

# THE AUXILIARY LINK

## Special points of interest:

- News and Reports from local auxiliaries
- NLAHA and CAHA Resource Material and Applications
- Puzzles
- Recipes
- Craft Ideas
- And more...

## Inside this issue:

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## NEW FACES ON NLAHA EXECUTIVE



Diane Carberry Photo

L-R: Blanche Reid, Secretary; Judith Peddle, Past President; Gloria Roberts, Treasurer; Beverly Nippard, 2nd Vice-President; Frances Kennedy, President-Elect; and Lillian Moores, President.



The NLAHA Convention in Stephenville, Newfoundland from October 17—19, 2008 included the Annual General Meeting.

At that time, nominations were accepted for two positions—that of Treasurer and 2nd Vice-President. The Secretary position was also

filled, but the secretary is appointed by the president.

There was one name put forward for treasurer with no new nominations from the floor. Gloria Roberts became the Treasurer by acclamation.

Nominations were

accepted from the floor for 2nd Vice-President. Beverly Nippard was the only person nominated and she became the new 2nd Vice-President by acclamation.

Blanche Reid was appointed secretary by President, Lillian Moores. ☀



From  
the Editor

Greetings from “The Big Land”—sunny Labrador! It was nice to have met so many of you at the convention in Stephenville in October, and I’m really pleased with the support and submissions that I received for my first edition of *The Auxiliary Link*.

This issue begins a new era of desktop publishing for *The Auxiliary Link*. I hope you like it! Submissions for the newsletter can preferably be sent by email with photo attachments in jpeg format. If you send submissions by regular mail, please send your best, original photos—photocopied photos are best not used. Sorry, no submissions will be returned. And don’t worry about the layout because all your information will have to be entered into the computer in a new format.

I would like to thank all those who wrote, emailed and/or called. It was wonderful to hear from so many of you and to see all the interesting stories and photos.

You will notice that the newsletter contains numerous forms and variable necessary information for the auxiliary presidents. To avoid duplication and hopefully keep the newsletter interesting, we have omitted the NLAHA Life Membership Application, Photo & Newsletter Contest information, CARE Award and Statistical Reports. These will be sent in a separate package to the auxiliary presidents.

The deadline for the Spring issue of *The Auxiliary Link* is April 12, 2009. You don’t have to wait until then. Anytime you have an event you can send me a little write-up with your photos. I’ll be waiting to hear from you.

In the meantime, amidst all the hustle and bustle, let’s not forget the reason for the season. Best wishes to you and your family for a Blessed Christmas and a bright and prosperous New Year in 2009.

Beverly

NEWFOUNDLAND AND LABRADOR  
ASSOCIATION OF HEALTHCARE AUXILIARIES

THE AUXILIARY LINK

FALL 2008 EDITION

THE AUXILIARY LINK EDITOR: BEVERLY NIPPARD

The Auxiliary Link Newsletter editor reserves the right to edit articles submitted for publication. Opinions expressed in the Auxiliary Link are not necessarily those of the editor, the Newfoundland and Labrador Association of Healthcare Auxiliaries or its members.

The Newfoundland and Labrador Association of Healthcare Auxiliaries is the voice of Newfoundland and Labrador health volunteers. Its focus is the importance of volunteerism to the health of all people across Newfoundland and Labrador. Its purpose is to improve the visibility of volunteers.

The Auxiliary Link is published semi-annually. The Newfoundland and Labrador Association of Healthcare Auxiliaries gratefully acknowledges the support of The Labrador-Grenfell Regional Integrated Health Authority for providing resources.

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The Auxiliary Link Deadlines:

Issue	Publication Date	Submission Deadlines
Spring	May	April 12
Fall	December	November 12

## GREETINGS FROM THE PRESIDENT



Diane Carberry Photo

**Lillian Moores**, President,  
NLAHA 2008-2010

**A**t this time, as your new President, I want to take this opportunity to send greetings on behalf of NLAHA to all auxilian and your families.

At the convention in Stephenville, I became your new President. I am pleased and honored to accept this position.

During the next two years I hope to fulfill my role to the best of my ability, but I will need your help and support. I will be looking forward to an invitation to visit with your

Auxiliary members.

Our 39<sup>th</sup> Annual Convention was held in Stephenville with 147 members in attendance. It was a great convention; your evaluation sheets indicated it.

I would like to thank Sir Thomas Roddick Hospital Auxiliary and Three Rivers Branch Auxiliary for their hard work and dedication to make the convention such a success. I would also like to thank President Evelyn Davis for her suggestion of a Town Hall Meeting. It went over well and I think we should have it more often.

It will soon be time to fill out the stat forms and pay your annual fees. It is very important to have your stat forms completed by February 15<sup>th</sup> and your fees sent in by March 1<sup>st</sup>. Send the forms and fees to Gloria Roberts, your new

treasurer.

Now is the time to start planning to attend the Annual CAHA Conference in 2009. It will take place in Charlottetown, PEI on May 16 & 17<sup>th</sup>.

Please remember to enter the Photo Contest, the Newsletter Contest, and the Care Award. Also, remember your outstanding members with a Life Membership.

In closing, I would like to wish each and every one a Happy and Prosperous 2009.

I am asking for your support in the coming year and I promise that I will keep you informed so that we may work as a team

Merry Christmas and a Happy New Year!

