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PRESIDENT'S GREETING!



The more auxiliaries I meet, the more I continue to be impressed by what like-minded people can accomplish in their communities! I've heard stories about programmes that ensure community members, unable to drive themselves for medical appointments/treatments, are transported at no charge. Thrift Store clothing is being supplied to local Social Workers, no questions asked. Support is being given to their seniors (still in their homes) through "Meals on Wheels" and direct financial donations are being given to Extended Care Facilities in order to enhance the quality of patients' lives. If you are nodding your head and thinking 'we do that too', then good for you!

I have recently returned from visiting three auxiliaries on southern Vancouver Island.

They were Gabriola Aux. for Island Health Care Society, Lady Minto Hospital Aux. Society and the Aux. to Cowichan District Hospital. They may differ in size, but not in enthusiasm.

In late September, I will have the pleasure of attending the North Area District's AGM in Vanderhoof. I haven't travelled to that part of beautiful BC for quite a while, so I am looking forward to my trip.

A further look on my calendar shows visits to celebrate Kootenay-Boundary's AGM in Trail and then over again to Vancouver Island to attend the AGM in Nanaimo. I'm glad to have Diane's help covering Lower Mainland's AGM in North Vancouver as well as the Fraser Valley's AGM in Hope. It's hard to be in two places at the same time! There will be lots of news to report when your Board meets together in Vernon for October Mid-Terms.

I can only hope that none of you, or your family members, have suffered unduly during this terrible fire season. I have heard how many friends in Revelstoke are grieving for the family that lost their beloved daughter while protecting her community.

Take care of yourselves and each other.

In closing, I'll share the words from a road sign in my Sunshine Coast community -

"Live simply, so that others can simply live".

Regards to everyone,

Carole J. Murray

BCAHA President

INFORMATION FROM OUR DIRECTOR OF FINANCE

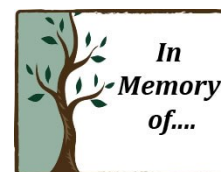
PIN ORDERS

As of September 1st all pin orders will be going through the **Director of Finance**

c/o Allana Ferro
682 Montcalm Road
Trail BC V1R 2J8
aferro@telus.net
Cell # 250-368-1657



TRIBUTE FUND DONATIONS



Has your auxiliary or any of its members considered making a donation to the **BCAHA Tribute Fund Bursary** in honour of a deceased member? We are a non-profit charitable organization therefore we can give tax receipts to individuals who make a donation to BCAHA. Send cheque and name of the individual to be honoured to the **Director of Finance:**

c/o Allana Ferro
682 Montcalm Road Trail BC V1R 2J8
aferro@telus.net Cell # 250-368-1657

CANADA HELPS DONATIONS



The BCAHA has partnered with Canada Helps to make donating easier. The website has a direct link for your donation to be submitted and Canada Helps deposits into our Tribute Fund Account and will send you a tax receipt ... can't get much easier!

Thank you for your continued support!



THE BCAHA OUTREACH PROGRAM

Outreach - Gabriola Auxiliary for Island Health Care Society

Thrift Store workers toast their success!
(l-r Karen, Christine & Tammie (mgr)



President Linda Hellenius checks out ladies wear on sale!



Their 'gold mine' with Patti on duty.



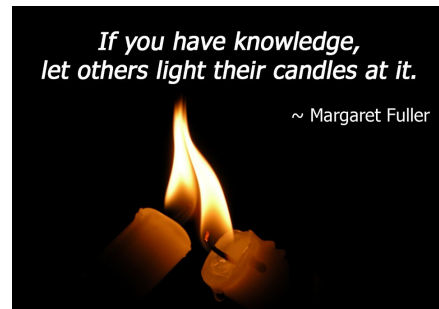
Outreach - Lady Minto Hospital Auxiliary Society

Nadi Bottomley (VIAD) and Carole (BCAHA Pres.) join the group in saying 'Hello' from the Executive of Lady Minto Hospital Aux. Society located on beautiful Salt Spring Island.



