



## PRESIDENT'S GREETING!



I seem to be living that Country & Western song "On the Road Again", as I have logged well over 2,470 'Outreach' kilometers since my report last September. However, it was well worth every kilometre in the goodwill built towards North, Kootenay Boundary and Vancouver Island Area Districts. Also included in my northern trek to Vanderhoof, were stops at two OMA auxiliaries – Ashcroft and 100 Mile House. As next year's North AGM will be held in Terrace, I will be able to visit not only the Terrace Auxiliary, but also Burns Lake, Smithers and Fort St. James/Stuart Lake, Mother Nature (i.e. possible fires) permitting! Including June's (2022) travels with Diane, I have just past the half-way mark of in-person visits. The goal is to meet personally with all our great auxiliaries within a 5-year cycle. Although we are constantly trying to encourage AGM/Conference attendance, we realize that it isn't always possible for some of our members to commit to extended travel away from their home areas.



By going to them, we can connect on a one-to-one basis and respond personally to their needs or queries. I see it as putting our mandate into action – education, leadership and communication. Over half our 4,000 + members now receive our newsletter (thanks Sharon & Cheryl) right on their own computer screens, indicating that more and more of our members want that direct connection with the latest and best shared ideas. Our 6 Area Directors, each have a vital role in continuing to promote the support that BCAHA can offer to its members. They're there to help!

Our April 21-24, 2024 - AGM/Conference is fast approaching! Early reservations have a chance to win one of two free registration packages. Look for further info on the Craft Market (for the Tribute Bursary Fund) to be held on Sunday night, as well as the return of the Photo Contest.

As always, bidding will be fierce at the Silent Auction tables!

Vice President Ian Burke is lining up a great programme for us. Come one, come all!

Respectfully submitted,

Carole J. Murray

BCAHA President



...From the BCAHA  
Board of Directors

Carole, Ian, Allana, Diane, Cheryl,  
Yvonne, Fern, Nadi, Lynda,  
Heather, Amanda, Joanne



Your board working hard in  
Vernon planning the Spring  
AGM!!



## AUXILIARY NEWS!

### An AGM in Kootney Boundary



Carole presents 80th Anniversary Certificate to President Judy Aldridge-Trail Auxiliary.



Allana Ferro congratulates Wendy Schwab, retiring Kootenay Boundary Area Director, on her service.



The Salmo Auxiliary presents a cheque to Dr. Nic Sparrow (KERPA)

### A Luncheon on the Sunshine Coast



SCHA member Marilyn Charles manned the sign-in table.

SCHA Director Marion Mitchell and AD Yvonne Chard enjoyed a chat.



Vice President Ian Burke brings SCHA greetings from BCAHA.

Luncheon Entertainment!!

Jacqui Jones-Cox was a hit as the best dressed heifer!



### An AGM In Nanaimo

Vancouver Island BCAHA  
Conference Oct 11, 2023



Area Director Nadi Bottomley thanks President Carole Murray for attending.



Attendees at this years conference were:  
(L to R) Susan Watt (Director of Personal), Ruth Goodbody (Past President), Marg Anderson (Past VI Area Rep), Paula Scott (Corresponding Secretary), Pam Fraser (Recording Secretary), Sara Stayte (Treasurer) and Tara McHugh-Lee (Manager).

Several auxiliaries were interested in the benefits we were able to share about having a full-time manager, both for the volunteers and fiscal perspective.



## AUXILIARY NEWS!



### An AGM in Vanderhoof

The Northern Area held it's first amalgamated conference (East and West combined) September 16th, attended by BCAHA president Carole Murray and Northern Area Director Fern Hansen.



Smithers brought 10 delegates to the Sunflower Celebration!!



Loretta Sumanik was installed as President of the Prince George Auxiliary.



What wonderful food and hospitality was provided by these ladies!

Leslie, Ruth, Fern & Linda



The delegates had a tour of the Vanderhoof **MENSLED....A THRIFT Store for and by MEN!!!!** You need it? They've got it, or they'll build it!!



### Ever heard of a 'Menshed' ?

Of immense interest to those attending the AGM in Vanderhoof, was a visit to their local Menshed. I had never heard this word before. Perhaps you haven't either? The idea has apparently been imported from Australia/New Zealand (2007). Arriving in Canada, by way of Winnipeg, there are now over a dozen currently in BC.

Vanderhoof lays claim to being the first in BC and was established as the "Vanderhoof Menshed Society" in 2015.

Here is a direct quote from their brochure –

"In a number of countries, community Men Sheds are the fastest growing organizations there are. The movement has become so successful that it has become an accepted model for meeting the needs of older men's health & well-being. Essentially Men Sheds are about increasing that well-being by fostering social connections & increasing self-esteem". The group, of close to a dozen gentlemen that met with us, were truly excited to share their successes. From refinishing furniture, to building ramps for the disabled, or even installing wheelchair lifts, they serve the small construction needs of their community.

They can also sell enough reclaimed/refurbished items to offer scholarships to kids studying for the trades. Their pride of service to the community and the bond of joining together for meaningful work was clear.

However - 'No women allowed!'

