



FALL
2026

VITALITY

Upcoming Events

Bakeless bake sale

50/50 ticket sales

Treasures & Totes, NGH Edition

CIBC - Dahlia picking

Spaghetti dinner

Simcoe Little Theatre - Shrek the musical



Extra! Extra! Read all about it! In this issue...

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Above: Kerri Emberlin, Todd Stepanuk, CEO, and Bonnie Harris (Photo by Aaron Gautreau)

After reaching fundraising totals not seen in nearly a decade, the Norfolk General Hospital Volunteer Association is already building momentum for another strong year.

Read the full story: <https://bit.ly/4fvbzfz>



Volunteer Association Update – President's Report



As we reach the end of summer, I would like to take a moment to say a heartfelt thank you to all of our volunteers who have helped, in so many different ways, to keep things running smoothly at the Hospital and Nursing Home throughout the summer.

Every contribution, whether big or small, is important, and I deeply appreciate the time and effort each of you gives so generously.

For me personally, it has been a rewarding summer, with plenty of time spent enjoying family and friends. I hope each of you has also found some time to relax, recharge and enjoy the things that make you happy. After all, volunteering is important, but so is taking time for yourself!

I would also like to give a special shout-out to everyone who supported, and continues to support, the 50/50 ticket sales and Bakeless Bake Sale programs. These programs take a great deal of time and coordination, and they simply would not be possible without our dedicated volunteers.

A very special thank you also goes to the leadership teams behind both programs. You have done a fantastic job organizing everything and keeping things moving forward. Your commitment is very much appreciated.

As we move into this new fiscal year, I am reminded of what I said at our AGM: our goal is simply to build on what you have accomplished over the years and continue to grow together.

One important part of that growth is developing new leadership. With several members of our Association Board entering their final year, we need to start thinking about the next leadership team.



If you, or someone you know, might be interested in joining the Board or would simply like to learn more about what we do, please give me a call. You do not have to know everything or have all the answers - sometimes taking that first step is all it takes.

Most importantly, please remember that none of what we do would be possible without you. Your time, energy, enthusiasm, and commitment are what make this Association so special. I am truly grateful for everything you do and for the difference you continue to make in our hospital and nursing home.

As we look ahead, there are some exciting programs and activities in the works for the fall/winter time-frame, so stay tuned!

Thank you once again for all that you do. It is a privilege to work alongside such a wonderful group of volunteers.

With gratitude,
Betty Lavallee, President

Leadership Corner...

**How are we doing? What are we missing?
Volunteer positions available!**

Please contact:
Betty Lavallee at
amma.lavallee@gmail.com
or call
519-429-2165.





VOLUNTEER ASSOCIATION TO NORFOLK GENERAL HOSPITAL
AND
NORFOLK HOSPITAL NURSING HOME

Dear Volunteers

LAST CALL!!

**WE'RE AT IT AGAIN - SWAPPING ACTUAL BAKING FOR A
DONATION TO ASSIST OUR LOCAL HOSPITAL
AND NURSING HOME ACHIEVE THEIR GOALS!**



BAKELESS BAKE SALE

You won't have to go to a store
To buy flour, raisins or anything more.
Don't turn on your stove or your microwave -
Just think of the hydro and money you'll save!

Those measuring spoons in the drawer they can stay,
And for sugar and spice you won't have to pay.
No butter to sample, no leftovers to taste,
Those extra calories won't go to your waist!

Now what will you do if you don't have to bake?
Spend time with family & friends for goodness' sake!
Or pamper yourself with a massage for your feet,
Tidy your closet and make things so neat.

For the task of not baking this year,
I'm writing this poem to make it quite clear:
That the "dough" that you donate will go to good use -
Put your dough in our coffers and spread some good news!

Author unknown

THANK YOU FOR YOUR CONTINUED SUPPORT!

TO MAKE A DONATION DROP-OFF

Waterford - Renee Owen - 519-428-9396 - 94 Robinson Rd. Waterford, ON N0E 1Y0
Port Dover - Linda Misener - 226-567-0697 - 9 Briarlee Cres. Port Dover, ON N0A 1N4
Delhi - Angela Moyuett - 519-582-2373 - 168 Cryslar St. Delhi, ON N4B 1J1
Simcoe - Iris Smith - 519-429-8807 - 190 Argyle St. Unit # 8 Simcoe, ON N3Y 0C1
MAIL DONATIONS TO RENEE OWEN - 94 ROBINSON ST WATERFORD, ON N0E 1Y0

If you would like to receive a tax receipt, please include a self-addressed envelope with your donation.