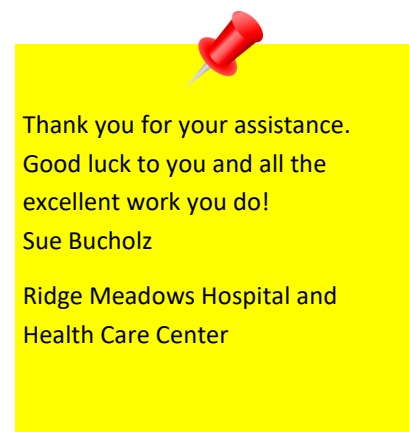
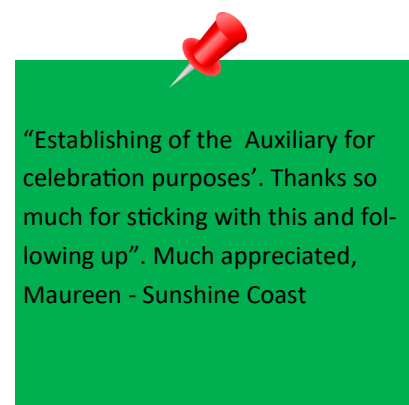
Outreach - Auxiliary to the Cowichan District Hospital

Only after a great meeting did we gather for a delicious lunch together in Duncan!
(L to R around the table—Ann, Arlene, Carole, Nadi, Gina & Betty)



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.





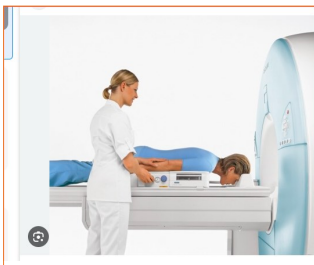
IN DELTA



The Delta Auxiliary gets a tour of the hospital lab to view the equipment they have purchased for the lab.

IN PRINCE GEORGE

The Auxiliary to University Hospital of Northern BC (UHNBC) has donated \$60,000.00 towards the purchase of Breast Coil Imaging MRI technology.



It will allow for in depth diagnosis of anomalies found on mammograms and saves a trip to Vancouver for at least 60 women a year.

OCTOBER IS
breast cancer
awareness month
Perform self-breast exams
monthly and get screened!

IN SECHLT

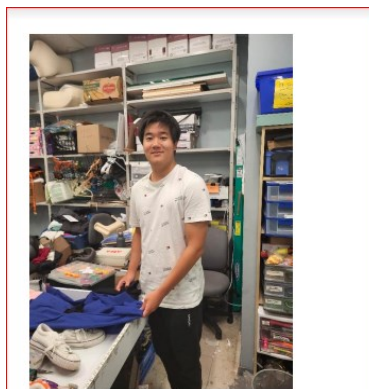
Keys to a Great Partnership: Shared values and a common purpose.

The Sunshine Coast Healthcare Auxiliary is officially the master of its own house. Or store. Last week, at Sechelt Hospital Foundation's AGM, Jane Macdonald and former SHF Chair Bob Gray had the pleasure of handing the keys to the Auxiliary Thrift Store to the four most recent Presidents of the Auxiliary, consummating a transfer of ownership that has been in the works for the past year. In a demonstration of the continued and deepening collaboration of the two organizations, the teams joined forces to celebrate the completion of the sale of the Thrift Store, allowing the Auxiliary to, in the words of President Warren Jones, "finally become our own landlord".



Pictured above L to R: Former Sunshine Coast Healthcare Auxiliary Presidents Carole Murray, Gayle Bennet, Candice Sayre, Current President Warren Jones and Jane Macdonald, Executive Director, Sechelt Hospital Foundation. (Photo by: Joanna Piros)

AT EAGLE RIDGE HOSPITAL AUXILIARY



Ryan - Thrift Store volunteer
Ryan is a second year UBC Science student, who joined us during the pandemic. He works at the Thrift store and enjoys working out front on cash. He likes the variety of each day and in particular talking to our many and varied customers. Ryan says it has really broadened his world view.

FROM THE EAGLE RIDGE HOSPITAL AUXILIARY NEWS-LETTER!



Rhubarb Strawberry Crisp

A great spring-time early summer dessert.
Bake 350-degree oven 55 minutes

Filling

1lb Rhubarb sliced 1/2" pieces

1/2 lb Strawberries hulled and quartered

1/2c Sugar

1.5 teaspoon cornstarch

1 teaspoon vanilla

Topping*

1/2 cup flour

1 cup brown sugar

1/2 cup butter

1 cup large flake oats

4 tablespoons sugar

*This is double the written recipe, but I like a lot of topping. You can half this if you wish less topping

*Optional 1/4 teaspoon cinnamon

Toss filling ingredients together until no white remains.

