

19th ANNUAL NORTHUMBERLAND HILLS HOSPITAL FOUNDATION GALA

# GALA 2019



\$285,000 Raised and Matched for a Total of  
**\$570,000**  
for Local Mental Health Initiatives!



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Matthew St. Amand and his team proudly wear the purple scarves and ties they purchased in support of the Walk-A-Mile fundraiser brought to you by Cornerstone Family Violence Prevention Centre.

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## FOUNDATION MESSAGE

RHONDA CUNNINGHAM,  
EXECUTIVE DIRECTOR, NHH FOUNDATION

A masquerade ball: a luxurious evening filled with mystery and fun to celebrate grand occasions. This year, we had a lot to celebrate as we gathered together to raise funds to support Northumberland Hills Hospital.

In contrast to our evening's masquerade theme, you could say we came together in a collective effort to help remove a mask... that of the fear and misunderstanding that so often masks and stigmatizes mental illness. Together, we gathered to shine a spotlight on the need to support patients with mental illness and the mental health services in our community.

Thanks to the generosity of Brian and Kym Read in matching all funds raised at this event, we were presented with an incredible opportunity: every dollar raised through the Gala will have double the impact. With all proceeds directed towards mental health initiatives, these contributions will greatly impact front-line services, helping improve access for community members to mental health supports and specialty mental health treatment.

I want to take a moment to also shine a light on our extremely dedicated Gala Cabinet. Every year, these

volunteers step up to bring us a magical evening, and this year's event – filled with glitz and glamour – was no exception. As a staff, we are fortunate to have this dedicated group on our team, who work behind the scenes and leading up to the event to ensure its success. In particular, I want to recognize Catrina Wood as she completes her first year as Chair – thank you, Cat, for your continued support of the Foundation and your leadership in this role.

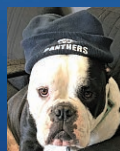
Of course, this event would not be possible without our dedicated Foundation staff. It's no easy feat to pull off an event like this, with countless small details to keep track of and coordinate, but the staff support one another and make it look easy.

Lastly, thank you to everyone who had a hand in helping us celebrate our 19th annual event! Having a cutting-edge hospital with advanced services in our community doesn't just happen. It requires all of us to come together and invest in the medical resources, equipment, and technology that are fundamental to ensuring quality patient care.

We appreciate all you do to help our medical team continue to provide exceptional patient care. We are incredibly lucky to live in such a generous and caring community.



Wendy, Jen, Natasha, Rhonda & Adrienne



Wendel Approves  
This Message!





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of this publication honouring  
the success of the 2019 Gala!



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Better Care for Our Community

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[www.nhhfoundation.ca](http://www.nhhfoundation.ca)

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# LIGHT UP A LIFE

## AN ESSENTIAL PIECE OF EQUIPMENT

**M**y name is Devon Weller and I'm a Registered Nurse at Northumberland Hills Hospital (NHH). I work as a medical float, meaning I work in different departments throughout NHH, going where I'm needed to provide care for patients. I'm honoured to be chairing this year's Light Up a Life campaign.

Working in a variety of departments, I see and use many different pieces of equipment each day, but one item used in all departments of our hospital is the bed. Our beds have to be one of our most essential pieces of equipment, in use 365 days a year. Last year alone, we had more than 4,400 admissions. Every one of these admitted in-patients – from new moms to seniors, the seriously injured to the critically ill – relies on the comfort and safety of a specialized bed during their stay at NHH.

With electronic features and functions to ensure both patient and staff safety, our hospital beds are so much more than a standard bed. These beds have easy to use

controls and are fully adjustable; can be lowered and raised to prevent injuries from patients falling out of bed; have in-bed weigh scales to monitor patients' weight; include built-in bed alarms to ensure patient safety; are compatible with specialty mattresses that prevent pressure injuries from developing; and so much more. These are not simply spaces for patients to rest their heads, but are fully functioning pieces of equipment, instrumental to providing exceptional patient care.

Before starting at NHH, I worked at a larger hospital in Northern Ontario. It was immediately clear when I moved here that NHH is special – the size and connectedness of our community hospital allows the team to get to know one another, to bond, and develop a family-like dynamic. Our NHH family is here for you and for our community.

**Our primary goal through this year's Light Up a Life Campaign is to purchase 17 new electric beds.**

Now in its 26th year, this annual campaign has raised over \$2.6 million for hospital equipment.