**\$25 donation
= 3 pies**



Bakeless Bake Sale

A huge thank you to everyone who has donated to the bakeless bake sale! If you have not yet donated, but want to, you have until **September 15th**. You can either e-transfer or drop off in the gift shop.

E-transfer can be sent to:

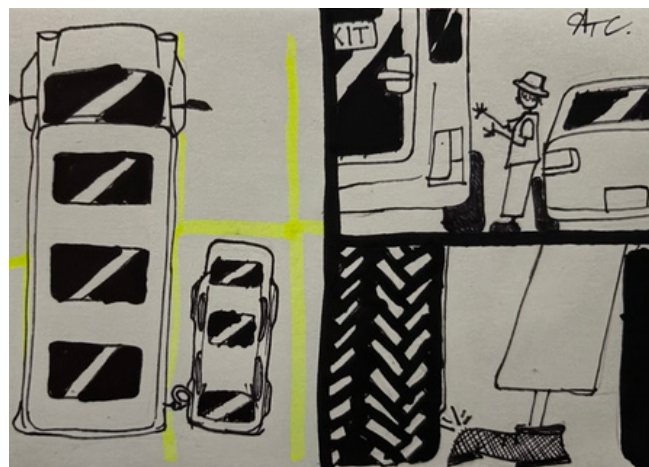
volunteerfundraising65@gmail.com

Thanks again for all the donations and support.

Renee Owen



Marion Dowd shares her memories of finding her car "boxed in" after the spaghetti dinner last year!



Illustrated here by artist Allegra Thompson Campbell, granddaughter of Dr. Guy Thompson, who worked at Norfolk General Hospital.

**PICK UP YOUR SPAGHETTI
DINNER TICKETS NOW!**



FUNDRAISER

SPAGHETTI DINNER



**Thursday
Oct. 22nd
2026**

HOSTED BY:
THE VOLUNTEER ASSOCIATION
TO NORFOLK GENERAL HOSPITAL
AND
NORFOLK HOSPITAL NURSING HOME

Catered by:



Menu

- Caesar salad
- Garlic bread
- Spaghetti with meat sauce
- Ice cream
- Juice, tea & coffee
- Gluten free & vegetarian options available



Adults \$35
Children \$10
(12 and under)



5:00 p.m.

6:30 p.m.

4:30 takeout



Port Dover - Drenise - 226-290-4080
Delhi - Margaret - 226-931-5979
Hospital Gift Shop
Simcoe and other locations -
Iris - 519-429-8807



**Simcoe Legion
200 West St**

All proceeds support vital equipment upgrades

From the Director's Desk...



A season of momentum, gratitude and new leadership

It is hard to believe that what feels like yesterday was already two months ago, when we gathered for our Annual General Meeting to celebrate milestone achievements and the conclusion of another incredibly successful fiscal year. It was an opportunity to reflect on all that has been accomplished and, most importantly, to recognize the dedication and leadership that continues to move our Volunteer Association forward.

Summer is no longer a season of slowing down and catching up on tasks set aside for a quieter time. Instead, it has become a period of continued growth, innovation and planning. This summer has been filled with implementing new projects, developing new volunteer opportunities, engaging youth volunteers, planning upcoming events and assessing where our greatest needs and opportunities exist.

We were pleased to welcome more than a dozen new volunteers this summer, while also expanding volunteer opportunities within our pharmacy and occupational health departments. New volunteers have also joined our IT and laboratory teams, demonstrating the growing value and versatility of volunteer contributions across our organization.

I have also been working with my network of volunteer administrators from other hospitals to develop additional training opportunities and expand the range of meaningful tasks volunteers can undertake. At the same time, planning is underway for the return of **Project SEARCH** for its fourth year—another important initiative that strengthens our commitment to creating meaningful opportunities for young people.

Building our leadership for the future

As we look toward the coming year, one of our most important priorities will be engaging new leaders to step forward and serve in Board and Association roles. Several positions are currently vacant, while others will reach the end of their established terms.