Yours in Volunteering  
Lillian Moores, President

**What I do is important because I am exchanging a day of my life for it.**

*~ Hugh Mulligan*

## NLAHA EXECUTIVE 2008-2010

Position	Name/Address	Contact Info
<b>President</b>	Lillian Moores 11 Sutherland Drive Grand Falls/Windsor, NL A2A 2E9	Home: (709)489-5890 Fax: (709)489-1894 Email: bandlmoores@nf.sympatico.ca
<b>President-Elect</b>	Frances Kennedy 10 Lomond Street Corner Brook, NL A2H 3A9	Home: (709)639-9714
<b>2nd Vice President</b>	Beverly Nippard P. O. Box 482, Stn. B Happy Valley-Goose Bay, NL A0P 1E0	Phone: (709) 896-8358 Email: theauxiliarylink@yahoo.ca
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<b>Secretary</b>	Blanche Reid 546 Main Street Bishop's Falls, NL A0H 1C0	Home: (709)258-5258 Email: breid@nl.rogers.com
<b>Past President</b>	Judith Peddle P. O. Box 310 Burin, NL A0E 1E0	Home: (709) 891-1377 Email: jrpeddle@hotmail.com

**Until you value yourself, you won't value your time.**

**Until you value your time, you will not do anything with it.**

*~ M. Scott Peck, M.D*

## 39TH ANNUAL CONVENTION REPORT

BY LILLIAN MOORES

On Friday, October 17, 2008, 148 Auxiliary members from across Newfoundland & Labrador attended the 39<sup>th</sup> annual convention, which was hosted by Sir Thomas Roddick Hospital and Three Rivers Auxiliaries.

Meet and Greet was on Friday night with entertainment by 2<sup>nd</sup> Stage Players, which was enjoyed by all.

Saturday morning began with the Memorial Service, followed by the election of officers.

The first speaker was Ms Susan Fowlow; her topic was "Aging-Perceptions & Reality" and it was a great presentation.

During the Awards Luncheon, sixty-four NLAHA Life Memberships were presented plus one CAHA Life Membership. Winners for the Newsletter contest were: The General Hospital Auxiliary in the "300

beds and over" group and Central Newfoundland Hospital Auxiliary in the "100 beds and over" group. Baie Verte Peninsula Health Auxiliary won the photo contest. Congratulations to all.

By request there was a Town Hall Meeting, which was well received. The afternoon speaker was Rev. Kathryn Eddy, whose topic was "From Compassion to Action".

During the Banquet a seventeen-year-old student entertained us with music and song. What Talent! After the meal there was entertainment by the Scuds.

The 39<sup>th</sup> Annual Convention was a great success thanks to Sir Thomas Roddick and Three Rivers Auxiliaries.

Next year's convention has not yet been confirmed.☀



The Memorial Service.



Convention Attendees.



Susan Fowlow performing to a live audience.



Convention attendees.

**MESSAGE FROM THE MINISTER  
NEWFOUNDLAND AND LABRADOR ASSOCIATION OF  
HEALTHCARE AUXILIARIES  
39TH ANNUAL CONVENTION**



To: Newfoundland and Labrador Association of Hospital Auxiliaries

On behalf of the Government of Newfoundland and Labrador, I wish to extend sincere congratulations to the volunteers of the Newfoundland and Labrador Association of Healthcare Auxiliaries (NLAHA) on the occasion of your 39<sup>th</sup> Annual Convention.

The people of this province are known for their unrelenting generosity and caring spirit. The volunteers of the NLAHA exemplify this spirit by working tirelessly to ensure our health care system provides necessary support to hospital patients, staff, and residents.

Your successes are strikingly evident. In 2007, NLAHA volunteers dedicated 134,234 hours of their time and raised \$491,899 for health care facilities in our province. As Minister of Health and Community Services, I thank the dedicated women and men whose work has led to improved well-being for their fellow Newfoundlanders and Labradorians.

I commend you on the work you do to help keep our people healthy and promote wellness in our communities. Congratulations on your success and I look forward to seeing the future accomplishments that will surely be realized in the years to come.

Honourable Ross Wiseman  
Minister  
Department of Health and Community Services  
Government of Newfoundland and Labrador

# IN MEMORIAM 2007-2008

**Area: Western**

**Candle Lighter: Karina Roberts**

**Dr. Charles S. Curtis Hospital Auxiliary**

- 1. Dorothy Aucoin
- 2. Ada Billard

**Area: Central West**

**Candle Lighter: Irene Penney**

**North Haven Manor**

- 1. Stella Boyd
- 2. Daisy Moyles
- 3. Maud Kendell

**Area: Central East**

**Candle Lighter: Jessie Cooper**

**James Paton Memorial Hospital Auxiliary**

- 1. Joyce Hiscock
- 2. Gwen Reid

**Area: Peninsulas**

**Candle Lighter: Ellen Multon**

**U.S Memorial Health Care Auxiliary**

- 1. Mary Slaney
- 2. Edna Benteau

**Area: Avalon**

**Hr. Lodge Nursing Home Auxiliary**

- 1. Dora Murphy

**Placentia Health Care Auxiliary**

- 1. Jeanie Cormier
- 2. Cecilia (Cris) Gambin



Candle Lighting Ceremony, 2008  
Diane Carberry Photo

**Area: St. John's**

**Candle Lighter: Doris Johnston**

**Agnes Pratt Home**

- 1. Victoria Barnes

**St. Clare's Mercey Hospital Auxiliary**

- 1. Mary Byrne

**Area: Labrador**

**Candle Lighter: Beverly Nippard**

**Labrador South Health Care Auxiliary**

- 1. Herselia Flynn

# NEWFOUNDLAND AND LABRADOR ASSOCIATION OF HEALTHCARE AUXILIARIES

## A BRIEF HISTORY

On October 18, 1968, a steering committee was formed by seven auxiliaries across Newfoundland.