If you or a loved one has ever been admitted to NHH, you know how integral our beds are – these are what you're tucked into at the end of the day, are what you gather around to hold the hand of a loved one, and are what support us through every moment. They are central to the patient experience.

*To learn more about the Light Up a Life Campaign, or to make a donation, please visit [www.nhhfoundation.ca](http://www.nhhfoundation.ca).*



Devon Weller, RN



# SABIC COMMUNITY

## GUEST OF HONOUR, DIANE SAUNDERS

**E**ach year, SABIC provides a Silver Sponsorship in support of the hospital Gala. This sponsorship level includes two tickets to attend the event. SABIC chooses to use their tickets to honour an individual or individuals who consistently go above and beyond to make our community a better place to live.

**SABIC is pleased to recognize and celebrate Diane Saunders as the recipient of this year's honour.**

Diane retired in 2017 after nearly four decades working as Human Resources Associate at SABIC, overseeing Compensation and Benefits for their Canadian operations and organizing events to support SABIC and employees. She was their community representative for charitable involvement, helping to raise money for organizations like NHH Foundation, Northumberland United Way, Cornerstone Family Violence Prevention Centre, VON, Transition House, Association of Community Living, Humane Society and Greenwood Coalition.

Diane's efforts during her time at SABIC are impressive, but in her personal life, she has gone even further, long committing her time to help better Northumberland County. This is perhaps due to the influence of her parents, Ron and Verna Templer, who started Northumberland Players and were always big community supporters.

Diane has been the spokesperson for Northumberland United Way for the past three years, has volunteered for NHH Foundation, Attitudes for Education, Relay for Life, and Northumberland Players.

On top of it all, she is a wife, mother and grandmother, married to Mark with two grown sons and two grandchildren.

*Thank you, Diane for helping make Northumberland County a fabulous place to call home!*



Mark & Diane Saunders

## DOCTORS' RAFFLE

Thanks to the generosity of the Doctors in Northumberland County, 100% of the proceeds raised from the Doctors' Raffle go directly to support local mental health initiatives.

**1st PRIZE WINNER**  
NEW ORLEANS  
**Sandra Hicks**

**2nd PRIZE WINNER**  
VIVA LAS VEGAS  
**Petra Becker**

**3rd PRIZE WINNER**  
2020 NHHF GALA  
**Dr. Martin Jokay**

Thank you to all of the Doctors who generously sponsored the 2019 Masquerade Doctors' Raffle prize board. Your contribution is a testament to your commitment to making care better for our community.

Dr. Emma Smith  
Dr. Kathy Barnard-Thompson  
Dr. Fraser Cameron

Dr. Paul Hazell  
Dr. Kaes Al-Ali  
Dr. Jay Amin  
Dr. Wang Xi

Dr. Kate Everdell  
Dr. Joseph Parravano  
Dr. Allison Collins

Dr. Michelle Long  
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Dr. Erin Pepper  
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# GRATEFUL PATIENT

KATELYN TAYLOR

**K**atelyn Taylor is a daughter, a sister, a mother, a wife, a teacher, an author, and an athlete. Katelyn also suffers from a mental illness.

When Katelyn had her first positive sign of psychosis – thinking she saw a dead man on the side of the road while driving – she convinced herself she was just sleep deprived and her eyes were playing tricks on her. As a new mom, being tired wasn't unusual, but it soon became clear something more was going on.

Katelyn and her husband, Chadd, had been through fertility treatments to have their son, Jackson – driving every other day from their Trent Hills home to Scarborough. Soon after his birth, something in her changed: she wouldn't speak unless spoken to, she avoided eye contact, and she felt no emotional attachment towards the son she had worked so hard to have.

"You'd think because I worked so hard to have a baby, I wouldn't have issues, but unfortunately it doesn't work like that," says Katelyn.

Initially, a friend suspected Katelyn had postpartum depression and had planned an intervention, but these feelings and symptoms went beyond this. Shortly after the driving incident, Katelyn began hearing male voices: at first taunting her, laughing sinisterly, and providing a running commentary on her life; eventually, one telling her she should kill herself.

"I was afraid to tell people how bad it was because I thought I would be locked up in an institution," remembers Katelyn. "So, I kept it to myself, but my family around me were concerned."

One of the first to notice something was going on, Katelyn's identical twin sister, Allyson, hopped in her car and drove three hours after a phone call with Katelyn had her worried. On Mother's Day in 2014, her family sat her down and shared their concern and she admitted everything: the hallucinations, the apathy, the depression. Allyson took Jackson back to her parents' house and Katelyn went with her family to the Northumberland Hills Hospital (NHH) Emergency Department.