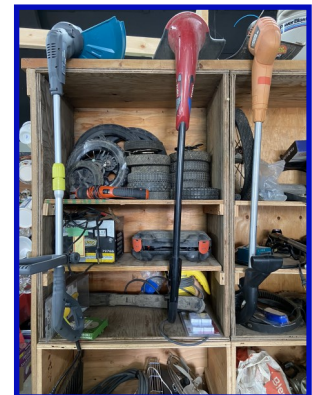
**Below:** Smithers delegates resting at the menshed!! One can purchase everything from furniture to tools!!



Prince George delegates admiring the 'for sale' items.



Tools



Homemade toys!



## AUXILIARY NEWS!

### In Abbotsford

#### THE BUS HAS ARRIVED!

The residents of Cottage Worthington in Abbotsford and The Residences in Mission (TRIM) were the recent recipients of a long overdue new bus. The drive for the bus began a few years ago after the older bus became inoperable and unsafe. The project to purchase the bus was made possible through the collaborative effort of the two Auxiliaries, Abbotsford and Mission, who donated \$55,000 each towards the \$157,000 cost.

In recognition of their contribution, each auxiliary has their logo on the bus along with the logo of the Fraser Valley Health Care Foundation who spearheaded the drive for the bus. Amazing what we can achieve when we work together!

TRIM social worker Jocelyn Ratzlaff said the bus allows for residents to take trips which increase social connectivity and combat social isolation. "The bus helps bring our residents out to see the community and normalizes their life and makes the community aware of those who live in long-term care," she said.

John Varley, a respiratory therapist at Mission Memorial Hospital, said the bus provides an opportunity for residents "to experience new things, and create new stories, as well as reminisce about the past."



Janet Hutchinson, president of Auxiliary to the Abbotsford hospital remarked "for too many years, residents in care had no access to travelling within the community and now the opportunities are here."

Along with regular seating, the vehicle allows for four standard wheelchairs and three extended wheelchair positions. Each auxiliary is happy to know that their efforts are helping improve the quality of life for those living with in the Fraser Health facilities of Abbotsford and Mission.

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### In Chemainus

The Chemainus Auxiliary made a \$50,000.00 donation towards equipment to the Cowichan District Hospital Foundation. All newly purchased and existing equipment will be moved to the new hospital that will be open in 2027.

The Auxiliary has pledged another \$50,000 for next year as well.



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### In Prince George

On a beautiful first day of fall in Prince George, the Auxiliary participated in the city-wide "Junk in the Trunk" event at the CN Center parking lot!! Many thanks to all members who contributed items for sale. It was a lot of fun and we made \$1300.00 for the hospital!!





## AUXILIARY NEWS!

### DO YOU HAVE AN ERIKA?

DO YOU HAVE AN ERIKA IS A PLACE ON OUR NEWSLETTER TO RECOGNIZE EXEMPLARY AUXILIARY MEMBERS. PLEASE CONTACT THE NEWSLETTER EDITOR IF YOUR AUXILIARY WOULD LIKE TO HONOR ONE OF YOUR MEMBERS.

bcahanewsletter@gmail.com

### In Fort St James

**Sherry Neilson** arrived in Ft. St. James on August 31, 1969. Shortly after arriving in town, she was asked by her new friend Arvilla Silver if she would like to go to a meeting of the Hospital Auxiliary. Thinking it would be nice to have an evening out she said yes. Fifty-three years later she is now a life time member of the Stuart Lake Hospital Auxiliary Society. She was always willing to get involved. She helped get the hospital constructed in the Fort and was instrumental in the charity registration with the CRA. Helping to earn money to purchase items for the hospital she assisted and lead many Luncheons, dart shoots, and fashion shows. She helped with the two North East Area Conferences that we hosted here. She held many positions on the Auxiliary executive including President, Treasurer, and she assisted with the Federal Government Charitable Tax receipts Her latest position was Auxiliary Historian.



Sherry Neilson receives her BCAHA life time membership from BCAHA president Carole Murray at the September North Area AGM in Vanderhoof.

### In Coquitlam

At the Eagle Ridge Hospital Auxiliary:

Honorary Member

### Anne Kellett Turns 100!



Anne was one of the founding members of our Auxiliary. Anne became involved in 1976 as her husband's friend, Cobb Johnson, persuaded him to join a committee petitioning the Provincial Government for a Community Hospital.

Cobb also talked about forming an Auxiliary for the new hospital. Founding Auxiliary President Ingrid Jonasson had suggested selling the trees that were felled to make way for the new hospital. Anne remembers selling the wood on Saturdays. She said it was cut into hearth size pieces and sold for \$5.00 a trunk load.

On behalf of the Auxiliary Ann and Mitra presented Anne with a vase of flowers created by Jeannie Gettle. They also gave her a card from ERHA and BCAHA.



### In Vernon

**Virginia Brucks** has been a member of the auxiliary for 56 years and her son Brian Brucks, who is an Anesthesiologist at Vernon Jubilee Hospital, read an article in the Noise (VJH newsletter) about the Auxiliary. He, being a dedicated son, came to us at the Auxiliary and advised us that his mother Virginia Brucks, 90 years old, is in Polson Extended Care and has been a member of the Auxiliary since 1968, and would she be eligible to receive a Years of Service Pin. So, the Auxiliary said of course. Our pins only go up to 50 years, so we decided to present her with one. The Auxilians in this picture below are May Correale, Valerie Tribes, Valerie Rowntree, and of course Virginia Brucks. Virginia was thrilled to receive this recognition.