On April 2, 1969, the steering committee was dissolved and a new association was named the Newfoundland and Labrador Association of Hospital Auxiliaries (NLAHA.) NLAHA became a sector of the Newfoundland Hospital Association (NHA.)

In January 1985, NLAHA joined the Canadian Association of Hospital Auxiliaries.

In 1986, the titles of the Newfoundland Hospital Association, the Newfoundland and Labrador Association of Hospital Auxiliaries and the Canadian Association of Hospital Auxiliaries were changed to the Newfoundland Hospital and Nursing Home Association (NHNHA,) the Newfoundland and Labrador Association of Healthcare Auxiliaries (NLAHA, and the Canadian Association of Healthcare Auxiliaries (CAHA.)

The first issue of the provincial newsletter, *The Auxiliary Link*, was published in 1989.

Life membership was introduced in 1996.

The association is funded by fees paid by each auxiliary across Newfoundland and Labrador that comprise the NLAHA. Profits from the annual convention, crafts and National Product Line provide additional operating funds. Each year the association receives a grant from the NHNHA.

The executive, which is comprised of Past President, President, President-Elect, Second Vice-President, Secretary and Treasurer, meet regularly to discuss issues affecting auxiliaries and health care in Newfoundland and Labrador.☀

### About Dues

Dues are payable on January 1, 2009 . The membership fee is \$3.00 per member. Please send \$2.00 of this fee to NLAHA (\$1.00 for CAHA & \$1.00 for NLAHA) and keep the other \$1.00 for use in your own Auxiliary.

Please make cheques payable to:

Gloria Roberts  
Treasurer, NLAHA  
P. O. Box 123  
Botwood, NL  
A0H 1E0

## I'M ON A COMMITTEE

Oh give me some pity, I'm on a committee,  
which means that from morning tonight,  
we attend, and amend, and contend, and defend  
without a conclusion in sight.

We confer and concur, we defer and demur,  
we reiterate all of our thoughts.  
We revise the agenda with frequent addenda  
and consider a load of reports.

We compose and propose, we suppose and oppose  
and the points of procedure are fun!  
But though various notions are brought up as motions  
there's terribly little gets done.

We resolve and absolve, but never dissolve  
since it's out of the question for us.  
What a shattering pity to end our committee  
Where else could we make such a fuss.

~ Author Unknown

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*The joy of brightening each others' lives, bearing each others' burdens, easing each others' loads, and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas.*

~W. C. Jones

**AUXILIARY VOLUNTEER HOURS** Name: \_\_\_\_\_

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Yearly Total
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
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19													
20													
21													
22													
23													
24													
25													
26													
27													
28													
29													
30													
31													
Totals													

Please keep this chart handy to help you keep track of your volunteer hours. It is very important to keep track of our volunteer hours for the statistical reports.

# CONGRATULATIONS!

The Newfoundland and Labrador Association  
of Healthcare Auxiliaries would like to  
congratulate auxiliaries and their members on  
significant milestones in their history.

50 years

The Agnes Pratt Home Auxiliary

St. John's

40 Years

Janeway Children's Health & Rehabilitation  
Centre Auxiliary

St. John's

40 years

General Hospital Auxiliary

St. John's

35 years

Dr. A.A. Wilkinson Memorial Health Centre

Old Perlican

Thank you for all you have done over the  
years—your time and dedication to your  
centre, patients, families and staff.

# NLAHA EDUCATION AND TRIBUTE FUND APPLICATION

Name of Auxiliary \_\_\_\_\_

Auxiliary President \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Date of Event \_\_\_\_\_

Grant applied for (e.g. workshop, convention, project, etc.?) \_\_\_\_\_

Are you considering delegates who have not attended before: Yes \_\_\_ No \_\_\_

If so, how many? \_\_\_\_\_

Would you be able to send delegates if funding was not available? Yes \_\_\_ No \_\_\_

**List proposed expenses for two delegates:**

Registration \$ \_\_\_\_\_ X \_\_\_\_\_ = \$-----

Method of Travel \$ \_\_\_\_\_ X \_\_\_\_\_ = \$ \_\_\_\_\_

Accommodation (rate) \$ \_\_\_\_\_ X \_\_\_\_\_ = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

If the grant is for sponsorship of an event, list costs of speakers, etc.

Amount of assistance applied for: \$ \_\_\_\_\_

Remainder to be subsidized by which of the following?:

Auxiliary? \_\_\_ Health Facility/Regional Health Authority? \_\_\_ Individual? \_\_\_

Has your Auxiliary received a CAHA grant before? Yes \_\_\_ No \_\_\_ Year? \_\_\_\_\_

Amount Auxiliary spent on education for your members last year \$ \_\_\_\_\_

\*Attach an itemized list.

Application approved: \_\_\_\_\_

Provincial President

Date



## CANADIAN ASSOCIATION OF HOSPITAL AUXILIARIES A BRIEF HISTORY

The association was formed in 1951 and was originally supported by personal donations made to a foundation fund.

The association was first called "The National Council of Hospital Auxiliaries of Canada," then "The Canadian Association of Hospital Auxiliaries," and finally in order to accommodate all healthcare facilities it became known as "The Canadian Association of Healthcare Auxiliaries" with its head office in Ottawa.

The work of the association was done on a volunteer basis until 1981 when the Canadian Hospital association offered to provide a coordinator of services. Since 1995 the CAHA has purchased administrative services itself, but continues to retain the CHA headquarters as its mailing address.