Katelyn was eventually diagnosed with schizoaffective disorder, which is essentially schizophrenia combined with a mood disorder and can include hallucinations, paranoid delusions, and disorganized thoughts. She has spent a total of 10 months in and out of hospital over the last four years, in psychiatric assessment units, or psychiatric intensive care.

"You think it only happens to a certain clientele, but that's not true," shares Katelyn. "It hit me like a ton of bricks."

After her first admission to hospital, Katelyn became a client in the Lynx Early Psychosis Intervention Program, a four-County team with locations in Cobourg through Northumberland Hills Hospital Community Mental

A HUGE  
THANK YOU  
TO OUR  
MATCHING  
SPONSORS,  
**BRIAN & KYM**  
READ



The generosity of our community is outstanding, and this year was made even greater thanks to the support of Kym and Brian Read. Through The Read Elliott Family Foundation, all proceeds raised through this year's Gala have been matched for a **grand total of \$570,000** in support of local mental health initiatives.

**THANK YOU FOR HELPING MAKE CARE BETTER, BRIAN & KYM!**

Health Services (NHHCMHS), as well as Campbellford, Peterborough, Lindsay, and Minden. She later transferred to NHH's Assertive Community Treatment Team (ACTT), a multidisciplinary team of registered professionals in the disciplines of psychology, social work, nursing, addictions, occupational therapy, vocational rehabilitation and psychiatry, which covers all of Northumberland County. She credits these services for keeping her out of the hospital.

"The team does my injections to give me my medicine and checks in with me once or twice a week," says Katelyn, explaining they're available to check in as much as she needs.

"Not having to travel and having such easy access to these services is huge. The team surrounds you – whether you want them to or not," she says, laughing.

Recovery is not a simple process; it is something she takes on in every aspect of her life. With the support of NHHCMHS, she celebrated one full year out of hospital in May 2019 and is now celebrating a year and a half.

Today, Katelyn is a true advocate for mental health and mental illness awareness. She shares her story at trainings



*Special Speaker at  
2019 Gala, Katelyn Taylor*

and program's like NHH's The World of Mental Health, at Crisis Intervention Training organized for social service providers across the County by the OPP, and at paramedic special training. She also wrote a book, *Within the Norm*, an autobiographical guide to living with mental illness. By sharing her story, she hopes to change the fear and misunderstanding of mental illness – to help others share their stories and to change the perception of what mental illness looks like.

The care and services provided by NHHCMHS help people like Katelyn, who suffers from a mental illness, but is so much more: a daughter, a sister, a mother, a wife, a teacher, an author, and an athlete.



*Katelyn (middle), with Jennifer Cox & Emma Taylor of NHH Community Mental Health Services*





Paul

Nicole

Erin





Brian & Jennifer

Alec & Lori

Rasha & Dr. Kaes Al-Ali

Mike & Summer

Robert & Catrina

Sharron & Brian

Trenholm & Britt

Brad & Pam

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Gabrielle & Will

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Bridget & Doug

Mark & Wendy

Donna & Mayor John Henderson

Laura & John

Cindy & Bruce



# DONOR DOLLARS

## GALA PROCEEDS TO SUPPORT LOCAL MENTAL HEALTH INITIATIVES

**T**hough this year we donned our masks and celebrated with a masquerade, the generosity of Gala guests, sponsors, volunteers, and partners this year and past deserves to be on full display.

Every year, funds raised through the Gala have directly benefitted the community, purchasing much needed equipment and funding projects that ensure NHH continues to be able to offer the highest quality of care to every patient.

This year, funds will support mental health initiatives, and thanks to the generous offer from Brian and Kym Read to match Gala proceeds through The Read Elliott Family Foundation, every dollar raised will have double the impact. These funds will greatly impact the lives of many by supporting front line services and helping improve access for community members to mental health supports and specialty mental health treatment.

Northumberland Hills Hospital Community Mental Health Services (NHHCMHS) has been providing high quality, client-centered community mental health treatment to individuals for over 40 years. The recent focus of the team has been on improving access, reducing barriers, improving response time, expanding partnerships, and increasing their menu of services. In the 2018/19 fiscal year alone, 4,669 individuals were served by NHHCMHS, almost 500 more than the year prior, and the need continues to grow.

The significant contribution to mental health services will help NHHCMHS continue to make a difference in our community.