Place in 4 quart oven proof dish

(8"round will work)

Mix dry ingredients

Cut in butter until resembles coarse crumbs. Sprinkle on top of the fruit.

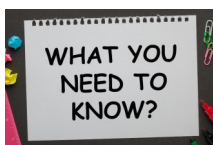
Bake 55 minutes in 350-degree oven

Serve warm with Vanilla Ice Cream



AUXILIARY NEWS!

IS YOUR HOUSE IN ORDER?



A SURPRISE THRIFT STORE INSPECTION

The Kamloops Auxiliary Thrift Store had a surprise visit from a government inspector. He said that they had the best organized Thrift Store in Kamloops. He was very happy with how they were following the rules. He wrote them up for one infraction though...he found a hoodie with a drawstring in with the kids' clothing. The auxiliary pointed out to him that the hoodie was a grad hoodie (usually worn by a 17 or 18 year old), so would not be classed as a child's and most likely was put there by a customer.

The inspector classed children's clothing as age 16 and under, but because the hoodie was on the kids' rack, it was an infraction...no fine, just a warning. Fines can be \$500.00 for each infraction. The auxiliary put that hoodie with the adult clothing so the inspector was happy with that. He was very happy that child seats, chairs, etc. or window blinds were not accepted. The inspector was pleased that they labelled all their packaged kids' toys with the choking hazard stickers. He did say there was a new "toy" added to the banned list...the small sponge items that expand when put into water. Children had choked on them. The person in their auxiliary who does the toys never put them out anyway. The government inspector also said that since COVID there is a new regulation regarding cosmetics. Any cosmetics including nail polish that has been used can no longer be sold.

The seals can be broken (or opened) as long as they are not used. Since it was a new regulation they were removed from the shelves and disposed of. The auxiliary could not give them away either.

They checked to make sure there were no items "hiding" in the kids' department that might have been missed like items with draw strings or ribbons that go around the neck (hats, bibs, clothing, etc.) A few with strings were found and a couple were cut off or removed. As a team, the auxiliary volunteers will have to be diligent in making sure that they move any adult clothing that customers might have put on the children's racks in error.

Everyone working in the thrift store who processes & puts clothing, toys and cosmetics out will be reminded of the rules.

A MESSAGE FROM THE BCAHA PRESIDENT NOVEMBER 2022 REGARDING THRIFT STORE RULES & REGULATIONS

<https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/industry-professionals/industry-guide-second-hand-products-including-children-products/guidance-document.html#a9>

Long website address – yes, but a very important one which every Thrift Store should be aware of. On this website are the Health Canada rules and regulations to selling a number of items. There are items on this list that we should not be selling in our Thrift Stores and there are items which should only be sold if you meet all the requirements.

"If you manufacture, import into Canada, advertise or sell consumer products, you are responsible for being familiar with the applicable requirements set out in the regulations."

Some items that are regulated :

- Cosmetics
- Children's sleepwear
- Cradles/cribs/bassinet
- Playpens, safety gates, Toy Boxes
- Car and Booster Seats, Carriages and Strollers
- Corded Window Coverings

High chairs are allowed to be sold if they meet the current requirements

ASTM F404 Standard Consumer Safety Specification. How many of us are up on those requirements?

If you sell these items in your store you are taking on a high liability risk which could result in fines from the Government of Canada or even worse, facing a lawsuit if someone is injured by a product purchased in your store.

If you own your building and carry separate insurance, we strongly suggest you contact them to see if you are covered as more and more insurance companies will not issue coverage if you are selling items regulated by Health Canada.

BCAHA takes a "better safe, than sorry" approach to not selling these items as we are not expert in this field and have no idea if a product has been recalled or if there are any safety features missing from an item and in most cases we do not get the manual that comes with new retail items, outlining the safety features.

We understand that most of our members are aware and follow these guidelines but we have noticed on Facebook that some auxiliaries are still choosing to sell some of these items.

You should have a copy of the rules in your store, front and center so anyone can check an item as it comes into your donation area.

