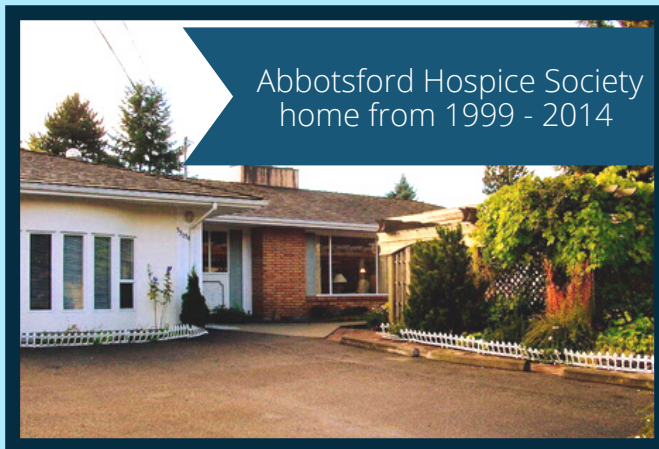


Over 35 years ago, Abbotsford Hospice Society was registered as a non-profit society due to the efforts of our Founding Group. These incredible professionals, community members and families saw a need for hospice and grief support in our community and stepped forward to make a lasting difference.



Abbotsford Hospice Society home from 1999 - 2014

Five years ago Holmberg House was opened, providing a 10 bed hospice residence for palliative patients in our community (in addition to the 10 beds at Abbotsford Regional Hospital, Palliative Care Unit). It also provided a beautiful space to facilitate our children's and adult grief support programs and groups. Throughout the years, thousands of families have come through our doors receiving support as they faced grief and loss, at no charge.

Through the vision and leadership of many and from the generous support of our community members, we have been able to walk with individuals and families during a very sensitive time in their lives.

AHS has grown to serve the expanding and diverse community of Abbotsford and its surrounding areas, and with the love and care provided by our staff and volunteers, allow for individuals to "live well until they die".

DID YOU KNOW?

All of our grief support programs and services are offered at no or low cost to all ages in our community.



Celebrating **5 years** in Holmberg House

timeline

- 1986** Abbotsford Hospice Society was formed as a non-profit society by a diverse group, including doctors, pastors and others who saw a need in our community. They started in a small office in McCallum Tower.
- 1992** Abbotsford Palliative Care Program began, in conjunction with MSA Hospital, Continuing Care and AHS.
- 1999** AHS purchased the house and 1-acre plot on Marshall Rd and Ware St.
- 2009** AHS teams up with Matthew's House and Canuck Place to form the Campus of Care and in 2010 sign a 99 year lease with the city for the current location on Marshall Rd.
- 2011** Official Holmberg House Naming Ceremony takes place with Holmberg family, city dignitaries, and guests.
- 2016** Grand Opening of Holmberg House. Abbotsford's first and only hospice residence.
- 2021** Abbotsford Hospice Society celebrates 35 years and 5 years in Holmberg House.

Please get to know us further by reading our full feature. It is our honour and privilege to continue to serve our community.

THE *Holmberg* LEGACY

It was 35 years ago, in 1986, that the original Abbotsford Matsqui Hospice Society was created in a small office in McCallum Tower. In 1999, the Abbotsford Hospice Society found a new home at 33134 Marshall Road. In 2010, the Society began fundraising for a new facility to be located at the Campus of Care in Abbotsford.

The announcement of a B.C. Government grant of 3.5 million dollars in 2011 served to augment the extensive personal financial contributions and tireless

fundraising activities of David and Lee Holmberg. The name of the new adult hospice, Holmberg House, was intended to honour the life and legacy of David Holmberg Jr., their son, who died of cancer in 2011 at the age of 48. Additionally, financial support came from all parts of the community that included businesses, service organizations, and individuals.

Today Holmberg House, located at Gladwin and Marshall Road, is Abbotsford's first and only adult hospice residence. This 30,000 square foot, 10 bed facility provides

dignified end of life care to adults as young as 19. The building also accommodates grief support groups, volunteer training, education seminars, and one-to-one support services.

We are very grateful to the Holmberg Family who have played such an integral part and gave generously of their time and resources to ensure that Holmberg House became a reality and that it would be available to serve the people of Abbotsford.