The work accomplished through our recent consolidation has been remarkable. We have built a strong foundation, and maintaining that momentum will require new perspectives, fresh ideas and committed individuals willing to take on leadership responsibilities.

I encourage volunteers who may be interested in contributing in a different way to consider putting their names forward. Leadership does not simply mean filling a position—it means helping shape the future of our Association, strengthening our services and ensuring that the important work of our volunteers remains sustainable for years to come.

Above all, I want to express my sincere gratitude to each and every volunteer. Your dedication, commitment and passion make an extraordinary difference in the lives of our patients, residents, families, staff and the broader community. The time, energy and care you give are deeply valued and never taken for granted.

Thank you for everything you do. Together, let us continue building on our success, welcoming new volunteers and developing the next generation of leaders who will carry our Volunteer Association forward.

Here's to our continued success!
Kerri Emberlin



DON'T MISS OUT!



IT'S GONNA BE A GAS....



NGH GIFT SHOP

100% RUN BY VOLUNTEERS!

Our new fall collection will soon be arriving - cable knitted cardigans with pockets, coatigans, plus long-sleeve tops and sweaters. These items are great additions to a wardrobe - one size fits all!

Popular accessories are crossbody bags, scarves and jewellery. For the cat lovers, check out the cute 'cat' design blanket scarves. View a collection of board books and stuffed animals for babies.

Select unique greeting cards by 'Marilyn'. Come in and browse for gift ideas under \$25.

Jane Hunter, Convenor

Follow us on Facebook

**Search Norfolk General Hospital Volunteer
Gift Shop**

October 30th Greens at Renton

**Iris's Sock Hop from
7 p.m. to 11 p.m.
Tickets available in the
NGH Foundation Office.**



Dance the night away - enjoy a hamburger slider or two, some fries, onion rings and a root beer float!

Make some memories with Elvis and James Dean - take your picture with some classic cars!

Questions? Email:
smflowerday@ngh.on.ca or
bmansley@ngh.on.ca



Tag Day for Simcoe and Waterford



Over the next couple of weeks, you may receive a call asking for your help with tagging.

We truly appreciate the support you have given us in past years, and if you are able to help again this year, we would be most grateful.



Other Important Information:

FUNDRAISING UPDATE

We've had a great start to the 2026 fiscal year!

In June, a cheque for **\$15,000** was presented to the Association Board. These funds were raised through our Port Dover and Delhi Tag Days, along with Treasures & Totes. Congratulations and thank you to everyone involved for the hard work, dedication, energy and, of course, the smiles you put into making these programs successful!

The **Bakeless Bake Sale** has generated just over **\$3,100** to date, and there is still time to participate, as the fundraiser continues through September.

2026 Tag Days for Waterford and Simcoe are in the planning stages for later in September.

Spaghetti dinner tickets are now on sale! Please see the information flyer for details.

Things are certainly moving, and there is lots of work ahead. I know, however, that our fundraising efforts will continue to be successful because of the energy, enthusiasm and support you show whenever you are asked to help.

Thank you for your continued support and dedication to our fundraising efforts. Together, we are making a difference!

Betty Lavalley, Interim Fundraising Director



**WELCOME to
our newest
volunteers!**

Indira Bahadur Khatiwara

Kye Cooper

Scarlett Damoyi-Bouridis

Jocel De Jesus

Shelley Doyle

Sadie Harbin

Satvir Kaur

Swapanjot Kaur

Khadija Khan

Carson McKinnon

Greg Riccardi

Ben Sroka

Calista Wagner

Maddison Winkworth



WIN a FREE COFFEE!

Just for reading the Vitality!
**The 10th person to respond to
this offer will receive a
FREE gift card for use at the
NGH Volunteer Coffee Kiosk!**

Please email your reply to:
jjarvis@ngh.on.ca with your
name and a comment about the
Vitality!



Last issue's winner,
Karen Sibbett!



Craft Group



We did not take the summer off! In July members met to bring in our wares, price them and discuss goings on. The month of August was spent at the Farmers Market selling our products.

Thank you to all members for their talents and contributions, as well as for working shifts at the market.