"If you are unsure, do not sell it and do not give it away"

November 2022

Diane Thornton

President

IN RICHMOND: Their 2023 AGM



BCAHA President Carole Murray addresses the attendees of the Richmond Auxiliary 2023 AGM.



President
Uschi Van
Duin and
Regional
Director
Yvonne
Chard

Spirits Award
presenter is
Colleen Kason





AUXILIARY NEWS!

IN RICHMOND

The Richmond Auxiliary supports the Steveston Salmon Festival/Canada Day Parade. They have participated for several years and everyone was happy to be back after a 2 year Covid break.



Adam, Peter and Lucy!



Jamie and Evelyn!



Ursula leads the way!

IN RICHMOND

RICHMOND HOSPITAL THRIFT SHOP IS "VOLUNTEER GROUP STAR OF THE YEAR" IN RICHMOND !!



The Richmond Hospital/Healthcare Auxiliary is pleased to report that "Richmond Cares/Richmond Gives" recently named the RHHA Thrift Shop as "Outstanding Volunteer Group" in the Richmond area this year and awarded us with their "Constellation Award". We were so pleased that our Treasurer, Mary Derkson, was also nominated in the "Outstanding Volunteer" category.



Karey Jochimski (Co-Thrift Shop Manager) & Ursula van Duin (RHHA President)

IN RICHMOND

The "Spirit Award" came about in 2011 when membership dues were no longer collected and awarding "Life Membership" in the Richmond Hospital /Healthcare Auxiliary was no longer appropriate for qualifying members. The "Spirit Award" is presented to Auxilians who display energy, enthusiasm, determination and loyalty in a peaceful and cooperative manner. The recipient must be cheerful, have a positive attitude, show respect to others and kindness to all. They must go beyond the "expected" tasks such as being responsible for whatever they signed up to do either as a board member or as a volunteer in whatever area they work in. The Loon, according to First Nations traditions, represents Peace, Tranquility and Generous giving spirit as well as Serenity and Communication.

The Richmond Hospital/Healthcare 2022 "Spirit Award" was given to Airi Sigurgeirson.

IN SQUAMISH

In early August 2023, the Squamish General Hospital Gift Shop launched a new initiative. A family in the community facilitated the arrangements for the Gift Shop to sell boxes of blueberries. The boxes weighed 5 lbs or 2.27 kg. and sold for \$15.00. The first day we started with 20 boxes and they all sold. We became braver the second day and got 50 boxes and succeeded in selling them all. The following week we went all out and asked for 240 boxes. We set up the canopy outside the front entrance of the hospital so that staff and visitors would see the blueberries as they entered or left the Hospital. Surprisingly we sold all 240 boxes in two days. The Squamish community was very supportive to the Hospital Auxiliary.





AUXILIARY NEWS! DO YOU HAVE AN ERIKA?

Delta: Features two exemplary auxiliary members .

ONE: Yes, we sure do, says Delta Hospital Auxiliary! Her name is **Lorraine McKinnon**.

A pioneer Ladner descendent, she has enjoyed her full life for over 100 years.

This retired school secretary, remains active in her community and her church, as well as still making pillows for the Delta Hospital Auxiliary pillow programme.

Five generations of her family salute her, as do her proud auxiliary friends!



From an Auxilian to a major donor in **Delta**.

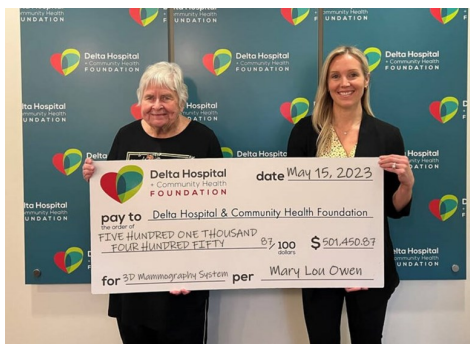
TWO: It's a proven fact that 79% of people who volunteer their time are also more likely to financially support their non-profit (or related) organization.

Mary Lou Owen is happy proof. She is a long-time resident of Delta and a former member of Delta Hospital Auxiliary Society, volunteering in the hospital Gift Shop, as well as the Thrift Store. Mary Lou has also supported the Delta Hospital Campus of Care for 30 years.

She has just made yet another outstanding contribution to her community.

Her donation of **\$501,450.87** will be used for the purchase of a 3D mammography system.

Way to go Mary Lou!