Dave Holmberg Sr. with Mike DeJong at Naming Ceremony, 2011



Lee Holmberg & Wanda Holmberg at Naming Ceremony, 2011



Holmberg House opening ceremonies April 2016



Holmberg Family April 2016

“We are so proud to be involved with such a wonderful organization. Our family is grateful to see the compassionate support provided by the Abbotsford Hospice Society. A heartfelt thank you to all staff, volunteers, and donors for providing meaningful care. Congratulations to Abbotsford Hospice Society on 35 Years and Holmberg House on 5 years.

- Phil & Michelle Holmberg

Holmberg Memorial Golf Classic

Dave Holmberg Sr. passed away in 2017 and his wife, Lee, only one year later, in 2018. Both were avid golfers and generous supporters of Ledgeview Golf & Country Club. The Holmberg Memorial Golf Classic was started in their honour and raises funds each year to support their legacy at the Abbotsford Hospice Society. For more information on this event or to register, go to www.abbotsfordhospice.org/golf



Andrea Critchley
Executive Director

This anniversary marks the start of a dream in 1986 to help our community honour life and share in grief. A special thanks to our volunteers, staff and incredible supporters who have championed the cause of care for 35 years and who continue to show their support to this day! It is all of you who have built this legacy and together we will carry it forward. Abbotsford has always stood out as an exceptionally caring and giving community and this has been evident by your generous support of AHS throughout the years. Thank you for your loyalty to the cause, and for creating a beautiful environment of support, love and care to honour the individuals and families of our community in their time of grief and loss. We are honoured to continue serving you and our community.



Ryan Calder
Board Chair

As board chair, I am very proud of the legacy that the Abbotsford Hospice Society has in serving our community for the past 35 years. Hospice provides an essential service to our community that brings peace and comfort to families and individuals at a critical time in life, and we would not be able to do this without the wonderful, faithful support that businesses, families and individuals in our community provide. The board is inspired by the many families that are cared for and the support and hope they find through the services that the Abbotsford Hospice Society provides during difficult times of grief and loss.

On behalf of Quantum Properties and Diane Delves...

Congratulations to the *Abbotsford Hospice* on 35 years of serving our community!



Abbotsford Hospice Society
Board of Directors:

Ryan Calder - Board Chair
Accountant/Partner, MNP LLP

Jay Kang - Treasurer
Accountant/Owner, Jay Kang
CPA Ltd.

Kathleen Robinson - Vice Chair
General Manager, YBAR Meats

Kam Grewal - Secretary
Lawyer, Rosborough & Co.

Chris Gauthier - Director
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Harv Minhas - Director
Account Manager, RBC

Bharathi Sandhu - Director
Bus. Development, Raymond
James

Katie Syroid - Director
Business Owner, Hugs in a Mug

Shawna Vandeven - Director
Financial Adviser/Owner,
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Abbotsford Hospice Foundation
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Accountant/Partner, MNP LLP

Matt Holley - Treasurer
Accountant, MNP LLP

Ron Kelly - Secretary
Lawyer, Baker Newby

Michael Dick
Executive Pastor, South
Abbotsford Church

Gurjit Gill
Vice President, Marsh Insurance



On behalf of the City of Abbotsford and Abbotsford City Council, I want to congratulate the Abbotsford Hospice Society on providing 35 years of compassionate care and support for people at the end of their lives. Holmberg House is truly a home and place of security and warmth for those dying and their families. Thank you AHS for walking along side Abbotsford residents during this difficult part of their life journey and for helping loved ones grieve their loss. We are fortunate and grateful to have this support in our community.

- Henry Braun, Mayor of Abbotsford



My sincere congratulations to the Abbotsford Hospice Society on your 35th anniversary. Has it really been that long?! With the Covid pandemic stretching our health care services to the breaking point, it is comforting to know that the Abbotsford Hospice Society is still providing the highest standard of care for those nearing the end of life. Thank you for the role you play in bringing compassion and comfort to end of life care.

- Hon. Ed Fast, MP (Abbotsford)

FRASER HEALTH
Palliative Care team

AHS works closely with Fraser Health supporting end of life patients in Holmberg House Hospice, the Palliative Complex Care Unit at ARHCC and in the Abbotsford community with Home Care Nursing. We are able to liaise with them via medical rounds as well as one-to-one meetings and referrals to match assessed client needs to suitable volunteers and programs.

This year marks the 5th anniversary of Holmberg House. Several nurses have been here from the start, providing valuable care, experience and skills. As nurses, we work diligently as a team with doctors, social workers, spiritual care staff and many others to give our patients the best care. We also have volunteers who have helped make Holmberg House a home-like environment with fresh baked cookies, tea service, pet visits and live music. We have wonderful caring cleaning staff that brighten our patients' day and cooks who make tasty meals. I am so thankful to be a nurse at Holmberg House and work alongside so many dedicated people. Happy Anniversary Abbotsford Hospice Society!