CAHA began holding educational and general meetings in the early 80's and held its annual convention in conjunction with the CHA. However, in 1998 the association decided to go it alone and hold its AGM independently as a reflection of the importance of volunteering to the health of Canadians.

In 1954 the Association became incorporated and started to publish a journal. In 1995 a newsletter became the chosen method of communication. Contests have been favorite public relations and motivational tools since 1956.

Photo contests were started in 1972 and the newsletter contest in 1982.

The CARE award (Canadian Auxiliaries Recognition of Excellence) was established in 1991 and is now awarded annually. Memorial and scholarship funds started in the 50's evolved into a national education fund in 1975 through an endowment by Mrs. Alexandria McDougall.

The Association is funded by fees paid on behalf of each auxiliary member, profits from the annual convention and the product line. Since 2002 the annual fee structure is \$1.00 per member. Unfortunately this fee increase has caused the provincial association of Ontario to withdraw their membership effective December 31, 2003 and provincial association of BC to withdraw effective December 31, 2004.

The National board of CAHA meets regularly to discuss issues affecting auxiliaries and healthcare in Canada. Over the years three topics have dominated discussion: membership recruitment and retention, demands for funds to equip and decorate health facilities, and relations with boards which run the facilities the auxiliaries serve. The introduction of Medicare in the 60's increased the amount of money available to healthcare so that the auxiliaries turned to hands on service. Now

with shrinking funding for institutions combined with reorganization of health facility administration, the focus of auxiliaries has shifted back to fundraising.

At the close of the 20th century, CAHA continues to provide a forum for discussion among provincial auxiliary leaders and the promotion of good practices for volunteering in health. As well they have forged partnerships with other organizations to produce reports such as "Volunteerism in the Canadian Health Sector" and "Volunteerism in the Canadian Health Sector" and participated in the production of "Standards for Auxiliaries" in cooperation with the Canadian Council for Health Services. Accreditation. They also enjoyed a consultative role with Volunteer Canada to develop a traveling museum to celebrate and promote volunteerism in Canada.

The CAHA has a vision to "support health volunteers." It has a product line with a new logo, a burgundy stylized "A" embossed with a maple leaf. It chose a "SEAL" for a mascot, the letters denoting SUPPORT, EDUCATE, ADVOCATE, LEAD and it has an established web page and newsletter, "the Auxiliary Avenue".



In 2001, the CAHA celebrated its golden anniversary at the

...continued on page 14



**CANADIAN ASSOCIATION OF HEALTHCARE AUXILIARIES**  
**L'ASSOCIATION DES AUXILIAIRES BÉNÉVOLES DES SOINS DE SANTÉ DU CANADA**

GUIDELINES FOR AWARDING LIFE MEMBERSHIPS

Applications for Life Memberships in CAHA may be made by a provincial association or an affiliated health care auxiliary to honour a member for outstanding service over a minimum period of ten years. Special consideration may be given to a lesser period of service under extenuating circumstances.

Applications shall be accompanied by a one page double spaced bio that highlights the member's service that can be read at the Awards Luncheon. The application shall be sent to the CAA President who, in turn, sends it to the CAHA President.

Applications will be reviewed by the CAHA Executive Committee. The Life Membership fee, which shall be set annually at the Fall CAHA Board meeting, shall accompany the application.

The Life Membership fee for 2008-2009 is \$150.00. A Life Membership certificate and pin will be awarded either during the Annual Meeting of the Canadian Association of Healthcare Auxiliaries or during the Annual Meeting of the Life Member's Provincial Association.

Life Members may attend and participate in the CAHA Annual Meeting but shall have no vote. Applications are to be prepared in triplicate with one copy for the CAHA President, one for the CAHA Secretary and one for the provincial President.

Applications must be received by the CAHA President and the CAHA Secretary by February 28 or September 30 for consideration by the CAHA Executive. If the life membership is to be presented at the Provincial Association's meeting, application must be received six weeks prior to the event with an extra cost of \$40.00.

CAHA History  
 ...continued from page 13

convention in PEI. To commemorate the occasion a tree was planted in the garden of Government House.

The CAHA is your national organization working for you. With the support of all auxiliaries across Canada the CAHA has a voice to bring recognition of all the monies raised and volunteer hours given by each and every one of you. ☀

Congratulations to  
 Central Newfoundland Hospital Auxiliary  
 on reaching their goal of  
 \$1,000,000.00 in donations  
 in their 40th Anniversary Year!



**CANADIAN ASSOCIATION OF HEALTHCARE AUXILIARIES**  
**L'ASSOCIATION DES AUXILIAIRES BÉNÉVOLES DES SOINS DE SANTÉ DU CANADA**

Application for Life Membership

Name of Nominee: \_\_\_\_\_

Address of Nominee: \_\_\_\_\_

Auxiliary of Nominee: \_\_\_\_\_

President/Contact Person of Auxiliary: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Provincial Association: \_\_\_\_\_

Signature of Provincial President: \_\_\_\_\_

Date Submitted: \_\_\_\_\_

Please attach the nominee's record of service including years of auxiliary volunteer involvement, offices held, and projects/programs for which nominee was responsible.

**FOR CAHA USE ONLY**

Review by Executive Committee: \_\_\_\_\_

Letter of approval to President/Contact Person: \_\_\_\_\_

Membership Presentation: \_\_\_\_\_

Date: \_\_\_\_\_

Place: \_\_\_\_\_

Presenter: \_\_\_\_\_



**CANADIAN ASSOCIATION OF HEALTHCARE AUXILIARIES**  
**L'ASSOCIATION DES AUXILIAIRES BÉNÉVOLES DES SOINS DE SANTÉ DU CANADA**

### CAHA Education Fund

The CAHA Education Fund was established in 1975 because of a perceived need to provide financial assistance for special educational programs for individual, area, district, regional, zone and provincial and national health care auxiliary associations. All member auxiliaries were invited to contribute to the fund. The response was good and large and small donations continue to be received. These funds are invested and in most years only the interest has been used. A committee appointed by the CAHA Board administers the Education Fund.