AUXILIARY BURSARY AWARDS!

BCAHA BURSARY AWARD WINNERS

Dear BCAHA Tribute Fund Committee,

I am writing to express my gratitude for selecting me as the BCAHA Tribute Fund Bursary recipient of \$1500.00. I am truly grateful for your generous support. This bursary has been invaluable in pursuing my dreams of becoming a healthcare professional. It has not only alleviated a financial burden but granted me an opportunity to excel in my studies. This spring will be my final semester at the University of Victoria, where I will complete a Bachelor of Science in Kinesiology. After which, I intend to apply for medical school at the University of British Columbia.

I look forward to updating the Hospital Auxiliary and community members on my progress and hope that one day, I will be able to give back to society as the Hospital Auxiliary has done for me.

With sincere appreciation,

Allison Plamondon



Dear BCAHA Tribute Fund Committee,

I am very thankful for having been chosen as a recipient, and so grateful for the continued support in my education and career. This will make all the difference going into my final year of the RN program and towards my pursuits of doing my final practicum in Africa.

Kyra Jukes



Dear BCAHA Tribute Fund Committee

I would like to express my sincerest gratitude to the BC Association of Healthcare Auxiliaries for choosing me as a recipient of this year's Tribute Fund Bursary. I am a second-year graduate student in the University of Northern British Columbia's MSc in Health Sciences program, where I conduct research using near-infrared spectroscopy to investigate cognitive pain management techniques. By staying involved in the community with roles such as a UNBC Research Ambassador, I further strive to support the university's academic culture and act as a role model for other students. Your financial support comes at a pivotal time in my academic career as I prepare to enter the final year of my degree program. It is in large part thanks to generous award donors such as yourselves that I can focus on excelling in my studies, research, and community leadership without worrying so much about finances. Your support towards my educational endeavours is greatly appreciated, and your recognition of my efforts continues to inspire me as I pursue my goals and move toward the next stage of my academic and professional journey.

Julian Stokes



IN CLEARWATER

The Dr Helmcken Memorial Hospital Auxiliary 2023 Bursary was presented to Martha Taylor by our recording secretary (and teacher) Tracy Buck. Martha received \$1000 and will receive an additional \$1000 when she is registered in her second year.



IN DAWSON CREEK

President Fern and Vice Judy, present one of Dawson Creek Auxiliary bursary cheques for 1000. to Glency. She has enrolled at the local college to start her nurses training and is excited about coming to work at our hospital!





AUXILIARY BURSARY AWARDS!

AT THE EAGLE RIDGE HOSPITAL AUXILIARY

Bursary Winners

Our two Bursary winners this year are Arshia Zolahariari and Leah Song both from Heritage Woods Secondary School. Our winners gave excellent presentations on their life journey and their decisions to make a career in medicine. Leah will be pursuing a career in Biomedical Research (Medical Engineering) and will be entering the Engineering Program at UBC. Arshia will be pursuing a career as a Cardiac surgeon. He has been accepted at UBC working toward a BA in Science and then applying to UBC Medical School. Arshia was also Co-Valedictorian for his school and was featured in the Tricity News

See the link to the article below

Arshia Zolahariari and Leah Song 2023 Bursary Winners



Grad 2023: Heritage Woods Secondary co- valedictorians Arshia Zolfaghariari and Leah Ssong- Tri-City News



IN DELTA



The Delta Hospital Auxiliary had seven bursary recipients in 2023. Shaniya Kumar, Emma Bavis, Emma Wood, Jessica Filthuth, Megan Cunningham, Reanna Rundhawa, Salya Gill

IN SQUAMISH

Barbara Patura, on behalf of the Squamish General Hospital Auxiliary, presented the \$1,000 bursary award to Lara Kizawi. Lara will be pursuing a career in nursing.

We wish Lara every success in her future endeavours.