## AUXILIARY NEWS!

### In 100 Mile House



The 100 Mile Hospital Auxiliary is busy with their raffle! Our members have put together a lotto wreath, handmade quilt and a gift basket with assorted gift certificates from around town. We are selling Raffle Tickets at our gift shop and every Friday in the community. The draw date is December 15th

### In Ladysmith

BC Cancer Thank you

This tablet was presented to us by Jordan McClymont, Senior Development Officer - Gift & Estate Planning for BC Cancer.

Jordan was very appreciative for our donations over the years. Most recently, the Auxiliary funded radiation adapters for cervical cancer treatment.

Currently the tablet is at the Thrift Store in the kitchen on display.



### In Delta

The Auxiliary donates \$700,000.00 to the Delta Hospital Foundation.



Our Auxiliary recognizes the vital role that healthcare plays in Delta and works to strengthen the community by supporting the Delta Hospital Campus of Care. We partner with the DHCH Foundation and operate under the BC Association of Healthcare Auxiliaries.

Our four Auxiliary businesses – the Courtyard, Dogwood Gift Shop, Lifeline, and the Thrift Shop – support the purchase of priority medical equipment and fund annual programs at the Delta Hospital Campus of Care, as well as bursaries to assist students and staff.



### In Cowichan

Our publicity director sent out a survey in the spring. Results indicated that General Meetings were too boring. In response it was decided to make June's meeting a little more fun. Dress was casual and fun summer wear (no bikinis). A few summer decorations were put up to create a fun atmosphere. After our auxiliary business was taken care of we had a draw for fun summer door prizes.

Lunch was served by the Eastern Star at members' expense. Crustless sandwiches, pickles, and a good selection of baked treats were followed by breathing exercises with a Healing Arts specialist.

Betty Roux





## AUXILIARY NEWS!

### In Prince George

The Auxiliary to UHNBC participates in the Spirit of the North Foundation fund raiser called the Festival of the Trees. Trees are decorated by local organizations and auctioned to the highest bidder! This tree was decorated with hand crafted items made by auxiliary members.

Donna, Carol, Ann, Gail & Janet



The finished product!!



### In Comox



The Comox Valley Society for Comox Valley Healthcare play hard and work hard. Here are some members having lots of fun modelling some fashions from their thrift store!



Here is a picture of one of the results from all the hard work of the volunteers with the Auxiliary in the Comox Valley.

They recently donated \$100 000 towards the purchase of a new electric bus for Providence Living at the Views. Thank you volunteers!



## AUXILIARY NEWS

### In Williams Lake—Cariboo Memorial Hospital Auxiliary – 100 Years on June 26, 2023!

The Cariboo Memorial Hospital Auxiliary has its roots starting in 1923 with a group of ladies calling themselves the “Social Circle” who met every month in the dining room of the Central Hotel for a friendly game of cards or a sing song. If they had money left at the end of the month after buying refreshments, they would donate it to a fund for the proposed War Memorial Hospital which was opened in February of 1925. Early records from 1923 indicate the Auxiliary ladies contributed to a fund on a monthly basis, anywhere from 25 cents to 75 cents. Gradually the Social Circle evolved into the Ladies Aid to the Hospital. This hard working group of women would buy bolts of material and make it into sheets, pillow cases, gowns and layettes. The ladies who owned treadle sewing machines did the sewing, some pressed with sad irons and those living closest to the PGE railway water tank did the washing.

Over the years there were many different fund raising events including fashion shows, a cabaret which continued for ten years, Christmas Bazaars, rummage and garage sales, teas and bake sales. The proceeds from these events were used to purchase equipment and furnishings for the hospital. Currently the members of the Cariboo Memorial Hospital Auxiliary run the Gift Shop at the Hospital. Other volunteers donate their talent, time and material with knitted, sewn, or crocheted crafts for sale at the store. Further fundraisers are silent auctions, bake sales and raffles. All profits are used to continue to purchase equipment and supplies



Certificate of Recognition we received from MLA Lorne Doerkson, Cariboo Chilcotin.



MLA Lorne Doerkson, Cariboo Chilcotin, presenting Certificate of Recognition to Judy Newbery, Auxiliary President, at our 100 Anniversary Tea held September 16, 2023



Some of our Volunteers who were at our Anniversary Celebration. From left to right - Front Row: Marg Bublitz, Judy Newbery, Joanne Laird, Elizabeth James, Mary Lewis

Back Row: Val Fleming, Anita Davidson, Judy Reid, Bernice Taylor, Christina Ford and Heather Fay.

### In Squamish



The Squamish General Hospital Auxiliary Society at its annual bazaar on November 25, 2023. These members are a very hard working group dedicated to raising funds to buy equipment for the Squamish General Hospital.



An extraordinary Anniversary cake!