- Chris DeJong, hospice care nurse

"I work as a Registered Nurse at Holmberg House Residence and have been here since they opened 5 years ago. I am so proud to be a part of this amazing team that provide caring and compassionate care to residents during their final stages of life. We specialize in death and dying and are committed to helping and supporting them during their journey here. This place, by far, is the most rewarding job in my 22 years of nursing. Congratulations to the staff of AHS for 35 years of serving our community and the 5th anniversary of Holmberg House!"

- Debbie Mouangsouvanh, hospice care nurse



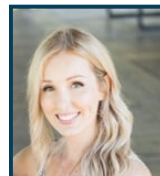
Our Development
and Operations teams:



Rick Barkwell
Development
Manager



Christina Nelson
Development
Officer



Michelle Whalen
Development
Coordinator



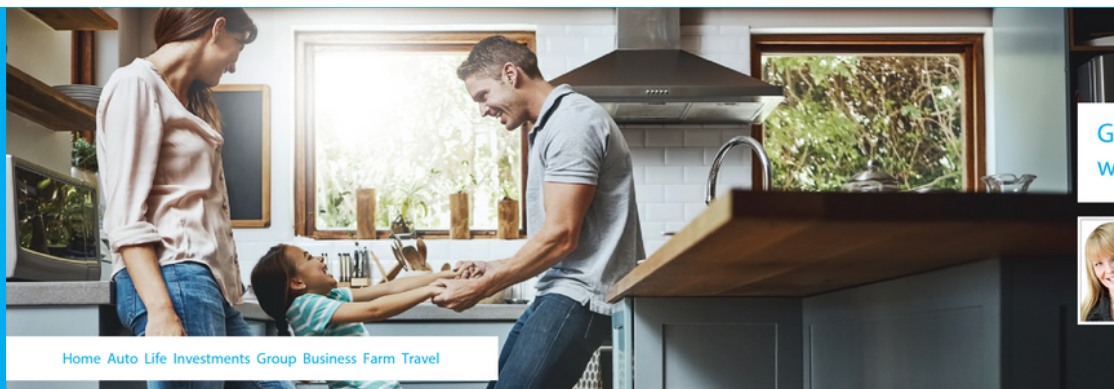
Flo Kehler
Finance
Director



Heidy Braun
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Not all products available in all provinces.



Cyndi McLeod
Grief Support
Services Manager

Adult Grief SUPPORT

I am passionate about being of service - meeting others where they are, reaching outside myself in support of helping others along their journey "when life happens".

The death of someone near often feels overwhelming, as does the diagnosis of a life-limiting illness. Both experiences result in grief, similar, yet different – grief following death vs. grief prior to death. As individual as we all are, grief too is unique to each of us. Grief is a natural, emotional response to loss. It is often felt in waves, which can shift from day to day, hour to hour, moment to moment. Understanding the emotions of grief can bring comfort. As human beings, we need connection to community, being seen and being heard. This is the essence of the work we do in providing bereavement services, the gift

of presence.

Everyone has a story....

We recently had the privilege of walking alongside a client living with life-limiting illness. They came first to AHS as a volunteer after not being able to work due to their illness, still needing connection and purpose. They joined our Day Hospice Program, The Link, where they had the opportunity to connect with others in similar circumstances, talk and share about the reality of living with a terminal diagnosis, make connections, build relationships with others and be supported in a safe, caring environment right up to the end of their life. The connections and conversations that happen in The Link are very raw and real. "Our ultimate goal, after all, is not a good death but a good life to the very end." (Atul Gawande)

“

"Fantastic place. Amazing people. Helped the healing process of my family grieving the loss of a family member."

"The death of my husband of over 40 years hit me like a ton of bricks! (AHS) offered grief companioning support and a place to feel safe and open up about how I was feeling. They hung a decoration outside in memory of my beloved husband even though we got hit with a bunch of snow. They stayed and were there to greet me outside safely! I don't think I could have handled Christmas as well without them!"

"The staff were great and they helped us so much. Even after my wife passed away they were there to help."

”



Clients who reach out to AHS are all sharing vulnerabilities. This is so apparent in the quilt that Marilyn made in honour of her brother's memory. She has named this quilt, which is a raw self-portrait, Grief & Despair. If you look closely, you will see family & friends, 'those who are left behind'.

We all navigate grief in our own way.