ON SALT SPRING ISLAND

This year the Lady Minto Hospital Auxiliary awarded bursaries and scholarships in three categories to six very impressive women. Three graduating high school students were awarded \$2000 each to help them begin programs in nursing, pre-med and dental studies. Another former Gulf Islands h.s. graduate received a \$2000 Continuing Education award to complete her RN studies. Two older Back to School applicants each received \$3000 to help them to return to school, one completing and one upgrading current nursing certificates. All applicants offered well-presented good plans backed by stellar transcripts, informed references, and experience in a variety of health-oriented projects. We were glad to congratulate winners through newspaper announcements, including this one with pictures of the new GISS graduates:



Ivanna Darmokhid

Ana-Sofia Marshall

Jayda Moffat



AUXILIARY BURSARY AWARDS

CHILLIWACK HOSPITAL AUXILIARY BURSARY RECIPIENTS



**Madisyn Kennedy - Sardis
Secondary (Career— Pediatric Psychologist)**



**Kimiko Barr—Sardis Secondary
(Career - Speech Pathology)**



**Samantha Frank—GW Graham
Secondary (Career—Pediatric Nurse)**



**SARA SHAHID—Chilliwack
Secondary (Career -Orthodontist)**



**Rida Khan—GW Graham
Secondary (Career—Doctor/Nurse)**



**Peyton Price—GW Graham
Secondary (Career– Maternity Nurse)**



**Sassy Dimatulac—
Chilliwack Secondary
(Career—Nursing)**



**Ava Pothier—Sardis
Secondary (Clinical Therapist)**



**Tisha Bansal—Chilliwack
Secondary (Career- Physician)**





East Kootenay Area – Originating Auxiliaries

Cranbrook & District Hospital Auxiliary

Formed from the already flourishing Cranbrook Ladies Aid Society of St. Eugene Hospital (1901).

With the construction of the new hospital (1968), they changed their name to Cranbrook & District Hospital Auxiliary.



Invermere Hospital Auxiliary

After a primitive start in Wilmer, BC (1910), a new hospital was built in Windermere, BC (1914).

Over the years, several auxiliaries were formed in nearby communities. By 1977, they came to be known as the Invermere Hospital Auxiliary.

They have been proudly serving for 112 years! Currently a member of Okanagan Mainline District.



Sparwood General Hospital Auxiliary

First formed as the Michel Natal District Hospital Auxiliary in 1953, the members changed their name when the new hospital was completed in 1978.



Windermere Ladies Hospital Auxiliary

Starting small in 1949, they first supported the hospital in Invermere. Upon completion of the new Windermere Hospital in 1956, they simply carried on with successful and ambitious goals!



Golden Hospital Auxiliary/Parson Hospital Aid

The first Hospital Ladies Aid was formed in 1927. Then, a second group was formed in 1960.

Sadly, it was disbanded in 2022.



Kimberley Hospital Auxiliary

Proudly formed in 1953, despite significant resistance from the existing Hospital Board (Cominco) – “the hospital will never be the same!”.



Elkford Diagnostic Centre Auxiliary

Formed in 1979 to raise funds for the Pediatric Ward of the future hospital in Elkford.

ELKFORD



Fernie District Hospital Auxiliary

The first Ladies Hospital Auxiliary was formed in 1925. Following WW II, the second auxiliary was organized and resumed their work in 1948.



A CREATIVE IDEA FROM LADYSMITH

In late August the Ladysmith Auxiliary put on an Artistic Event at their Thrift Store! What a great idea for future fundraisers!



This Sunday!

Arts on the Avenue - Thrift Store open Sunday August 27th

This Sunday the Auxiliary Thrift Store will be open from 10 am to 4 pm to support Arts on the Avenue with our Theme of "Supporting the Artist in All of Us"

Thanks to all the volunteers who are making this happen, especially April Marrington and Lynn Nightingale..

Come and see the wonderful artistic ideas that the managers and volunteers have created!

Looming Crisis for Nonprofits

A perfect storm is threatening the very foundation of Canada's nonprofit sector. A severe shortage of volunteers has led to the cancellation and suspension of critical programming and services across Canada and, in some cases, the closure of entire organizations. Can nonprofits and charities bounce back and re-engage volunteers? In this episode of CharityVillage Connects, we talk to the experts to find out. [LISTEN NOW.](#)

Here's the link to listen:

<https://charityvillage.com/learning-centre/podcasts/>

Today was the absolute worst day ever

And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place
Even if
Some goodness still shines through once in awhile
Satisfaction and happiness don't last
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day,

Now read from bottom to top!

TO THE BRAVE MEN AND WOMEN WHO BATTLED THE FOREST FIRE FLAMES OF SUMMER 2023!





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!!**



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 bhealthcareaux.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