Now we are preparing for the upcoming Christmas craft sales season. Once again, look for us at the Eising Christmas Craft Show; expanded this year to a full week! The show runs from **November 16 - 21**. Come and check us out! We also hope to have a craft sale at the hospital in late November. Keep your eyes open for more information/



Ang Grant, Craft Group Convenor

Treasures & Totes, NGH Edition

September 17, 2026

11:00 A.M. – 3:00 P.M.

We are pleased to announce that we are holding a special edition of **Treasures & Totes** for our staff and volunteers in the Resource Room at the hospital on:

**Thursday, September 17th
from 11:00 A.M. – 3:00 P.M.**

Staff and volunteers are invited to come and browse our purses and jewelry for sale, along with a limited amount of clothing.

Mark your calendars, you won't want to miss this special edition sale. We look forward to seeing you there!



50/50 Ticket Sales

Thanks to the hard work of so many volunteers, we are pleased to announce that **almost all of our 50/50 tickets have been sold.**

As of now, Monday August 24th, we have exactly **307 tickets** in the hands of our volunteers. We are asking that you please turn in the money and tickets stubs for any sold tickets you may have, along with any unsold tickets, if you don't think you can sell them.

We have a couple of locations booked to sell tickets but have none on hand to sell. It is a good problem to have but we need to get a handle on where our unsold tickets are.

Please call **Teri Kapitor at 519-420-9004**, if you have tickets to turn in.

Thank you for your continued support,
Vicki Davey

VOLUNTEER ASSOCIATION
TO
NORFOLK GENERAL HOSPITAL
AND
NORFOLK HOSPITAL NURSING HOME

50/50 FUNDRAISER

**\$10 each or
3 for \$25**

Draw - October 30th
at Norfolk General Hospital

LOTTERY LICENSE - M883599
5000 TICKETS PRINTED



HELP WANTED!

Volunteer Treasurer Opportunities

Help Strengthen Our Organization's Future



We are seeking volunteers with a strong background in accounting, finance, or banking to help support the ongoing sustainability and success of our organization.

Over the past several years, our Board of Directors has been actively developing strategies for succession planning. It has become increasingly clear that proactively recruiting volunteers for Treasurer roles - both within our operations and at the Board level - is an important priority. We currently have two rewarding volunteer opportunities available.

1. **Gift Shop Treasurer:** We have an urgent need for a volunteer Treasurer to support the financial operations of our gift shop. The gift shop has annual sales of approximately \$35,000 and manages an inventory of merchandise. The ideal candidate will have:
 - i. A background in accounting, finance, or banking
 - ii. Previous experience serving as Treasurer for a small business or organization
 - iii. An interest in supporting sound financial management and accountability
 - iv. The ability to work collaboratively with volunteers
2. **Board of Directors Treasurer:** We are also seeking a volunteer to take on a two-year Treasurer role with our Board of Directors. Our current Treasurers will be completing their terms at our Annual General Meeting in June. Bringing new volunteers into these roles early is important, as this is a critical period for auditing, financial reporting, and preparing budgets for the coming year. The ideal candidate will have:
 - i. Several years of accounting or banking experience managing multiple accounts and financial records
 - ii. Familiarity with Sage or similar accounting software
 - iii. Strong organizational and record-keeping skills
 - iv. The ability to work effectively with volunteers
 - v. A willingness to commit to a two-year Board term.



Training, guidance, and ongoing support will be provided by the current Treasurers and Board of Directors to ensure a smooth transition and onboarding process. Detailed position descriptions are available for both opportunities.

Could This Be Your Opportunity to Give Back?

If you have financial expertise and would like to use your skills to make a meaningful contribution - or if you know someone who may be a good fit - we would love to hear from you.

For more information, please **contact Betty Lavalley at (519) 429-2165.**

"Your expertise could play an important role in strengthening our organization today while helping ensure its continued success for years to come."



IN MEMORIAM



Shirley Grummet – Sunday May 17, 2026

We were saddened to learn of the passing of alumni member, Shirley Grummet, who shared her time and passion with the association for over 20 years. Shirley was active in the gift shop as well as helping with various fundraising events including Treasure Mart and Tag Days. She was awarded with Local Life Member, Long Service award, Ontario Volunteer Service award, Twenty year pin and multiple certificates of appreciation.