We are here to support you.

Some of the adult services we offer include: one to one companioning, various support groups for women grieving the loss of their life partner, parents grieving the loss of a child, pregnancy & infant loss, those living with a life-limiting illness, and various self-care classes and workshops.

Reach out to us for current availabilities and schedules.

DID YOU KNOW?

Most adults believe it would take a year or more to adjust to the death of a loved one but only 10% of adults have participated in a support program following the death of a loved one. We offer free support for all ages.

Join us for our annual

Memorial Butterfly Release



A healing experience
for the whole family

Saturday, July 17

\$35/butterfly memorial kit (includes live butterfly)

TO REGISTER PLEASE GO TO
www.abbotsfordhospice.org/butterfly

Congratulations!

Happy 35th Anniversary Abbotsford Hospice Society!

Thank you for your care and support within our community.

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Leanne Shuttleworth
Children & Youth
Services Manager

Children & Youth SUPPORT

At AHS, our team of staff, practicum students and volunteers create strong supportive connections with children and youth, through helping them define what their own healthy management, of their personal grief experience, may look like. We work with ages 3-18 in one-to-one and group sessions, as well as many different activities/approaches, from expressive arts and painting, to working with animals or playing sports. We honour the many feelings associated with grief, while affording children and youth an opportunity to express those feelings in a meaningful way. By offering them a safe space to share their stories and express

their grief we aim to empower them for their futures. At AHS, we believe in walking alongside children and youth in their grief journey - offering support where they deem they need it, while creating opportunities for them to safely manage the many feelings associated with their loss. A good example is of a 10 year old I have been working with. We were beginning a one-to-one session in our Willow Room, when the child noticed the colourful dotted hearts on the wall and asked what they were. I explained that those were fingerprints from the many kids who've gone through our Lighthouse programs – an ongoing grief support program for children ages 6-12. The child told me that seeing those [thumbprints] made them feel less alone.

This beautifully highlighted the importance of knowing other kids have suffered loss too, and for this child 'seeing' that they were not alone in their grief, meant a lot to them. More often than not, children and youth can find their grieving to be isolating. We value the connections we make with the children, youth and families we serve, and are working hard to further raise community awareness of childhood grief and supports.



Kaamil Sidhu
Children's Services
Coordinator



"Grief can come in many different ways. It can come in anger, sadness, nervousness, stress. Because other things are going on in your life... I don't like it when adults say that "everything's going to be ok"... it's not always going to be OK. It's nice when adults give me my space when I need it, and it's nice when they check-in on me."

- 11 year old grief client

Ashley's story



Growing up in an Indo-Canadian family, hospice wasn't a word we used in our house. Culturally our grief journey stays in the family and remains in the family, and is kept very private. You just don't talk about grief and you don't talk about the person who has died or about them afterwards.

When my dad died when I was 7, it was a shock to me as I couldn't really grasp what death was. It was so hard on me and my brother (5 years old at the time). Being a child and wondering if your loved one's death was your fault can really impact

you and hurt you. [In children] it can manifest in anger, sadness and acting out and they are labelled as a problem child when in reality they're just grieving. Not having the space to talk about my dad really affected me, especially keeping it inside, and it manifested in different ways for me.

It wasn't until I started volunteering at AHS where I was able to understand that you don't have to do the grieving journey alone. Even though your emotions and experiences are personal to you, you have a safe place to grieve. Be sad, or be relieved, or just be upset with no judgment or fear of talking about your loved one.

If you're a part of an Indo-Canadian family, I highly encourage you to seek grief support, if you need it, at AHS. It doesn't make you a weaker person. It's available for you and you are deserving of this. You deserve to grieve in a healthy and happy way.



"Sitting under the trees, writing on paper butterflies about our loved one, the little boy looked at my butterfly and said "My dad's name was Dave too!" It was truly a beautiful moment, and solidified our connection. It was so special to see his face light up after hearing stories about my dad and him sharing about his dad. We were living their memories. They were alive when we were speaking about them. Even though they are gone, we can still live on without them."

- Children's Grief volunteer

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End of Life SUPPORT

It is an honor to work in the Palliative Services Program, at Holmberg House, at the Abbotsford Regional Hospital and in the community, to walk alongside those who come here for end of life care, and their families. I am privileged to work with trained volunteers and Fraser Health care providers.

Together we are part of person-centered care team that believes that "everyone matters to the last moment of their life, we will do what we can, not only to help you die peacefully; but also, to live until you die." (Dame Cicely Saunders)

It takes great ideas and planning with volunteers and care providers to make this a reality for the people we serve. It could be something as simple as a cup of tea and a cupcake, a freshly baked cookie or being able to go back to childhood memories by petting a horse that has come to visit Holmberg House. It might be working on a puzzle with a volunteer, listening to a musician in the hallway, working on a letter to a loved one, or sharing a life story. There are a variety of unique ways to help everyone live well. Palliative Care is where very ordinary, everyday things become extraordinary. We try to bring what matters the most to each and every patient in their end of life journey.



Tina Van Ry
Palliative Services
Manager



Dhaliwal family
Hike for Hospice 2019



"The Dhaliwal family is grateful for the support we received during our time at Holmberg House. While experiencing our loss we felt valued, heard and listened to. Everyone we crossed paths with was heartfelt. It truly is a community of family."
- Dal Brar

Robert and Jacquie were so thankful he was able to be at Holmberg House. "This is where I will live until I die and I want to thank you for making this time for me, so wonderful."
- Robert Turnbull



Robert during a horse visit at Holmberg House



Irene and Ron, siblings and patients at Holmberg House

"In 2017, our family lost two very special people within 5 months of each other...my dear Mum (Irene) and my Uncle Ron, her 'baby brother' as she affectionately called him. Our families felt so fortunate for the loving and compassionate care they (and indeed all of us) received through the Abbotsford Hospice Society. When we could no longer do the things these two amazing people needed, there was a community of people who could. They were both keenly aware that this was their 'last stop' but from

the moment they entered those doors they were warmly welcomed into the 'Holmberg House family' with tender, loving care from the staff and volunteers. We are all so very grateful for this wonderful little jewel in our community and the efforts of the amazing people that make it the supportive environment it is."
- Debbie Kennedy

Contact our Development Team to learn more about our **Corporate Sponsorship Program.**



Jeffrey Nelson, General Manager at Abbotsford Volkswagen & Andrea Critchley, Executive Director at Abbotsford Hospice Society

Driving change in our communities.
New Leadership, New Era

Our commitment goes much further than cars. One of our corporate values is the commitment to our community.

We would like to congratulate the Abbotsford Hospice Society on its 35 year anniversary. Thank you so much for the amazing work that you do.

We encourage everyone to help and support however they can, no matter how big or small, everything helps!



Volunteer PROGRAM

Volunteers have been the heart and life-blood of Abbotsford Hospice Society since the start. Our network of over 120 active volunteers demonstrates exactly what it means to be the heart, hands and help in our community. We appreciate these community members who have added so much value to our charity. We foster support and unity amongst our volunteer

network, by holding appreciation events, volunteer training and support meetings. We value and support our volunteers so they in turn, can support those who are dying and those who are grieving. Each volunteer comes with their own unique set of life experiences, gifts, and talents. Students all the way through to seniors from our community

contribute by giving of their time and energy to AHS. They help at our fundraisers, memorial events, with grief companioning & support groups, palliative support, youth camps, cooking classes, zoom and telephone supports, etc. Some of our volunteers sew, quilt, bake, play music, lead yoga classes and offer hospitality to those who are dying and to their loved ones. Our volunteers bring the heart into hospice. They truly embody what it means to "honour life and share in grief".

BENEFITS OF BEING A VOLUNTEER:

- increases self-confidence
 - provides a sense of purpose
- helps you stay physically active
- combats stress or depression

"Communities become healthier when each one in the community feels heard and validated. AHS Client Support Volunteers are available to journey with others in honouring life and sharing in grief".

DID YOU KNOW?

- Close to one-half of Canadians volunteer
- Ages 15-24 represent the highest percentage of volunteers (58%)
- 1.1 million full-time equivalent jobs are represented by volunteering annually



Myra Lighthouse
Client Support
Training

How to volunteer:

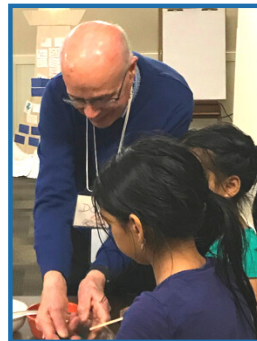
The first step is to reach out for an initial interview to volunteer with AHS. The application package will then need to be completed and the candidate may then be added to the next available training class.

Volunteers start their role with a ten-week, thirty-hour course which addresses topics relating to age-specific bereavement, the needs of the dying and their families, the impact of family dynamics in anticipatory grief, the importance of self-care and the benefit of advance-care planning.

