turning herself in the water and raising her hands above the surface as if to swim. Carol quickly realized that the girl was drowning.

Dropping her things, Carol immediately ran into the water and caught up to the girl before she could be taken farther by the current. Comforting the girl as she held her, Carol learned that the girl could not swim. As they made their way back to the shore, they were approached by an employee from the daycare who then carried the girl the rest of the way. Carol asked her colleague to call 911 as the girl had taken in water, then stayed with them until paramedics arrived and transported the girl to Alberta Children's Hospital.

For her quick response and outstanding effort, Carol Henke is awarded the Commendation Citation.