An individual, auxiliary, provincial association, corporation or company can donate to the Education Fund.

An auxiliary, area, district, region, zone or provincial association affiliated with the CAHA, as well as the CAHA itself can use the Education Fund.

Up to 50 percent of the estimated budget or \$500.00 (whichever is less) will be granted. Extenuating circumstances may indicate that more than 50 percent of the budget will be paid.

The following qualifies for assistance:

- Educational programs (for auxiliary/provincial association/national association/general public,) such as seminars/conferences, workshops, speakers.
- Program development (auxiliary/provincial association/national association programs,) for example, palliative care training program, public relations program
- Health-related project, for example, well women's clinic, health fair.

Complete the application form and submit it to the provincial president at least eight (8) weeks in advance of the program/project. Include a current financial statement of the applicant and a proposed budget. Following approval by the provincial president, the application will be forwarded to the chairperson of the CAHA Education and Tribute Fund Committee. Notification of approval, along with the grant, will be forwarded to the applicant. Unsuccessful applicants will be notified.

Recipients must complete the CAHA Education Fund report form and send it to the chairperson of the CAHA Education and Tribute Fund Committee with a copy to the provincial president. Include a financial statement of the project/program and return any unused portion of the funds to the CAHA.

*"Those who dance are considered insane by those who can't hear the music." George Carlin*



**CANADIAN ASSOCIATION OF HEALTHCARE AUXILIARIES**  
**L'ASSOCIATION DES AUXILIAIRES BÉNÉVOLES DES SOINS DE SANTÉ DU CANADA**

**Guidelines for the Education Fund Grants to Auxiliaries**

Applications must be sent to the Provincial President no less than 60 days prior to the event and must be postmarked to the CAHA Treasurer not less than 40 days prior to the event for which the funding is sought. *Late or incomplete applications will not be processed.*

Please note: In order to make grants available for a greater number of auxiliaries, each application will cover two delegates only. As well, auxiliaries will be eligible to apply for an education grant once every three years providing they meet the policy of spending 10% NET REVENUE on education of the members of their auxiliary each year.

Up to 50% of the proposed expenses for travel, registration and accommodation may be granted (meals not included) to cover **two delegates, up to a maximum of \$500.00.**

A financial statement as presented at your last annual meeting **MUST** accompany the form, and gift shop and other fund-raising revenue must be included. An itemized list of the educational expenses you have paid on behalf of your members is also required.

The application is processed and funds allocated after consultation with the Finance and Education Committee. Any portion of the grant not used must be returned to the CAHA treasurer.

The follow-up report form will be enclosed with the grant cheque and must be completed and returned to the CAHA treasurer within 30 days of the event. If the follow-up report is not returned, future grants will not be considered.

The grant application must be approved by the provincial president, and accompanied by a covering letter from the provincial president.

Education and tribute funds are derived from interest on a memorial investment made when the fund was established in 1975. At present current funding continues to be derived from memorial donations by provincial associations, auxiliaries and individuals as well as CAHA life memberships.

Education and Tribute Fund

The CAHA Education and Tribute Fund provides grants for continuing education of its member auxiliaries.

Policy: Grants are available to member auxiliaries requiring assistance once they have spent 10% of revenues on the education of their members. Meals will not be funded. Up to 50% of the identified expenses may be granted up to a maximum of \$500.00. See revised Guidelines.

Applications must include a current financial statement and a detailed list of education expenses.

*The application must reach your provincial president at least 60 days prior to the event.*



# CAHA EDUCATION AND TRIBUTE FUND APPLICATION

Name of Auxiliary \_\_\_\_\_

Auxiliary President \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Date of Event \_\_\_\_\_

Grant applied for (e.g. workshop, convention, project, etc.?) \_\_\_\_\_

Are you considering delegates who have not attended before: Yes \_\_\_ No \_\_\_

If so, how many? \_\_\_\_\_

Would you be able to send delegates if funding was not available? Yes \_\_\_ No \_\_\_

**List proposed expenses for two delegates:**

---

Registration	\$ _____	X _____	= \$ _____
Method of Travel	\$ _____	X _____	= \$ _____
Accommodation (rate)	\$ _____	X _____	= \$ _____
TOTAL			= \$ _____

If the grant is for sponsorship of an event, list costs of speakers, etc.

---

Amount of assistance applied for: \$ \_\_\_\_\_

Remainder to be subsidized by which of the following?:

Auxiliary? \_\_\_ Health Facility/Regional Health Authority? \_\_\_ Individual? \_\_\_

Has your Auxiliary received a CAHA grant before? Yes \_\_\_ No \_\_\_ Year? \_\_\_\_\_

Amount Auxiliary spent on education for your members last year \$ \_\_\_\_\_

\*Attach an itemized list.

Application approved: \_\_\_\_\_  
Provincial President Date

*This application must be accompanied by a covering letter from the Provincial President.*

## THE DASH

I read of a man who stood to speak  
At the funeral of a friend  
He referred to the dates on her tombstone  
From the beginning...to the end

He noted that first came her date of birth  
And spoke the following date with tears,  
But he said what mattered most of all  
Was the dash between those years  
(1934-1998)

For that dash represents all the time  
That she spent alive on earth...  
And now only those who loved her  
Know what that little line is worth.