Listening is the underlying theme of all the modules in the training course. Participants learn the technique and value of holding space for someone sharing a grief experience and journey.

Once training is complete, you will have a very good idea as to where you would like to volunteer with us. You will then be added to the volunteer community at AHS and will receive regular communications as to where your volunteer services are most needed.

Email info@abbotsfordhospice.org for more information.



Don Strangway

"My main involvement, since I started volunteering in 2014, has been with the youth grief support program, which have all been led by caring and compassionate leaders. I have learned to listen to the children, let them create their own art work and, without being judgmental, let them explain what

the meaning is for them. With the children, I have shared lots of laughter and fun times, as well as periods of serious sharing. I feel blessed to have had the opportunity to share with these wonderful and resilient young people."

“Most of us will have at least one event in our lives that will bring us to our knees so to speak. A tragedy, an accident, sickness or loss with a collapse of expectations and reference points that are overwhelming, exceeding our normal coping skills and leaving us emotionally rudderless. For many that single event is the death of a loved one leaving us in shock, wanting the rest of the world to stand still and someone to bear witness to our grief, to share the impact of the event and embrace the new reality. Enter the hospice grief support volunteer, a stranger offering companionship, a listening ear, kind words and an understanding heart that opens to sorrow. A relationship develops and ironically, over time this crucible turns into something extra ordinary, generating healing and new hope. For the volunteer, the opportunity to enter another's life at such a time is profound, a gift of the universe that just keeps on giving".

- Long-time AHS volunteer



What our *community* has to say...



Grief and death are sometimes a hard subject to talk about, or walk through. That is why hospice is so vital to our community. They help individuals by offering them support, love and compassion - and they do this so well! I praise their service to our community and I would encourage each one of us to think about how we can support such an important work.

- Vivian Trethewey
Community Supporter



Congratulations on 35 years of helping others in their most tender & vulnerable time of need. The work you do is so uniquely important in that it has no barriers, boundaries, or divisions; it is truly for all of us.

Dear fellow Abby residents, let's continue to support this important work for the next 35 years as we never know who will need it next; it could be any of us. Thank you, AHS, for caring for the Manuels in our time of need.

- Vijay Manuel
MEI Head of Schools



Congratulations to the Abbotsford Hospice Society on providing 35 years of end of life and grief supports to our community. The Abbotsford Community Foundation is honoured to partner with Abbotsford Hospice Society through grants provided by our Smart & Caring Community Fund in support of their many programs that help children and families navigate some very difficult times.

- Wendy Neufeld
Executive Director
Abbotsford Community Foundation



I will be forever grateful for the committed team of staff, volunteers and donors that shared a vision of a freestanding hospice that they support to this day. AHS continues to evolve, now focusing on including our rich racial and cultural diversity. My heart swells with Abbotsford Hospice Society pride.

- Bobbi Spark
former AHS Executive Director



Care for those actively dying and support for their families has been expertly delivered in Holmberg House for more than 5 years. Abbotsford can be very proud of the facilities and services offered at Holmberg House including the substantial expansion of grief support for children. Holmberg House is a community treasure for Abbotsford.

- Ron Kuehl
former AHS Executive Director



For 35 years AHS has been the rock to lean on for those who are dealing with loss and holds steady the cradle to help care for the dying. Holmberg House is truly a gift to us all that would not have been possible without the support of so many generous families and organizations from our community. I am very proud to continue my support of AHS so their staff and volunteers can provide extraordinary care each and every day. Thank you all for supporting AHS however you are able.

- David Turchen
former AHS Board Chair

Ways to show your *support:*

- **Make a one time donation** - in person at our office, by mail or online at www.abbotsfordhospice.org/donate
- **Monthly Gifts** - by becoming a monthly donor you're creating a lasting, long-term impact for tomorrow. To set up online monthly donations please call our office.
- **Memorial Gifts** - a donation in honour of your loved one allows their memory to be a support to our community. Place their name on our Memorial Wall with a minimum gift of \$1000.
- **Host a Fundraiser** - Events raise funds AND awareness! Learn how you can host an event on our behalf in cooperation with your family, community group or business.
- **Special Events** - Sponsor or purchase tickets to one of the many events we host throughout the year. Funds raised go directly to support our programs and services.

How your support helps:

Abbotsford Hospice Society is a non profit organization and fundraising allows us to offer services at no charge to our community. We are Government supported, not Government funded. Our programs reach approximately 1 in 10 Abbotsford residents every year.



Thank you for your gift and support of the Abbotsford Hospice Society.

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