

No Limits Eastern Shore
PO Box 259, 24546 Coastal Boulevard
Tasley, VA 23441
Ph (757) 789-3990
Fax (855) 978-1967
www.nolimitseasternshore.com

The 2023 Kathleen Walsh Richardson Citizenship Award

Kathleen “Kate” W. Richardson was an Onancock resident and a founding member of No Limits, a day program for survivors of brain injury on the Eastern Shore of Virginia. Kate was a smart and funny lady, a survivor of brain injury, and a dedicated community volunteer in many capacities. She died far too soon in July of 2012.

This award is open to Accomack and Northampton County residents enrolled in high school (grades 9 – 12, including home-schooled students). Applicants will submit a minimum of 4 photos and three (3) references from community members. All references must be submitted on the form provided. Applications will be accepted between 01/17/23 – 2/28/23 and are available at No Limits and on our website.

- ∞ Contest entrants must be legal residents of the United States. Immediate relatives (children, grandchildren, step-children and step-grandchildren) of No Limits employees, participants and Board members are not eligible.
- ∞ Photos will demonstrate the applicant’s volunteer work and/or involvement in the community, such as pictures of the applicant participating in school, religious or community activities or pictures of completed service projects. If no pictures of a service activity are available, photos of related content are permissible. Photos must include a brief caption explaining what is being shown (date, location and type of service/civic activity).
- ∞ Applicants retain the rights to their photos but grant No Limits Eastern Shore the right to post their submissions on our website and use them in our promotional materials.
- ∞ Winners will be chosen by members of No Limits Eastern Shore and announced in March 2023. A cash prize of \$350 will be awarded as First Place, with Honorable Mention Awards of \$100 possible at the discretion of the judges. Winners will be chosen based on the strength of their photos and service as determined by the judges.



No Limits Eastern Shore
PO Box 259, 24546 Coastal Boulevard
Tasley, VA 23441
Ph (757) 789-3990
Fax (855) 978-1967
www.nolimitseasternshore.com

The 2022 Kathleen Walsh Richardson Citizenship Award Application Form

Provide 3 character references below. References must include a name and telephone number and the person should be willing to speak to us briefly about you. You should also explain how you know this person (pastor, teacher, neighbor, et cetera). This form must be submitted **along with at least 4 photos with captions** demonstrating the applicant's community service.

Applications may be mailed, delivered in person, or emailed to nolimitseasternshore@gmail.com and must be received at No Limits by 2/28/23.

Applicant: _____

Physical Address: _____

Mailing Address (if different): _____

School Attending: _____ Grade Level: _____

Telephone Number: _____

Reference #1:
Reference #2:
Reference #3: