

# Annual Event Highlights

## We had some “fundraising fun” this past year.

“Our hearts are in Wellness” Valentine’s Day draw, was a big hit this past year.

Our friends at Furniture Villa very generously donated a soft-sided hot tub valued at \$6,000.00. We packaged that up with a champagne basket, accompanied with two champagne flutes, crackers and cheese. The lucky winner of this package was Lavonne Boecx of Okotoks.

Our second prize was a one night stay at the Fairmont Palliser in Calgary, along with a lovely “Wine & Cheese” basket. The winner of this package was Lorna Armstrong.

It was with great appreciation that we were provided with a quilt, lovingly crafted by Lynne Market and Wendy Denbigh. This was a highly sought after prize, and as you can see in the photos, it was magnificent. The quilt came with a hot chocolate and snack basket, perfect for curling up on a winter’s evening. The winner of this package was Lora-Lee Maisey.

When Lora-Lee came into the office, she overwhelmed us with her generosity. Lora-Lee made the decision to donate the quilt back to the Foundation so that we would have the opportunity to once again make it available to someone in the community. We graciously accepted her offer, and we will have the quilt incorporated into a fundraising initiative in the fall of 2019. Watch for your chance to take home this incredible work of art, in Fall 2019.



## Nominate a Woman for “A Day of Self Care”

The Foundation partnered with The Hair Hut and the Great Full Cup this year. We ran a nomination contest where anyone with the nomination fee of \$5.00 could nominate a woman for a day of pampering. The day included a hair salon service, a manicure or a pedicure, and a massage. While this deserving woman was enjoying her pampering, she was delivered a wonderfully nutritious lunch prepared by our friends at The Great Full Cup. This was a tremendously fun thing to do, and the reasons for nomination that were submitted were very touching to read. It was a great way to appreciate the women in our lives. This opportunity resulted in a total donation to the Foundation for \$525.00. Talk about a win, win.

Look for more of this kind of partnering with the Foundation to bring fun to fundraising, in the future.



## Vulcan County Wide Fitness Challenge 2018

Honestly, one of the best ways of getting out and getting active is to do it with friends. Friends and co-workers can be brutal when it comes to holding you accountable, are they not? But hey, it’s all in fun. And that is what this event is all about. Everyone that participates in the County-Wide Fitness Challenge has a great time.

It’s great for your physical health, your emotional health, as well as your social and spiritual health. Heck, it’s just good for you!

This year was another amazing success with many walks around the villages, fun scavenger hunts and much more. We’re looking forward to the 2019 Fitness Challenge, are you?

If you would like to be involved, give us a call at the Foundation office 403-485-3147, or drop in and have a visit.

## Bursary Awards

The Vulcan County Health and Wellness Foundation is pleased to provide healthcare professionals working in Vulcan County, with an opportunity to apply for a bursary to help offset the costs of taking supplementary courses to upgrade their education and/or to attend conferences in specialized areas of healthcare.

2018 Bursaries were awarded to the following:

Naomi Market • Brielle Will • Alyssa Leaf • Suzie Mitchell

## For more information contact:

Gail Wark, Executive Administrator  
110 1st Ave S.

P.O. Box 28, Vulcan AB, T0L 2B0

Phone: 403-485-3147

Email: [vchw.foundation@gmail.com](mailto:vchw.foundation@gmail.com)



[vchwfoundation.com](http://vchwfoundation.com)

CRA registration number 831907886RR0001



Your Gateway, to health and wellness

March 2019

## Annual Report to the Community



## Ground Breaking and Construction Delay

The groundbreaking ceremony at the end of June 2018, and the dirt removal at the site was supposed to generate a new wave of energy and enthusiasm, not only at the board level, but in the community. That wave came crashing down when “black dirt” was discovered. When the existing health center was built in the 1980s, the “hole” surrounding the new building was backfilled with a mixture of topsoil, rock and clay.

“Black dirt” and what makes up “black dirt” does not compact suitably, and construction could not begin until the existing dirt was removed from the site, and the new hole filled with clean fill.

Where to find the appropriately compactable soil seemed to pose a problem, but the Town of Vulcan and Vulcan County came up with a reasonable solution to the conundrum... but then wet weather set in.

The Foundation was informed of other concerns that carried safety issues. There was a concern that the rain would compromise the access road into the site from Highway 534. Additionally, and most importantly, were the concerns of patient and visitor safety access into the Vulcan Community Health Centre during the winter months. The decision was made to completely shut down construction until the spring of 2019.

What we do know is that an expansion for the Vulcan Community Health Centre will be built. We will continue to be stewards of the dollars that have been gifted for this project, and all future projects that the Foundation undertakes.

We are looking forward to the beginning of construction season!

## Are you looking for an opportunity to make a difference?

The Vulcan County Health & Wellness Foundation is looking for Trustees and Ambassadors.

If you would like more information please contact; Gail Wark at the Foundation office, located in the Rainbow Literacy Building,

110 1st Ave S. or call the office at 403-485-3147.

Email [vchw.foundation@gmail.com](mailto:vchw.foundation@gmail.com)

The Power of Community, we’re better together



# Financial Highlights

Year Ending March 31, 2019

Donations	
Harvest for Health	128,750
Provincial and Municipal	18,000
Fundraising Income	39,144
General	26,612
Matched funding grant	200,000
Casino	43,363
<b>Total Income</b>	<b>\$ 455,869</b>
Drawings from long term investment	100,000

Expenses	
Operating Expense	55,712
Wages (3 part time)	45,846
Capital project AHS	300,000
<b>Total Expenses</b>	<b>401,560</b>

**Total Revenue \$ 154,309**

*Thank you to all the donors for your support!*

The Foundation and AHS wish to THANK everyone who has donated and continues to support the Vulcan Community Health Center Expansion project!



## Commemorative gifts made from March 2018 - March 2019

*"Gifts made in memory of lives so beautifully lived, and hearts so deeply loved."*

Laura Houlton • Eva Slawson • Florence Sokvitne • Marj Handley • Ferris Lawrence • Garry Hamilton • Betty Matlock • Peggy Bach  
Ken Gateby • Robert Gillette • Marjorie McLennan

## Note from the Chair

This year has seen the Foundation's capital campaign blossom into a building structure with walls and floors taking shape! We can all celebrate this with our donors as a major municipal and provincial innovative health project.

Without the vision of our dedicated donors all this would not be possible. We Sincerely thank everyone that made this moment real.

We are now putting into place plans for a blue-sky event to brainstorm the first and best use for the wellness space and resulting programming opportunities that make our communities healthy places to live and work. Again, with your help, we can continue to add positive health experiences to living in a rural setting.

Best of all, our annual fundraiser is approaching, and we have some new exciting ideas to share with you! November 30th 2019 is our **Dreaming of a White Christmas** event!

We hope you will bring your family or staff and celebrate with us the construction of our new Wellness Facility!

From all our board members, to you our faithful donors, we applaud your generous commitment to health in your communities and look forward to cutting the ribbon on our new project in 2020!

 Scott Mitchell, Chair

## EDF renewables and Black Spring Ridge November 2018



It was an incredible honor to be included in the awards dinner and ceremony that was held in Carmangay on November 29, 2018.

The Foundation, along with many other deserving organizations, were treated to a wonderful dinner and the awards presentation.

We are so honored to have received a cheque for \$3,000.00.

Thank you to all involved with Blackspring Ridge Community Project Fund.

## Have you considered leaving a legacy through planned giving?

Legacy Giving is a benefit to all.

The act of giving, in life or in death, says something about us. Its is a reflection of who we are and what we believe in. Planned giving is a way to ensure your beliefs live on and your hopes for the future are realized in your absence.

Planned gifts provide an opportunity to leave a lasting legacy.

Planned gifts are specific kinds of donations in which the donor benefits immediately and the charity benefits either at the time of the contribution or in the future.

For those who wish to take comfort in knowing that their gifts are being put to use right away, there are planned giving options that will benefit the cause without delay.

How you leave your legacy is entirely up to you. Financial advisors can help you to develop a plan suited to your needs; a plan that ensures the well-being of you and your family, that maximizes your tax benefits and makes a difference to the health of your community and stays in Vulcan County.



## The Ladies Auxiliary to Branch 21

The Vulcan Ladies Auxiliary, became the first service club in Vulcan County to purchase their spot on The Heritage Wall.

Thank you, Ladies!

To book your organization or service clubs a place on the Heritage Wall, contact Gail at the office @403-485-3147

## Donations to the Foundation can be made in several ways:

### Donate a Car

Now you can get rid of that old clunker car or truck that has been in your yard forever and get a tax receipt too.



DonateCar.com 1-877-250-4904

### Quarks Consignment

Do you have furniture that you would like to place on consignment? Proceeds from the sale will go to the Foundation. See the store for details.

403.485.5507



### Donate an Acre or Two

Farmers have been giving \$1 an acre or growing a set number of acres in a season and donating to the Foundation.

Call for details.

- Gail Wark 403-485-3147
- Gord Nelson 403-485-8078
- Andre Lacoursiere 403-485-1748

### PJS Mechanical Ltd.

Peter Sherstabetoff at PJS Mechanical Ltd. Is warming homes and hearts in the winter, and keeping you comfortable in the summer!

When you purchase or replace your existing furnace with an Armstrong Air Product, or have your air conditioner serviced and or replaced, a donation for \$100.00 will go to The Vulcan County Health and Wellness Foundation, and a tax receipt issued to YOU for a Donation of \$100.00.

Also, our Friends at PJS Mechanical Ltd will match that \$100.00, increasing the total donation to the Foundation to a value of \$200.00.

Thank you for your support and Thank You, PJS Mechanical Ltd.

PJS Mechanical also does furnace and duct cleaning. Be sure to contact Peter for all of your heating and cooling needs.



### Cash Donation

Give what you can. Donate by mail, stop by the office or go online at [www.vchwfoundation.com](http://www.vchwfoundation.com) and donate online through Canada Helps or ATB Cares. ATB Cares will match 15% of each dollar donated online.



CanadaHelps.org  
ATBCares.com