For it matters not, how much we own;  
The cars...The house...The cash,  
What matters is how we live and love  
And how we spend our dash

So think about this long and hard...  
Are there things you'd like to change?  
For you never know how much time is left,  
That can still be rearranged

If we could just slow down enough  
To consider what's true and real,  
And always try to understand.  
The way other people feel.

And be less quick to anger,  
And show appreciation more  
And love the people in our lives  
Like we never loved before.

If we treat each other with respect,  
And more often wear a smile...  
Remembering that this special dash  
Might only last a little while.

So, when your eulogy's being read  
With your life's actions to rehash...  
Would you be proud of the things they say  
About how you spent your dash?

~©Linda Ellis

"When you carry out acts of kindness, you get a wonderful feeling inside. It is as though something inside your body responds and says, 'Yes, this is how I ought to feel.'"

- Rabbi Harold Kushner

## THE GENERAL HOSPITAL AUXILIARY CELEBRATES 40TH ANNIVERSARY SUBMITTED BY LONA WARREN



**The General Hospital Auxiliary** celebrates 40th Anniversary.  
Front Row (L-R): Elfie Boehm, Alma Hiscock, and Lona Warren.  
Back Row (L-R): Elsie Hussey, Ruth Thomas, Barbara Moulton and Joan Ingram.  
Submitted Photo

**T**he General Hospital Auxiliary is proud to be celebrating its 40th Anniversary.

The purpose of the Auxiliary has always been to render service to the patients of the General Hospital and the L. A. Miller Center. It also promotes the general health and welfare of the community.

In its forty-year history, the auxiliary has donated \$2.75 million to the health care system. It has assisted in the purchase of medical equipment, including a Heart-Lung machine, a C. T. Scanner, an MRI, a Burn Unit and an Orthopedic Modular Table. The General Hospital offers tertiary or high-level

health care services province-wide, so new and updated equipment is always an expensive priority.

The Auxiliary has also financed the furnishing of an Alzheimer Unit and five rooms at the L. A. Miller Centre, and made donations to staff and student scholarships, to the library fund, to the psychiatry unit, helped towards the purchase of a TV service for some long-term patients, and the provision of Christmas gifts for patients at the Miller Centre. Contributions have been made in many other areas as well.

Over the forty-year history, volunteers have donated more than

500,000 hours of their time to assist with the day-to-day care of patients in all areas of the hospital.

The Auxiliary is very proud of what it has accomplished over these forty years. We've already celebrated our accomplishments with an afternoon tea with special guests and many past and present members in attendance. We were delighted to have Mrs. Mary House, our first president, as guest speaker on that occasion.

We pay tribute to the many dedicated volunteers who continue to give so much of their time and energy and look forward to continued service for many years to come.☀

# CARBONEAR GENERAL HOSPITAL AUXILIARY NEWS

SUBMITTED BY GLADYS TUCKER



Members of Carbonear Hospital Auxiliary gather at the hospital to present a Patient Lift for use at the facility.

Submitted Photo

This year, 2008, was a very productive year for the Carbonear Hospital Auxiliary. In addition to the donation of the Patient Lift for use at the facility and our Christmas in July annual outing (see photos), there were other interesting things happening in our auxiliary, such as:

- Smilemakers (kid's toys) were presented to the emergency, lab, and outpatients departments to help make children's visits to these departments more pleasurable.
- 14 volunteers were orientated to "lend a hand" at the facility.
- \$5,000.00 was presented at the annual T.C.P. Telethon in October 2008.
- \$500.00 was donated to the T.C.P. Foundation "Tree of Reflection" in memory of deceased auxiliary members.
- Gillian Jones, Manager of Learning and Development at Eastern Health, was our special guest at our September dinner meeting. Gillian's address was entitled, "Volunteerism—An Asset to the Community."
- Debbie Dawe, occupational health and Safety Nurse, addressed the group at our October meeting regarding the importance of TB testing and confirmation of Immune Status for hospital volunteers.
- Three new members joined our group in October—welcome aboard ladies!



Members of the Carbonear General Hospital Auxiliary enjoy a game of cards following a delicious turkey dinner and gifts from Santa, which took place at our "Christmas in July" annual outing. President Betty Powell hosted this event at her cabin and a good time was had by all.

Submitted Photo

We look forward to an enjoyable and productive year ahead!☀

# JANEWAY CHILDREN'S HEALTH AND REHABILITATION CENTRE AUXILIARY FUNDRAISER

SUBMITTED BY MARILYN PARDY



**Janeway Children's Health & Rehabilitation Centre Auxiliary Used Book Sale.** (L-R) Judy Murphy, Irene Walshe, Jean Lewis, and Marion Clarke.

## Used Book Sale

In May 2007, the Janeway Children's Health & Rehabilitation Centre Auxiliary had its first Used Book Sale and raised over \$800.00 in two days ( 9 a.m. to 2 p.m. each day. )

In May 2008, our second sale raised over \$1200. We were surprised by the great interest in the sale of used books and now plan to continue it on a yearly basis.☀

## Finger Puppet Pattern

With sport weight yarn and size 11 needles, cast on 12 stitches  
 Knit 16 rows of garter stitch  
 Knit 4 rows stocking stitch  
 Knit 4 rows garter stitch  
 Thread yarn through stitches & pull like a drawstring  
 Embroider 3 French Knots for eyes & nose  
 Feel free to use your imagination for the facial design.

