

## Nomination: Constable Helen Grus - Ottawa Police

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From [REDACTED]

To info@policehero.ca

Date Sunday, March 3rd, 2024 at 6:30 AM

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Dear Police Association of Ontario,

Attached please find a pdf document that is my nomination of Ottawa Police Constable (Detective) Helen Grus for the 2024 'Police Hero Honour Roll Award', as well as a photo of Detective Grus that I took myself and placed into the public domain.

I am a member of the public and NOT a police officer.

By submitting this nomination I consent to the Police Association of Ontario posting all or part of my nomination including photography publicly on their platforms. I also consent to being contacted (by email please) to provide more details.

**Please acknowledge the receipt of this emailed nomination.**

Donald Best

Sent with [Proton Mail](#) secure email.

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**232.77 KB** 2 files attached

PAO 2024 Nomination Detective Helen Grus Hero of the Year Award.pdf 78.97 KB

Detective Helen Grus.jpeg 153.80 KB