



# THE FRIENDLY CIRCLE

Afternoon Auxiliary to Royal Inland Hospital  
Kamloops, BC

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## NOVEMBER 2011

*A Pessimist is one who makes difficulties of his opportunities  
An Optimist is one who makes opportunities of his difficulties*

### PRESIDENT'S REPORT

The Afternoon Auxiliary volunteers are a formidable group coming together with a common goal, wanting to make a difference and contributing to our Hospital in a significant way.

Our fund raising efforts have contributed \$150,000.00 to ICU for 2011, allocated by the RIH Foundation. Volunteers come to the Auxiliary with many talents, gifts, ideas, insights, passions and commitment. Each one contributes in their own special way.

There will continue to be changes in the involvement of our Auxiliary and I hope we continue to grow within the community. Thanks to Everyone.

Old Chinese Proverb:

***Tell us and we will forget***

***Show us and we may remember***

***Involve us and we will understand***

*Merry Christmas & All the Best in the New Year.*

***Trudy De Luca***

A "Thinking Cap" contest was held along with our Auxiliary Trivia Quiz. Door prizes followed a delicious lunch catered by Cindy Vold.



**Kathie, Wilma, Phyllis, Linda, Jeanette, Beppie, and Joannette participated in the creative contest.**

### JUNE LUNCHEON

Approximately 68 people attended the luncheon on June 6. Joannette Goddard was our entertaining and very capable master of ceremonies.

Jeanette MacKenzie and Trudy handed out certificates to recognize long-term volunteers.

Phyllis Parkes has over 60 years and Beppie Crawford has more than 40. Plus there were several others with more than twenty years of service to our organization. Thank you to each one for your dedication to our organization.

The Quilters presented a cheque for **\$3,000.00** to the Auxiliary. Great work ladies! Thank you.



**Jo Hill models the Winning Cap made by Linda Mayhood.**



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## Question:

*Can you name three words that start with "dw"?*

*Check answer at end of newsletter.*

## AGM AND ELECTION OF OFFICERS FEBRUARY 7, 2012

Yes, it seems early to talk about the Auxiliary Annual General Meeting and Elections in February 2012, but we would like the members to consider taking an office for the upcoming year.

All the volunteers participate, directly or indirectly, in raising funds for equipment and other necessities for patient care and comfort. Your support is appreciated.

The conveners and officers will be contacted in January to verify their continuing duties and/or to nominate a replacement.

Executive positions open for nomination are: Vice President, Secretary, Treasurer, Directors (3), Thrift Seller Executive Liaison and the Resource Person.

Wilma Scheer is President elect.

Term of duty is two years with installation annually.

Your nominating committee:

Lynda Desrocher: 250-372-7240 and

Joanette Goddard: 250-374-4903 (will be calling you).

If you have any questions or wish to take an office, please do not hesitate to call Lynda or Joanette.

Yours in volunteering

# Joanette Goddard

*P. Pres. Afternoon Auxiliary*

## RIH FOUNDATION REPORT

The Mark Recchi Challenge has raised over \$458,000.00 of its goal of Three Million Dollars. New Chair is Jim Reynolds and new Directors include Eric Davis, Robyn Holling and Tammy Robertson.

Toys for Kids will happen Wednesday, December 7.

The breakfast is at Hotel 540 and funds raised will purchase new cribs for babies at The Paediatric Unit at RIH.

Festival of Trees, to be held in December is targeting to raise \$30,000.00.

The Second Spring Gala is scheduled for May 12, 2012 where we hope to raise \$85,000.00. Jessica Holmes will be Master of Ceremonies and Kamloops Big Band will provide the evening's musical entertainment.

**Marg Bennett**

**RIH Foundation Director, Auxiliary Representative**



## NEW VOLUNTEERS REPORT

Welcome to new Convenor, Joyce Laird, good to have you on-board.

New volunteers since June: Lisa Mayhew, Carol Day, Sharlene Reed, Natasha Van Bryce and Barbara Davison.





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## THRIFT SELLER



The Thrift Seller has really been going great guns. From the flowers blooming out front, the constant bustle at the till and the enormous amount being pumped out at the back – the store is hopping these days. The donations are pouring in, and as the sorting room gals put out the good quality products, the customers are enjoying buying – lots of compliments on our well organized displays and the cheerfulness of the volunteers.

Diane White has taken over again as Coordinator of the store. She has years of experience in retail and has once again got things flowing. She and Carmen have added some great ideas to the sales floor. As Co-coordinator, I'm doing mostly the admin part of things, which is staffing and meetings and all that entails. Diane and I make a good team, handling all those crazy little (and big!) things that come up every day! We especially appreciate the continuing support of all our volunteers as they keep our store one of the best! I have orientated four new volunteers, and two more are willing to start in December. It will be terrific if we can have three people on each shift.

We hope to have a Business Enterprise Manager on board for the Auxiliary in January 2012. We look forward to meeting this person and bringing everyone up to date. Diane and I will continue doing what we do, and the Manager will oversee the consistency and flow of the store and management of the building.

We hope this will make it easier for everyone to be on the same page. Please note that Joy will be away January and February of next year.

The firemen are keeping in close contact with Diane and are very appreciative of our donations and time spent by the volunteers, bagging up clothing and keeping in touch. We have contributed 225 bags over the last six months.

Don't forget you are all welcome to attend the monthly meeting of the Auxiliary on the 1<sup>st</sup> Monday of the month, 1:30 p.m. at Calvary Community Church. You will get a better idea as to all the facets of the Auxiliary and what you can participate in to make your Auxiliary better.

