

*From the Heart: The Freeman Legacy* is the story of five World War II veterans from Burnaby, British Columbia who served their country with distinction during the war. However, their stories do not end with that war. Once home, all five veterans had to readjust to civilian life and went on to serve their community with distinction and steadfast dedication for many years. Each was subsequently awarded the honorary title of "Freeman" by the City of Burnaby. Don Brown, Alan Emmott, Dave Herd, Jim Lorimer and George McLean are all superb role models who demonstrate how service to one's community can last a lifetime.

**Narrated by Ann Medina**

**[www.burnaby.ca/fromtheheart](http://www.burnaby.ca/fromtheheart)**

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*From the Heart · The Freeman Legacy*

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*FROM THE HEART*  
THE FREEMAN LEGACY