Elizabeth “Liz” Rotherham – Tuesday, August 4, 2026

We recently lost another treasured volunteer, Liz Rotherham. Liz had been active for over 20 years including up to her passing. Liz was involved in everything – over 31 roles that she took on over her engagement with the association and hospital. She held leadership roles both in the Simcoe branch as well as on the board of directors. She was treasurer for the gift shop, coffee kiosk, board and past co-chair of the new 50/50 draw. She supported all of the fundraising activities for the association as well as the hospital foundation. Liz received 17 awards including 7000 hours pin, Lifetime Achievement, Outstanding Service, Local Life Member, Ontario Volunteer Service award and many certificates of appreciation. Liz's absence will be felt by all who knew her.

Arlene Pettersen – August 23, 2026

Arlene was a long-term Simcoe branch member beginning her volunteer service in 1990. She was most active in the H.E.L.P.P. Lottery with over 2,500 hours of volunteer service. Arlene was recognized for numerous milestones including her 20-year service pin, Ontario Volunteer Service award, and Outstanding Service award.



Our deepest condolences to all family and friends.



***Our volunteer
gardeners at
work!!***



Social Engagement Report

Hello awesome volunteers! As we write this we can't believe that summer is almost over. Hopefully you were able to enjoy it, maybe a trip, or visit with family, or just relaxing at home.

We would like to interest you in a couple of outings for the fall and winter.

On Saturday September 19th, a fund raiser for the **"CIBC Run for the Cure - Blooms for Boobs"** held at:

Creekside Growers
692 Windham Rd 11
Delhi



Wear comfortable shoes so you can wander the fields and cut your own dahlias!

All proceeds go directly to the cause. This is a win/win – a social outing for us and donations for a great cause. Creekside will supply the containers.

We would like to meet in the NGH cafeteria about 12:00 noon – grab a drink or something to eat, and visit with friends! We plan to car pool for 1 p.m. For more information, please email or call Doug or Karen and let us know if you are interested in attending.



**The irony for mankind
is that a computer
program asks a human
to prove that they're
not a robot.**

"Easy peezy volunteer quiz"



1. How many legs does a lobster have?
2. Where is the largest desert in the world?
3. What year was the first iPod released?
4. What species of fish is Nemo?
5. How many sides does a trapezoid have?
6. What year was the first Barbie released?
7. What blood type is a universal donor?
8. Who wrote the song "The Camptown Races?"
9. What 1960's "crooner" sang "Mack the Knife"?
10. Who was the villain in Peter Pan?

Answers found on last page ...



Also coming up!

Last November we had such a great time at the Simcoe Little Theatre that we would like to plan another trip there!



"Shrek the Musical" will be playing on Sunday December 6th at 2 p.m. Tickets are available now for only \$29. We don't need any money as yet but we do need a count of people interested as soon as possible.

Please contact Doug or Karen at nommry@hotmail.com or **519-583-3767** to reserve your seat, so we can get the tickets before they sell out! Come and support our local talent and have a fun afternoon.

Karen & Doug Sibbett, Social Directors



Look what we've been up to this summer!
Special thanks to the support from our community businesses!



**Real Canadian Super Store
 Sobeys, Simcoe
 Simcoe Farmers Market
 Summer fest, Port Dover
 No Frills, Port Dover
 Wholesome Pickins Market and Bakery**



**Kerry's St. James St. Eatery,
 Waterford
 Foodland, Waterford
 Sam's Place Farmers Market, Scotland
 Norfolk General Hospital
 No Frills, Delhi
 Crompton Hardware, Delhi**

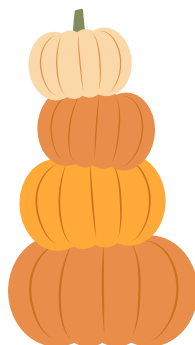
thank you



Answers to our “Easy Peezy Volunteer Quiz”



1. Ten
2. Antarctica
3. 2001
4. Clownfish
5. Four
6. 1959
7. O negative
8. Stephen Foster
9. Bobby Darin
10. Captain Hook



***If you can't sleep at night, it's usually because you're awake.
Hope this helps.***

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Volunteer Office at
519-426-0130 ext.3101.

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Save the date

The NGH and NHHH
PR Committee warmly invites all
employees, retirees, and volunteers
to join us for our annual Christmas
Dinner and Dance!

12
DECEMBER

05
DAY

26
YEAR

Norfolk
GENERAL HOSPITAL

NHHH