Note: These finger puppets very popular with the children when they have blood work done at the Janeway. Other Auxiliaries may be interested in them for their hospitals.☀

# JANEWAY CHILDREN'S HEALTH AND REHABILITATION CENTRE AUXILIARY 40TH ANNIVERSARY

SUBMITTED BY MARILYN PARDY

The Janeway Children's Health and Rehabilitation Centre Auxiliary celebrated its 40th Anniversary in 2008.

The Auxiliary was founded in 1968, and the first President was Mrs. Evelyn Crosbie. To honor this occasion an afternoon tea was held at the Janeway Children's Health and Rehabilitation Centre on October 23, 2008, for Janeway staff, auxiliary members and invited guests, including Past-Presidents.

Since 1968, the Auxiliary has donated over 1.5 million dollars to the hospital for expensive equipment, such as a pediatric ventilator, a transport incubator, operating room equipment, as well as comfort items, such as sleeper chairs for parents, rocking chairs and strollers. It also funded the painting of concrete pillars in the new hospital by local artists.

To celebrate our 40th Anniversary we have committed \$40,000.00 for comfort items.

The Janeway auxiliary also funds scholarships and contributes to the Janeway Telethon.

The Janeway Gift Shop, our major fundraiser, is supplemented by bake sales, save-a-tape program, used book sales, etc. One of our current members, Sheila Ryan, was a founding member of the Auxiliary in 1968 and has been an active member for 40 years. ☀



Janeway Children's Health and Rehabilitation Centre Auxiliary 40th Anniversary Celebrations. One of the founding auxiliarians, Sheila Ryan, cuts the cake.

Jean Davis Photo



Janeway Children's Health and Rehabilitation Centre Auxiliary 40th Anniversary Celebrations Display.

Jean Davis Photo

## TABLE FAVOURS FROM CONVENTION 2008

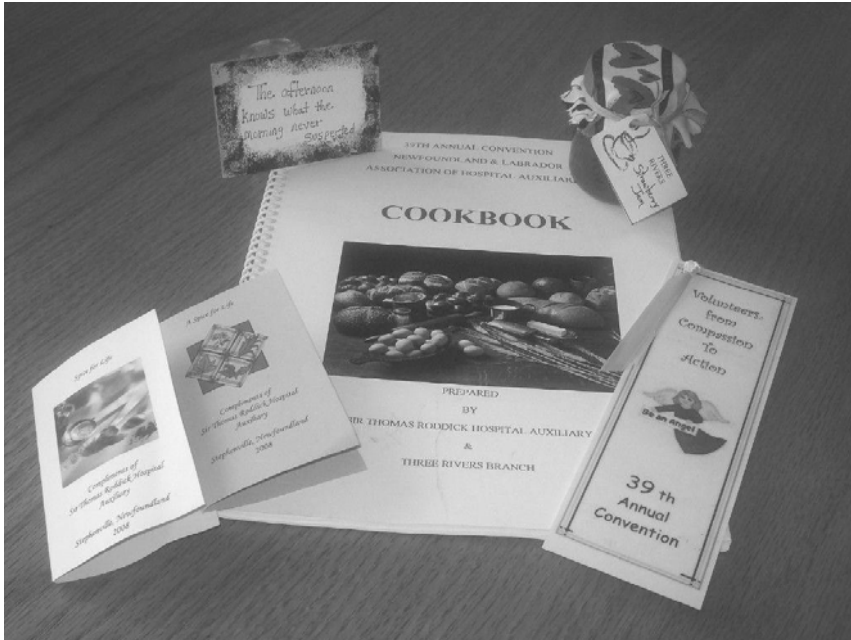


Table favours provided by Sir Thomas Roddick Hospital Auxiliary and Three Rivers Hospital Auxiliary.

Linda Butt Photo

A big thank you to Linda Butt, Secretary of Three Rivers Hospital Auxiliary who made 160 of those fridge magnets as table favours for the convention.

Three Rivers Auxiliary also provided the little jars of preserves and contributed recipes for the cookbook.

Sir Thomas Roddick Hospital Auxiliary in Stephenville provided the spices, the bookmarks, and the cookbook. ☀



Thank God for dirty dishes,  
 they have a story to tell.  
 While others may be hungry,  
 we are eating very well.  
 With home, health and happiness  
 I shouldn't want to fuss.  
 By this great stack of evidence  
 God's been very good to us!

~ Submitted by Linda Butt

## ST. CLARE'S MERCY HOSPITAL AUXILIARY REPORT SUBMITTED BY SHARON A. DAWE



The St. Clare's Mercy Hospital Auxiliary

Submitted Photo

The St. Clare's Mercy Hospital Auxiliary recently presented \$25,000 of their \$160,000 pledge to the Health Care Foundation.

The money is designated for the purchase of equipment for the ENT program. The Auxiliary has now honoured \$105,000 of their

two year pledge. Over the past 41 years the Auxiliary has donated almost \$2 million to St. Clare's. ☀

## LHCA DONATES TO LABRADOR HEALTH CENTRE SUBMITTED BY BEVERLY NIPPARD



Bernice Tracey Photo

On October 29, 2008 members of the Labrador Health Centre Auxiliary presented nursing staff on the inpatients ward of the hospital with a wheelchair valued at \$650.00.

This is the second annual wheelchair donation.

The Labrador Health Centre Auxiliary would like to thank auxiliary members, associate members and the general public for your support of our fundraising projects that makes these donations possible. ☀



L-R: Auxiliary Members Josie Gillard and Ginger Smith (seated) with hospital staff Colleen Wheeler and Bessie Michelin.

