



Gordon Mitchell Memorial Fund Report to the Community

Volume 16; Issue 1

Awards

Four awards are provided annually to students from Olds High School; to date \$22,500 has been awarded to 73 students.

Sport Bursary: \$500

Registered Apprenticeship Award: \$500
Nolan Layden

Spirit – Gr 9 Award
Cole Mueller

Spirit – Gr 11 Award
Aaron Verhesen

2019

15th Anniversary Campaign

In 2019, a **\$15 - \$150 for 15 years** fundraising challenge, to grow Gordon’s legacy fund and to invest in youth at Olds High School was launched.

Thank you to these amazing ‘difference makers’:

- Dr. Paula Burns
- Terry & Elizabeth Huculak
- Kyle Juneau
- Penny Kivell
- Tracey Melnyk
- Jim & Joyanne Mitchell
- Kaitlyn Mitchell
- Shirley Mitchell
- Daryl & Tracy Teron
- Kirsten Ziegler
- Anonymous (2)

You crushed the goal of \$1,500, raising \$1,650.



“There is no health without mental health”



Message from the Family

“Life Goes On... but differently”

This year marks the anniversary date of when we've lived without Gordon for as long as we had lived with him. This doesn't seem possible. In many ways it seems as though that he is always with us - but then we realize that there are no new memories. The journey through grief is slow and painful but eventually you come out on the other side – changed but hopeful for life. Lessons that we've learned include:

Life Goes On...but differently – During grief you learn that no amount of begging or bartering will bring your loved one back. You settle in, asking for the strength to accept it and you find ways to honor the memories that you are left with.

We chose to help youth through a scholarship fund. We were lucky that our friends and family fully supported building Gordon's legacy.

You Learn How Strong You Really Are – After realizing that we had no power to change our situation, we decided that we just needed to 'get through' the hour, the morning, the day...and repeat. Resiliency is finding your small anchor to hang on to.

You Learn How to Choose Happiness – Bad experiences can 'break you' or 'build you' ...we had to be intentional about choosing to heal and to grow. We learned that it was okay to smile again, that life wasn't always fair, but it was okay to choose happiness.

You Find Out Who Is in Your Corner – It is easy to

support someone when they are at the top of their game, it might even feel good to ride along on their momentum, but when they need you, are you there? We were overwhelmed with love and support. It can be the small gestures, like asking "How are you today?" ...and listening, really listening.

You Learn That Tomorrow Is Not Guaranteed – Live today! Take that holiday, spend time with loved ones, help those who need a hand up... tomorrow is not guaranteed. Live with no regrets!

Thank you for being on this journey with us.

We won't forget it!

Jim, Joyanne & Kaitlyn
Mitchell

To donate to the Gordon Mitchell Memorial Fund, please contact Olds High School directly or go online to **CanadaHelps.ca** and choose Chinooks Edge School Division, in the notes put Gordon Mitchell Fund.

“Rise above the storm and you'll find sunshine”



Website:
www.gordonmitchell.ca



Contact:
403-556-3391



Email:
division.office@cesd73.ca