And there are two conferences every year (Spring and Fall) that you are more than welcome to apply to attend, if you have been a volunteer for a year or more.

**KEEP UP THE GOOD WORK VOLUNTEERS!**

*Joy Parkes*



**Just a few of our great volunteers at the Thrift Seller**



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## Back by popular demand (mine)!

### THE ULTIMATE COOKIE

- 3/4 cup golden flavour Crisco
- 1 1/4 cups lightly packed brown sugar
- 1 egg
- 1 cup chocolate chips
- 2 Tbsp. milk
- 1 cup coarsely chopped pecans (or additional 1 cup chocolate chips)
- 2 tsp. vanilla
- 1 1/2 cups all purpose flour
- 1 tsp. salt
- 3/4 tsp. baking soda

Preheat oven to 375 degrees. Cream Crisco and brown sugar on medium speed for 2 minutes. Add egg, milk and vanilla beating until well blended. Combine flour, salt and baking soda. Add to creamed mixture, gradually beating on low speed for 1 minute or just until blended. Stir in pecans and chocolate chips. Drop dough by heaping spoonful (about 2 Tbsps.) on an un-greased baking sheet. Bake about 6-9 at a time, leaving about 3 inches between cookies for spreading. Bake at 375 degrees for 8-10 minutes. Cookies will still appear moist when baked. Cool 4 minutes, then remove to cooling rack. **RECIPE CAN BE EASILY DOUBLED. ENJOY!!!**

**Mary Goddard**  
**Convenor ER Volunteers**



## GIFT SHOP

The Gift Shop has been a busy place during the past year – we have a variety of giftware and lots of Christmas items as well. We have showcased items from the Stitchers and Knitters on tables in front of the shop for the past couple of months with excellent results. Thanks to these groups for their contributions. Customers do appreciate hand made items – keep up the good work!!

We welcome 3 new volunteers to the Gift Shop – Carol Day, Barb Davison and Lisa Mayhew. Thanks for coming!!

Thanks to all the volunteers who work in the shop and come in to cover extra shifts in order to keep the shop open – it is much appreciated!!

We hope you have a wonderful holiday season and wish you all a Merry Christmas and a Happy New Year!!

**Lois and Maureen**



**Lois and Maureen checking out the window display.**



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## KAMLOOPS - Warriors Donate to Lift the Spirits of Cancer Patients

Kamloops' Spirit Warriors dragon boat team consists of breast cancer survivors who get together to support each other, paddle and even race. Now in its fourth year, the team regularly participates in festivals and races survivors from other areas.

Earlier this year the team hosted a comedy show called the 'Boob Tour' which featured a line-up of comedians from Eastern Canada. While the show's original intent was to raise money for upcoming festivals and to help with team expenses, community support was so strong that the team is now able to donate to Royal Inland to support others battling cancer. The Spirit Warriors donated **\$2,000** to the Auxiliary's Hat, Scarf and Wig Loan Program based in the Cancer Clinic.

"The Auxiliary volunteers were always at the Cancer Clinic offering cookies, coffee and support when I was in for treatments," says Spirit Warrior Lisa Somogyi. "It was always so nice to have them around and a treat always helped the medicine go down while going through the chemo. We are happy to support them."

Spirit Warriors welcomes other breast cancer survivors who wish to try dragon boating. Practice is Tuesdays and Thursdays at the Kamloops Pioneer Park boat launch from approximately 5:45 p.m. until just after 7 p.m. For more information visit <http://www.spiritwarriors.ca/>



**Members of the Kamloops Spirit Warriors Dragon Boat Team presented a cheque for \$2,000.00 to Auxiliary President, Trudy De Luca.**

## CHRISTMAS LUNCHEON

Don't forget the December 5th Afternoon Auxiliary Christmas Luncheon. Tickets are only \$10.00 for a delicious family style lunch of pasta, salads, and desserts and are available at the Gift Shop and Thrift Seller. Please purchase your tickets by *November 30*.

Please join us for a festive day of good food, good company, and good fun! There will be Mini Holiday Putt and Frosty Family games. The winning ticket for the beautiful handmade quilt will be drawn.

Dues may be paid at the luncheon if so desired. We hope to see you all there!





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## BCAHA CONFERENCE

The next Conference will be held in Prince George, Monday April 23 to Wednesday April 25, 2012. In keeping with the focus from our last conference, "Making it Happen", we are looking to the future and what it will bring.

Our theme therefore is: **Embracing the Future.**

Our speakers and presenters will be dealing with all areas of concern to all auxiliaries in these changing times. We are hoping to provide tools that delegates can take back to their auxiliaries to assist them in making these changes work for them. Delegates will be able to attend their choice of workshops on recruitment, marketing, constitution and bylaws, effective meetings and many others.

Please let Trudy De Luca know if you are interested in attending this conference. We usually send up to 8 delegates and everyone finds it a very rewarding and entertaining event.



*Submissions of Interest to the Friendly Circle Newsletter are always welcome. Please call Kathie at 250-376-5435 or email [fourdrums@shaw.ca](mailto:fourdrums@shaw.ca) or leave at the Executive mailbox at the Gift Shop.*

**Answer: dwarf, dwell, and dwindle**

## GIFT SHOP



**Smiling faces of some of our volunteers working in the Gift Shop**

General Membership Meetings are held at Calvary Community Church, 1205 Rogers Way the first Monday of each month, unless that day is a Holiday, then the meeting will be the following Monday.

Our next General Membership Meeting will be held Monday, January 9 at 1:30 pm. Please join us and invite a friend!