The Northumberland Hills Hospital Foundation is a dedicated team of enthusiastic volunteers and staff who are passionately committed to improving health care and the quality of life in our communities by growing and maintaining donor support for key hospital capital needs.



## NHH FOUNDATION GALA ACCOMPLISHMENTS

2018	\$270,000	2012	\$136,000	2006	\$126,000
2017	\$250,000	2011	\$170,000	2005	\$109,000
2016	\$191,000	2010	\$165,000	2004	\$78,000
2015	\$193,000	2009	\$133,000	2003	\$65,000
2014	\$172,000	2008	\$124,000	2002	\$48,000
2013	\$155,000	2007	\$125,000	2001	\$40,000

## HOSPITAL STATISTICS

33,748	Emergency Department Visits
4,402	Admissions
583	Births
5,116	Surgical Cases
7,364	Dialysis Visits
8,349	Chemotherapy Visits
19,032	Out-Patient Ambulatory Care Clinic Visits (excluding mental health)
18,412	Community Mental Health Visits
1,612	Telemedicine Visits







Emma & Jeff



Robert, Irene & John



Jennifer & Carl



Ian & Kate



Dan & Tracy



Tom & Sylvia



Justin & Leslie



Moya & Ralph



Paul & Cathy



Wendy & Dean



David Piccini, MPP & Faith



Katie & Rob



Dave & Deb



Lyll & Tammra



Gillian, Barbara, Mary Beth, Wendy & Betty



Zab & Brooke



Betty & Gavin



Steve & Todd



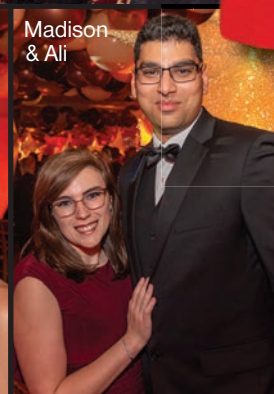
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& Greg



Natasha & Philip Lawrence, MP



Drew & Stephanie



Madison  
& Ali



Ken

Moya

Kim

Grace



Shayne & Tim



Paula & Tony



Paul & Christine



Ian & Dr. Kate Everdell



Sherry & Derek



Nancy & Samantha



Walter & Jessica



Dr. Anuja Sharma  
& Dr. Mukesh  
Bhargava





# BEHIND THE *Mask*

Every year, NHH Foundation Gala guests slip into their dresses, tie their ties, and perfect their hairdos for an evening filled with laughter, fun, and a lot of generosity. For most, this day-of preparation is as much as it takes to celebrate the evening in style, but this isn't the case for those coordinating the event.

This year, in contrast to the masquerade theme, it's time to remove the mask from the event – to offer an exclusive behind the scenes look at what is entailed in pulling off such a spectacular evening, and to shine a light on the team who work tirelessly to do so.

Though the Gala itself is only one evening, the planning starts months in advance and relies on the dedication and hard work of a Gala Cabinet and volunteers, in addition to staff time. The Cabinet is the core planning group, led by the Cabinet Chair and made up of Chairs with portfolios covering: Food and Beverage, Silent Auction, Décor, Volunteer, Doctors' Raffle, and Sponsorship, as well as Foundation Board Representatives and Members at Large.

The Cabinet narrows down the theme early in the

calendar year and from here, things start rolling: décor is planned, sponsorship letters are sent, menus are tasted, auction items are requested, and more. Monthly Cabinet meetings are held to ensure every detail is finalized, every task is assigned, and every to-do is checked off the list.

The hard work of the Cabinet throughout the year is instrumental to the success of the event. It is their efforts that ensure the evening goes off without a hitch and that allow most attendees to worry about nothing more than their own day-of preparation – confident the evening ahead of them will run smoothly and provide a chance to celebrate with both old and new friends. The Cabinet is structured in a way to allow membership and support to be retained year after year, while also allowing space for new members and encouraging fresh perspectives.

In other communities, an event this large entails hired contractors and companies to execute a silent auction, decorate the venue, and secure sponsorships. NHH Foundation feels lucky to have such dedicated volunteers, who not only raise their hand to take on a



role, but once theirs, own it and run with it. It is clear these volunteers take pride in the event; and it is clear when you see the smiling faces of guests, witness the surprise at the grandeur of the event, and hear of the incredible funds raised; this pride is well earned.