## AUXILIARY NEWS!

### In Cowichan

#### Auxiliary to Cowichan District Hospital

Christmas Chaos Craft Sale at Duncan's Community Center.

Our Needlers, a group of Auxiliary members and friends of the Auxiliary, created knitted



items and other crafts for a local Christmas craft sale. The Chaos Christmas sale was held Thursday Nov 16th to Sunday November 19th. During the 4 days sales our members raised over \$3,200 up \$700 from last year. The increase in sales was in part due to a purchase of a 'Square Reader' for debit and credit card purchases. We sold 108 Kit Kat sleighs (lower left corner), 'squeeze my cheeks', scrubbies, and little dolls in a blanket. Knitted sweaters were also popular with buyers.

Betty Roux

### In Salmo

The Salmo and District Healthcare Auxiliary Society was a major contributor to the Ambulatory Care Campaign. The KBRH Health Foundation's Ambulatory Care Campaign raised \$1.1 million to support both current and future needs of the Ambulatory Care departments.

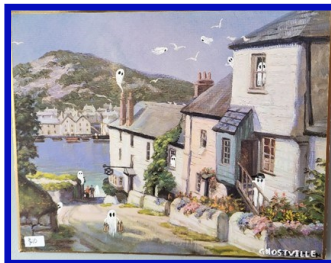
The 2023 Ambulatory Care Campaign & Donor Wall Video can be found here:

<https://youtu.be/toi4SFkw37c>

### In Coquitlam

We have a very talented volunteer at the **Eagle Ridge Hospital Auxiliary** Thrift shop. Courtney works on Thursdays and helps Barb R. sorting through our toys and crafting items. Courtney is also a very talented artist. She took our paintings that weren't selling and some of our sad poor dolls and turned them into Halloween masterpieces.

Ta Da! Haunted Friendly Dolls and Ghostly Paintings. Every item sold.



SHOP FOR WINTER AT  
YOUR LOCAL AUXILIARY  
THRIFT STORE!



### In Invermere

Invermere Thrift Store (IHCAS) has had a phenomenal year in terms of fundraising efforts and the money generated from our sales days and events.

1. The total sales to date are \$520,000.00 which is \$100,000.00 more than last year at this time

2. The total we have paid out to qualified donees, Interior Health and EKFH including scholarships is \$433,000.00

3. Our store recently held a Christmas one day sale, raising \$4305.00.



## OUTREACH VISITS FALL 2023

### Outreach in Williams Lake



Pres. Judy Newbery holds a hand made poncho.



Judy Newbery (Pres.) Joanne Laird and Mary Lewis (Treas.) at a well stocked Gift Shop.



Carole found a new purse she just had to buy from Joanne Laird

### Outreach in 100 Mile House



Lynn Landry, Joyce Bueckert, Gail Maglis, Lynn Olsen



Lynn Olsen, Gail Maglis, Lynn Landry, Carole



### Outreach in Ashcroft



Come on in to shop at amazing Ashcroft!

### Outreach in Prince George



Carole getting all glammed up at the Prince George Thrift Shop!



Lunch at BC's most northern winery in Prince George!

Lindy, Sharon & Carole



## OUTREACH VISITS FALL 2023



### Outreach in Kaslo



Andy and Tracey point out the heritage past of their Thrift Store.



Attractive river front carving in Kaslo!

**Outreach in Nakusp:** Treasurer Laura and fellow members were delighted to receive their 115th year Anniversary certificate from BCAHA.



President Linda Henke (back-third from left) proudly discussed their many donations to community healthcare.

### Outreach in Castlegar.

A valuable meeting with (l-r) Vivienne, President Rosalie and Wendy.



## AUXILIARY PIN INFORMATION

### AUXILIARY VOLUNTEER RECOGNITION

BCAHA offers a series of pins to recognize Auxiliary members with hours or years of service pins.

New members receive a "Hospital Auxiliary" pin and after the first year of service they would receive a "1 Year" pin, everything after is in 5-year intervals. If you prefer hour pins are also available.

### AUXILIARY EXECUTIVE RECOGNITION

BCAHA also offers Executive Board position pins that are attached to a large "A". Maybe it will inspire your Executive to collect them all ... GOOD LUCK!

The order form is on the BCAHA website at [bchealthcareaux.org](http://bchealthcareaux.org) or contact the Director of Finance, Allana Ferro at [aferro@telus.net](mailto:aferro@telus.net) or phone (250) 368-1657.



## YOUTH EMPLOYMENT OPPORTUNITY FOR NON PROFITS.

The annual Call for Applications for the Canada Summer Jobs (CSJ) program will be launched **during the week of November 20<sup>th</sup>, 2023, and will end on January 10, 2024 at 11:59 p.m.** (Pacific time).

For 2024, CSJ is maintaining its regular parameters and will offer quality jobs during the summer season with an aim to fund over 70,000 jobs for youth.

**Not-for-profit employers can receive a wage subsidy up to 100% of the current provincial or territorial minimum hourly wage. Whereas public and private sector employers are eligible to receive a wage subsidy of up to 50% of the current provincial or territorial minimum hourly wage.**

### CSJ 2024 - Are You Ready?

Are you ready to:

- create quality work experiences for youth?
- provide youth with opportunities to develop and improve their skills?
- respond to national and local priorities to improve access to the labour market for youth who face unique barriers?

If yes, don't wait until the last minute to apply! Each year over 60% of employers wait until the last week of the Call for Applications to submit their application. Don't risk missing the deadline and apply early for the Canada Summer Jobs funding!

### How to prepare to apply?

Already have an existing Grants and Contributions Online Services (GCOS) account? Then log in to your account to apply once the Call for Applications is open.

If you do not already have a GCOS account, create your account today and take note of your Organization ID and User number for future reference.

Creating a GCOS account is a one-time process and allows you to apply for CSJ and more funding opportunities with Employment and Social Development Canada in a secure web environment.

### Your GCOS account allows you to:

- Apply for funding and track your application status for CSJ and other Employment and Social Development Canada programs;
- Save your application and finish it at any point in time but only while the Call for Application is open;
- Submit supporting documents;
- Set up a direct deposit;
- Access your account 24/7 from all mobile devices.

Register today for your GCOS account and be ready to apply for CSJ in November!

For more information or assistance with your GCOS account:

Visit: [Canada.ca/esdcgrantscontributions](https://Canada.ca/esdcgrantscontributions)

Call: 1-800-367-5693 (7:00 a.m. to 8:00 p.m. ET, Monday to Friday)

Email: [NA-GCOS-SELSC-GD@hrsdc-rhdcc.gc.ca](mailto:NA-GCOS-SELSC-GD@hrsdc-rhdcc.gc.ca)

Visit a Service Canada Centre near you.

Stay tuned for the Canada Summer Jobs launch by visiting the CSJ website!

For more information:

Click: [www.canada.ca/canada-summer-jobs](https://www.canada.ca/canada-summer-jobs)

Diane Thornton  
Past President





## 14 EXCELLENT REASONS TO BE A THRIFTY SHOPPER AT AUXILIARY THRIFT STORES



### 1. Save Money

A thrift store is a great place to buy items that you need at a discount. You can find anything from furniture and appliances to clothing and rare collectibles.

### 2. Help the Environment

The U.S. Bureau of Labor Statistics considers thrift store sales clerks as having "Green Jobs." And for a good reason: every part of the clothing production process takes water:

It takes at least 400 gallons of water to grow enough cotton to make one t-shirt.

A pair of jeans needs at least 1,800 gallons.

There's also all the pesticides that are often used to grow cotton, which can contaminate ground and surface water, leading to soil acidification and agricultural run-off that can disrupt ecosystems.

The entire process requires energy. That includes washing, de-sizing, bleaching, rinsing, dyeing, printing, finishing, transporting, packaging, etc.

Shopping at thrift stores encourages the re-use of clothing and items that have already been created, decreasing the need for the production of additional items.

Finally, by shopping at thrift stores, you're helping decrease the size of landfills.

### 3. Hardly-Used or New Items

It's not uncommon to find barely-used items or new items that still have their tags on them.

It's also not uncommon to find otherwise expensive items for a fraction of the price, especially if your thrift store happens to be located in an upscale area.

And if you have a tailor or access to someone super handy, you can make most garments fit you and repair items that would otherwise cost hundreds of dollars brand new.

### 4. One-Time-Use Items

Need an ugly Christmas sweater for an ugly Christmas sweater party?

Or a costume to get splattered in fake blood for a movie you're making with friends?

Or clothes to wear while painting that you wouldn't mind getting paint on?

Then the thrift store is the place for you.

### 5. The Thrill of the Hunt

Because you never know what you're going to find at a thrift store (and because they restock so often), every trip is a new adventure. You could find a \$1,200 Armani suit jacket for \$8 just because it's from the previous season.

Alternatively, you could find a one-of-a-kind item, discover a collectible, or find the perfect painting to put on your wall. Plus, you might just find something that, fixed-up or as is, can be resold for a profit.

### 6. Emergency Clothing

Forgot to bring a bathing suit for your trip to the beach?

Show up at the campsite to discover it's colder than you expected?

Spill ice cream on your button-down?

Don't fret.

A thrift shop is a perfect place to pick up what you need when you need it and for a lower price than traditional retail.

### 7. Far From Home Items

A thrift shop is a great place to visit while on vacation because you might find items that are less common near your own home.

Sweaters, jackets, and skis are more plentiful in colder climates, and cowboy boots may be easier to find in an area where more people wear them.

### 8. Exercise Equipment & Appliances

It's New Years, so you decide to commit to exercising and meal prepping. Fast forward two months: dusty dumbbells, exercise equipment used as a coat rack, and an instant pot that's never even left its packaging.

But one person's broken New Year's resolution is another person's treasure, so head to your local thrift store to get in shape without breaking the bank.

### 9. Create Your Individual Style

Many people buy their clothes at the same stores but by shopping at a thrift shop, you can create a wardrobe that's truly your own. You can also buy the sort of clothes that you can convert into brand new items.

Want material for a quilt or some jeans to turn into cut-off shorts? Then a thrift shop is the place for you. Who knows, you may have a knack at it and end up being able to sell your creations.