In addition to the core Cabinet team, the event could not be made possible without other volunteers who set up in advance, help on the night of, and tear down after. The venue is filled with Gala volunteers for a good three days before the event, doing everything from cleaning, to blowing up balloons, hanging décor, moving furniture, setting up the silent auction, assembling decorations, and setting tables. On the night of, volunteers can be found performing tasks like checking coats at the door, running the silent auction, assisting in the photo area, and selling raffle tickets. Finally, the day after the event, the venue fills with volunteers once again to tear down and pack up decorations, move furniture, and clean up after the evening's festivities.

For most guests, once the clothing is laundered, bobby pins removed from the hair, and feet recovered from

*Continued on page 20*





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a night of dancing, the evening becomes simply a happy memory; but behind the scenes, it is not long after the final decorations are closed into storage that planning starts ramping up once again for the following year's Gala.

*Special thanks to the 2019 Gala Cabinet, and all volunteers who worked tirelessly to ensure another successful Gala!*



## 2019 MASQUERADE GALA CABINET

NAME	ROLE	TOTAL TIME ON CABINET
Catrina Wood	Cabinet Chair	4 years
Gabrielle Eckhardt	Décor Chair	17 years
Will Ryan	Décor	17 years
Bridget Smith	Food & Beverage Chair	4 years
Lindsey Edwards	Sponsorship Co-Chair	4 years
Trenholm Parker	Sponsorship Co-Chair	3 years
Therese Brennan-Hunt	Silent Auction Chair	6 years
Rebecca Vaughan	Doctors' Raffle Chair	3 years
Summer Bellamy	Volunteer Chair	1 year
Marquis Murray	Media	1 year
Heike Kwok	Décor	4 years
Wendy Ito	Board Representative	19 years (since the beginning!)
Laura McCracken Ebbrell	Board Representative	6 years

# A MASKED

# Celebration

A sense of mystery floated in the air on Saturday, November 2nd as the Cobourg Lions' Centre filled with glamorously masked figures, gathered for Northumberland Hills Hospital (NHH) Foundation's 19th Annual Gala. In keeping with previous years, the 2019 masquerade-themed event was once again well-attended by more than 330 generous guests, but this year saw an extra boost: all funds raised were matched by Brian and Kym Read.

Thanks to the generosity of attendees, an incredible **\$285,000** was raised. This was then doubled by Brian and Kym Read through The Read Elliott Family Foundation, for a **grand total of \$570,000** in support of local mental health initiatives!

Guests began the evening by mingling and catching up during a cocktail reception before sitting down to a delectable four course dinner that included a rich soup perfect for fall, as well as a duo of short ribs and beef tenderloin, and finished with a decadent chocolate mousse cake adorned by a gold-dusted chocolate mask – perfectly in line with the theme.

The grandiose décor took your breath away as you entered the main event space, with oversized balloons filling the ceiling, large twinkling stars hanging over each table, and accents of gold and black tying everything together. No detail was too small to be incorporated – even the cutlery sparkled in gold, and the masks accessorizing the outfits of the guests only enhanced the décor, adding mystery to the evening.

Not disguised in the room was the generosity of those in attendance, each paying \$300 to attend the event, and many bidding on a plethora of impressive silent auction items as well as purchasing raffle tickets.

Following the raffle draws, an inspiring speech was delivered by Katelyn Taylor, a grateful patient of NHH's Community Mental Health Services, who shared her story to demonstrate the importance of mental health services in the community. This led into what was once again the evening's highlight: the Fund Me Auction, which saw donors standing up to pledge an impressive total of \$154,200. As dancers took to the floor previously occupied by these Fund Me donors, there was a feeling of celebration in the room that lasted throughout the night.

"The spirit and support of our community continues to amaze me!" exclaims Rhonda Cunningham. "This evening relies not only on the generosity of our guests and sponsors, but also on the volunteers and staff who work tirelessly to ensure its success – *everyone involved gives so much.*"



Myles

### THANK YOU

Ashlynn Stewart  
Bev Delaney  
Brenda Heenan  
Claire Stillman  
Cliff Rivers  
Cobourg Community Centre  
Dave Cunningham

Dickson Carpet One Floor & Home  
Diane Saunders  
Doug Smith  
Geoff Macklin  
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Habitat for Humanity - ReStore  
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Linda Essak  
Louise Stevenson

Mission Thrift Store  
Pam Went  
Port Hope Patterns  
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Robert McLachlan  
Sarah Marshall  
Scott Fraser  
Selena Forsyth  
Sherry Chisholm

Stevenson Cartage & Moving  
Sue Hoekstra  
Susan Edwards  
Susan Ross Foster  
Sydney Stewart  
Terri-Lynne Lefebvre  
Trenholm Parker