### 10. Broken-in Clothes

Clothes in thrift stores are prewashed and preshrunk, so if they fit in the store, you'll know they'll fit after you bring them home and wash them. The same goes for shoes that are already broken in.

### 11. Kids' Clothes

Children grow out of their clothing quickly, so why spend so much on something that has a short lifespan?

Instead, buy children's clothes at the thrift store and then pay it forward by selling or donating them back.

### 12. No Hoarding

It may be hard to part with an item when you've spent a lot of money on it, even if you're unlikely ever to wear it again. But if that item was bought for \$10 at a thrift store, it's easier to part ways with it, perhaps by selling or donating it back to the very store you got it from.

### 13. No Salespeople

Thrift stores don't have salespeople who make a commission off your purchases, so you don't have to worry about any uncomfortable interactions.

### 14. Thrift Stores Often Help Communities

In addition to thrift stores often benefiting local charities, they're usually involved in community-based programs. Some thrift stores are known to provide job training, employment placement services, and other barriers that may otherwise get in the way of getting work.

### Wrapping Up

Based on the above, not only can thrifting be an exciting experience, but giving your business to your local thrift store can benefit the local community and provide a green alternative.

Information taken from: <https://my.neighbor.org/reasons-why-shop-thrift-store>



## Our BCAHA History #4

### Fraser Valley Area

#### Chilliwack Hospital Auxiliary

Received their charter in May 1911. A novel fund raising for the new hospital was called "Trip Around the World" with various large homes hosting as the countries represented.

#### Chilliwack Hospital Service League

Unable to attend daytime meetings, nine young women joined together to support the hospital nursery. In 1985 the CHSL celebrated 50 years of volunteering service to the hospital.

#### Fraser Canyon Hospital Auxiliary

Formed in 1956 as the Hope Community Club. Rentals of the Community Hall were used for hospital improvements. When the hospital was enlarged in 1972, they began the Gift Shop operation.

#### Auxiliary's Council to Langley Memorial Hospital

Established in 1947, had multiple small satellite auxiliaries until 1967 when the Auxiliaries Council was formed. The number of volunteer hours and funds contributed has increased proportionately as the hospital has grown.

#### Maple Ridge Hospital Auxiliary

Formed in 1953 when the hospital was only in the planning stage. For awhile had multiple branches – Senior Auxiliary, Stella Group and Junior branch. Amalgamated in 1978 with a total of 193 members.

### Mission Hospital Auxiliary

Included both the Senior (1920) and Junior Hospital Auxiliaries (1948) which amalgamated in 1965 to form the Mission Hospital Auxiliary. Worked diligently to raise funds from Thrift and Gift Shops, while supporting the Extended Care Unit with many services. Proudly sponsored a 'Candy Strippers' programme as well.

### M.S.A. Hospital Auxiliary

Matsqui-Sumas-Abbotsford General Hospital Auxiliary has a proud history of service since 1921.

Furnishing the Nurse's Home, as well as sewing sheets, pillowcases, gowns and diapers.

They also assisted in the nursery and supplied shirts, gowns, sheets, spreads and bed jackets.

Their 'Bargain Centre' opened in 1973, raising their purchasing power for hospital equipment considerably from their previous annual daffodil sales. Always involved, they have operated the hospital Gift Shop, manned the candy cart, helped on the Pediatric Ward, done flower care, run a library service and sponsored a 'Candy Strippers' programme.



Mission Memorial Hospital



Chilliwack Hospital



MSA Hospital



Maple Ridge Hospital Auxiliary





# The Auxiliary Growth Imperative

*This article was taken from a presentation given by Bradley Burck at the Auxiliary of West Virginia Hospital Association state conference at the Greenbrier in November of 2022.*

**Change threatens the health of hospital auxiliaries.** Current trends don't look great for those who lead auxiliary groups. The pandemic and generational shifts have altered the way people volunteer and support organizations.

Auxiliaries must adapt. Our attitude toward change is important. It will determine our course for this year, next year, and the years to come.

For example, take the study that predicts that by 2040 health care as we know it will no longer exist. That's because of a fundamental shift from "health care" to "health." Instead of merely treating disease, science and technology will help us identify it earlier, intervene proactively, and understand its progression so doctors and patients can take preventive action.

While these kinds of changes may make us throw up our hands in surrender, they shouldn't. There will always be a need for auxiliaries in a hospital and medical facility setting. But in order to stay relevant, we must become vibrant, valuable, and ready for the future. We must meet the challenge or change or the reality is that the auxiliary you know and love may not be around in the future. Here are five things a hospital auxiliary can do immediately to adapt and achieve in this sometimes bewildering climate.

## 1. Grow or die.

As a general rule, auxiliaries are not growing their membership. I have a saying when it comes to groups. It goes like this: "If you're not growing, you are dying." Most leaders never see the death of their organization coming because the problem of membership attrition is often overshadowed in the short term by successful financial numbers from fundraisers or earned income, like that from gift shops. This is because a smaller number of committed members are working harder to meet or exceed previous years' financial goals. At a certain point this model breaks down; attrition in the ranks caused by death, sickness, or disenchantment with the organization leads to an unstoppable downward spiral. Don't let that happen to your auxiliary!

If you find yourself in a situation where you recognize that your auxiliary is shrinking both in size and ability, it is not too late to act. Work on your recruiting message. **Remove obstacles to becoming active in your auxiliary, be that dues, requiring so many years of service before holding office, or other long-standing regulations.**

None of those things are bad – but in the world we live in today, ask yourself: have those things become barriers for the people who might be the future of your organization? Action is needed here. This issue needs to become a major part of every Board meeting you have in the future.

## 2. Promote system-ness.

There is often resistance to change. "We've always done things this way" or "Why do we have to do it the way they do?" Opposing new systems, in whatever form that takes, doesn't make your auxiliary better or stronger or ready for the future. It only discourages the people involved.

## 3. Lead change.

Various restructurings are a fact of life, your auxiliary needs to be on the leading edge of embracing a new system. Take ownership of the approach. Indeed, champion it. Auxiliaries are uniquely positioned to be the first department in a hospital to embrace change and help promote a new culture. What does this mean for you? You have a unique opportunity to help people on your board and in your organization begin to think, speak, and act as one.

While you still represent your hospital auxiliary, you have a new responsibility to help bring about unity across your system.

## 4. Create a culture of positivity.

This is a corollary to number 3. Leading change won't happen just because you promote it in one or two meetings. Adopting change needs to be a focal point of everything you do going forward. Think of ways to encourage and remind your board and volunteers to look at change as an opportunity rather than an obstacle. Turn change from a negative to a positive by making it a priority in the way you talk, what you wear, what you do, and how you embrace the future.

## 5. Use your Director of Volunteer Services to help you achieve your goals.

The DVS is your voice into the hospital and the system. Ask them to help you better understand the climate of the organization, why things are happening, advise you on growth, and help you get things done.

The rewards are there for those Auxiliaries who make the effort to embrace change and focus on growth. The way forward won't be easy. But the path is one we must all walk to make sure we leave our auxiliaries and hospitals



## FROM OUR CHRISTMAS KITCHENS TO YOURS

### Yummies"

2 cups Vanilla Melting Wafers

1 cup Peanuts - unsalted

1 cup Raisins

4 Cups Golden Graham Cereal

Spread on a Baking sheet lined with wax paper

Melt Wafers in large bowl - add other ingredients

Refrigerate for 1/2 - break apart and enjoy

Diane Thornton

### Orange Mince Cheesecake

#### Ingredients

1 ½ cups vanilla wafer or graham crumbs

¼ cup melted butter

1 ½ cup mincemeat

4 cup mini marshmallows

1/3 cup fresh orange juice

8 oz. cream cheese

1 Tbsp. grated orange rind

1 cup whipping cream (whipped)

#### Directions

Combine first 2 ingredients & press into 9" spring form pan

Bake 10 min. at 350

Cover with mincemeat & bake until bubbly (15-20 min.)

Cool

In top of double boiler, melt marshmallows & orange juice

Let cool 20 min.

Blend cream cheese & orange rind with portable mixer

Add marshmallow mixture & blend well

Fold in whipped cream, spread over mincemeat & chill till firm (or freeze)

Enjoy!

Carole Murray

### Eggnog French Toast

#### A Festive Breakfast Dish!

#### Ingredients

1 loaf rustic sourdough or French bread – 2 days old

1 ½ cups/375 ml eggnog

4 large eggs

½ tsp/2.5 ml cinnamon

¼ tsp/2.5 ml nutmeg

¼ tsp/1.25 ml vanilla

3-4 Tbsp./45-60 ml butter

Optional: 2 Tbsp./30 ml rum

#### Directions

1. Slice bread 1 inch/5cm thick, set aside

2. Set oven on low, place wire rack over cookie sheet

3. Place all ingredients in a larger mixing bowl, whisk well

4. Place 2-3 slices of bread in bowl, turn so both sides are covered in batter

5. Heat 1 Tbsp./1.5 ml butter in large pan, use tongs to lift & drain, place slices in pan. Sauté on both sides 2-3 min. until browned

6. While cooking place 2-3 bread slices in batter, repeat

7. Place cooked French toast on wire rack to keep warm

Serve immediately – lightly dust with cinnamon, garnish with fresh berries, and pass maple syrup!

Carole Murray



Christmas Tree

Charcuterie Board





## FROM OUR CHRISTMAS KITCHENS TO YOURS

### TWIX COOKIES

#### INGREDIENTS

- 1 1/2 cups softened butter
- 1 cup sugar
- 3 1/2 cups flour
- 1 tsp vanilla
- 1/4 tsp salt
- 15 oz caramel \*\*see notes
- 2 cups milk choc chips
- 2 tsp shortening

#### INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Cream butter and sugar together. Add vanilla, flour and salt. Mix well.
3. On a lightly floured surface, roll dough out to 1/2 inch thick.
4. To cut cookies you can use a biscuit cutter or a 2 inch wide glass.
5. Place round cookies on a lightly greased cookie sheet.
6. Bake at 350 for 14-16 minutes
7. Let cookies cool.
8. Melt caramel and spread the caramel over the cooled cookies.
9. Let caramel cool completely.
10. Add shortening into the chocolate chips and melt in the microwave. Use a microwave safe bowl and watch so that the chocolate does not burn.
11. Spread melted chocolate over cooled caramel.
12. Let chocolate set before serving.
13. Do NOT put in the refrigerator as it will discolor the chocolate.