Dr. Mark  
Essak  
& Linda



Carlos  
& Susan



Sara &  
Christian



Carrie & Brian



Matt & Jody



Jacque &  
George



Eddy & Petra



Paul & Allyson



Shalagh & Dr. Fraser Cameron



Ian &  
Jammie



Jamie & Sarah



Linda, Susan, Jennifer & Elizabeth



Iris & Bram



Glenn & Julie



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James, Liiz, Mark & Fiona



Alison & Todd



Chad & Danielle



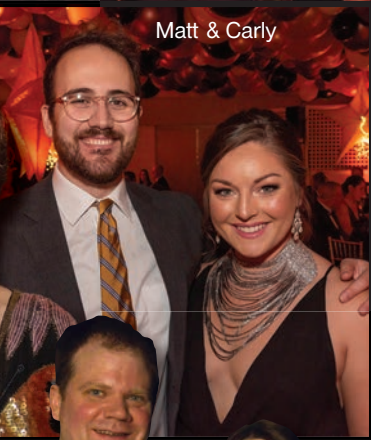
Rose & Darryl



Nora & Blake



Yvonne, Catrina  
& June



Matt & Carly



Natasha, Britt & Adrienne



Jeanine & Kieffer



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Mandy & Bart



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Darlene & Dana



Katy, Sandra, Jay & Patricia



Robert & Barbara



Lynn & Don

Rebecca

Jess





# NORTHUMBERLAND

## COMMUNITY HERO, VALERIE TANNER

**W**e are thrilled to have the opportunity to shine a light on Valerie Tanner this year.

If you Google Valerie Tanner, you will find countless articles and pictures that include Valerie – each one about a selfless act of kindness in support of various community organizations.

Valerie has been the Community Coordinator at Davis' Your Independent Grocer in Port Hope since 2001, coordinating fundraising events and support for community organizations and initiatives. She's been instrumental in fundraising efforts for United Way, Cornerstone Family Violence Prevention Centre, Port Hope Public Library, the Cameco Capitol Arts Centre, Northumberland Hills Hospital Foundation, Port Hope and District Health Care Foundation, Northumberland Fare Share Food Bank, Big Brothers Big Sisters, ALS Society, YMCA, Cram-A-Cruiser, The Heart and Stroke Big Bike, local schools, community sports teams, and more.

The support Northumberland County sees from Davis' Your Independent Grocer is remarkable. They've hosted barbecues, pumpkin drives, food drives, sponsored events, donated to many great causes – the list goes on.



Michael & Valerie Tanner

At all of these events, in every image, and in all of those articles, you'll find Valerie; most likely smiling from ear to ear.

What makes Valerie a community hero can be summed up simply as this: she loves the community and she loves to give back to it.

*Thank you, Valerie, for all that you do to make Northumberland County a fantastic place to live!*

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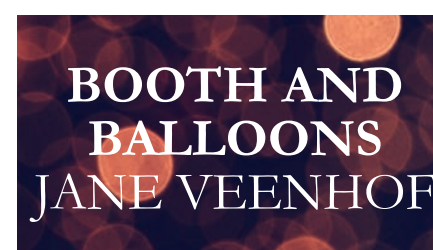
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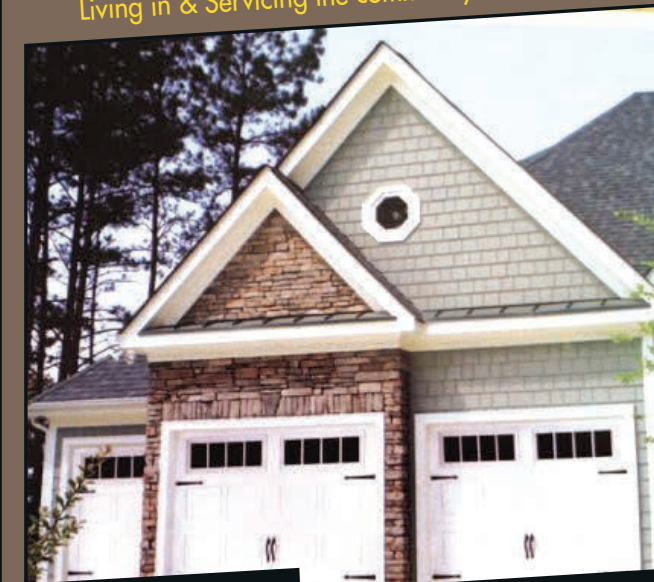
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