#### Notes:

I use Peter's caramel which comes in a 5 lb block. You can just cut off what you need, melt ready to go. If you use Kraft caramels, follow the instructions on the bag for melting.

This Twix Cookie recipe is from my files on Pinterest, I used my mom's recipe for years and it deteriorated so bad because it got used so much that I found this recipe on Pinterest and keep in my files...enjoy so yummy, my family loves these. I use the caramels that come in a bag also cause you can't get the blocks anymore... Cheryl Fry

### Recipe for a Colourful Christmas Salad

#### Salad dressing

- 1/3 cup extra virgin olive oil
- 3 tablespoons Dijon mustard
- 3 tablespoons honey
- 1 large lime juice freshly squeezed

#### Salad ingredients

- 6 oz baby spinach
- 1 cup pecan halves toasted, some of them chopped finely
- 1/2 cup dried cranberries
- 3 mandarin oranges peeled and segment-ed
- 1/3 cup goat cheese crumbled
- 1/3 cup pomegranate arils or more

#### Instructions

##### Make salad dressing

Combine all salad dressing ingredients in a mason jar. Whisk well with a fork, until emulsified. Add more lime juice to taste.

##### Assembly

Combine all the salad ingredients (except pecans and pomegranate arils) in a large serving bowl, add the dressing, and toss to combine. Then, top the salad with toasted pecan halves (some of them chopped) and pomegranate arils.

Sharon



## TESTIMONIALS

Part of our mandate is to provide "Education, Resources and Support" for our members ! Here is what some had to say about our effort to do this.

Have to tell you— just read the Fall newsletter and want to commend you —best one I've read !!  
Margy Grant

Thanks for keeping me on the list – always interested in events and happenings with Auxiliaries around the Province. The newsletter always looks professional and is easy to read. Much appreciated.

All the best,  
Margaret Dawson  
BCAHA Past President (Kelowna)  
2011-2013

Thank you so much for this recent News Issue #94, I loved it!!  
So fun and informative, please keep them coming.  
Big hugs,  
Jane Bader

These are great! Thank you for the examples of Mission Statements from other auxiliaries.

Kelly

Gift shop manger information for the OMA AGM.

To my knowledge there are approx. 3 auxiliaries who currently have paid managers. Sometimes it isn't a perfect 'fit' at first, but Ladysmith Health Care Auxiliary (Van. Is. Area District) have been the number one 'go-to' Auxiliary for how they successfully have setup this position. I'm sure that their President Eithne Reichert (306-230-6897) or P. President Ruth Goodbody (250-245-0133) would take the time to answer your questions.

Good luck, Carole Murray

The best feeling of happiness is when you're happy because you've made someone else happy.



WE'D LOVE TO HEAR FROM YOU!



Hospitality is the art of making guests feel like they're at home when you wish they were.





# Save the Date

2024 AGM & Conference  
Sunday, April 21 -  
Wednesday, April 24  
Coast Kamloops Hotel  
1250 Rogers Way,  
Kamloops, BC

**SEE YOU NEXT YEAR  
IN PERSON!!**



**IT'S A CONTEST!!**

## BCAHA Conference 2024 Photo Contest



Our theme for 2024 is  
“Putting Your House in Order”.

Your ‘house’ maybe a  
Thrift Store, a Gift Shop, or ?

Surprise us with how you go  
about putting it in order!

**Be Creative!**

Your submission should be a colour 8 X  
10 hard copy, protected in the envelope  
and sent to –

Carole Murray 6354 Baillie Rd. Sechelt  
BC V7Z 0N7

Winners will be announced at  
Wednesday’s Buffet Breakfast! **PRIZES!**  
If you happen to still have a picture with  
your ‘green bag’ in it, not previously  
submitted, please go ahead and submit  
it!

**Deadline for submissions –  
February 15<sup>th</sup>, 2024**

# What fabulous things are happening in your auxiliary?



If you would like to have anything published in the BCAHA newsletter, please send to the newsletter editor, Sharon Egglestone at:

**bcahanewsletter@gmail.com**. The newsletter is published four times a year! April, June September and December!

If you would like to have anything published on BCAHA Facebook page or Instagram please send to Cheryl Fry at:

**commdirector.bcaha@gmail.com**

We love to hear from our Auxiliaries, and we love to BRAG about what you do in your communities. If you publish your own newsletter, we'd love to have a copy so we can share your successes with other auxiliaries. Please include us in your newsletter email list (**bcahanewsletter@gmail.com**) so we get a copy.

If you don't already receive our newsletter and would like to, please go to **bchealthcareaux.org** and go to the news section and click on 'newsletter'. You will be able to request to sign up by putting your information in, or you can send an email to **commdirector.bcaha@gmail.com** and I will sign you up.

Thank You so much, " We LOVE to hear what you are up to"!

Cheryl – Communications Director