## DR. G. B. CROSS MEMORIAL HOSPITAL AUXILIARY REPORT SUBMITTED BY DIANE CARBERRY



Dr. G. B. Cross Memorial Hospital Auxiliary Volunteers helping out at their Radio-thon. Our auxiliary pledged \$30,000.00 over a period of three years. Members in the picture are (L-R): Marger Hart, Betty Loveys, Alvina Easton, Daisy Ivany, Iris Adams, Myra Goodyear, Diane Carberry, Joan Baker, Jessie Reid, Sybil Curtis, Molly Franson, Shirley Billard, and Judy Green.

Submitted Photo



*If you have recipes you would like  
to share, email them to  
[theauxiliarylink@yahoo.ca](mailto:theauxiliarylink@yahoo.ca)*

# BONNE BAY HOSPITAL AUXILIARY REPORT

## SUBMITTED BY NORMA PEARCE



Bonavista Peninsula Health Care Auxiliary (BPHCA)

Submitted Photo

**O**ur Auxiliary members have had an enjoyable year with 41 members and a number of volunteers.

Again this year, we held a Christmas party at the Long Term Care unit for the residents with mum-

mers, music, lunch, gifts and lots of laughs. We also gave fruit baskets to shut-ins during Christmas. Most of our members went out for a delicious, enjoyable Christmas supper at the Ocean View Motel.

Our annual dinner meeting was held in April with 29 members pre-

sent. A few changes in by-laws and executive have been made.

We donated \$1,000.00 to the Janeway Hospital, \$200.00 to a radio-thon, approximately \$1,000.00 to the Bonne Bay hospital and \$200.00 to the Pastoral Care Committee.☀

### The Twelve Gifts I wish For You

- Happiness** deep down within.
- Serenity** with each sunrise.
- Success** in each facet of your life.
- Family** beside you.
- Love** that never ends.
- Special** memories of all the yesterdays.
- A bright today** with much to be thankful for.
- A path** that leads to beautiful tomorrows
- Dreams** that do their best to come true.
- And **Appreciation** of all the wonderful things about you.

~ Submitted by Barbara Stone



## LABRADOR HEALTH CENTRE AUXILIARY DONATES TO THE PADDON HOME BY BEVERLY NIPPARD



Back Row: (L-R) LHCA Members: Ginger Smith, Hilda Newman, Hazel Chyz, Sheila Perry, Margaret Newman and Beverly Nippard. Front Row: (L-R) Paddon Home Residents: Ethel Webber, Pearl Baikie, Sarah Voisey and Dorothy Fequet.

Photo: Sally Penney

On Thursday, October 23rd, 2008 several members of the Labrador Health Centre Auxiliary gathered at the Harry L. Paddon Memorial Home to present residents with requested equipment valued at \$7,600.00.

The equipment included two wheelchairs with tables and belts

that will be used to transport the residents to places like the chapel, shopping or the hospital; three walkers—one will be used for assessments and the other two for residents when they are being assisted by staff; and an IV pump that will be used for therapy when needed.

This equipment was paid for by

the fundraising efforts of the LHC Auxiliary.

The Labrador Health Centre Auxiliary would like to thank Labrador-Grenfell staff and the general public for supporting and contributing to the auxiliary fundraising projects.☀

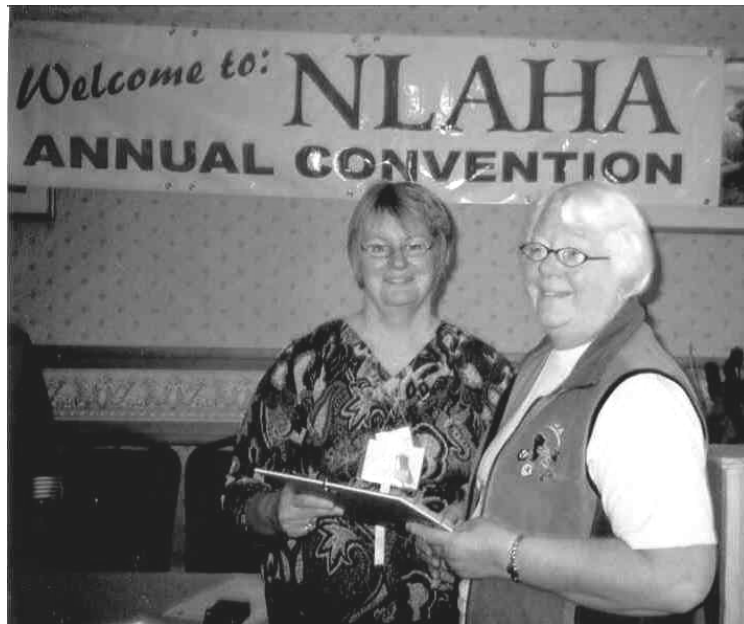
# CENTRAL NEWFOUNDLAND HOSPITAL AUXILIARY NEWS

SUBMITTED BY DORIS DUDER



President Joyce Nash of the CAHA presents President Doris Duder of the Central Nfld. Hospital Auxiliary with a certificate of honourable mention for a newsletter in the 100-300 bed category.

Submitted Photo



President Judith Peddle presents Pat Young of the Central Nfld. Hospital Auxiliary with Life Membership in the CAHA.

Submitted Photo



The delegates from Newfoundland and Labrador who attended the CAHA Convention at Regina, Saskatchewan in June 2008.

Submitted Photo

(Unedited reprint of an Article that appeared in *The Western Star* newspaper on March 13, 2008)

## FOUNDATION AUXILIARY PRAISED FOR TIRELESS EFFORTS

BY CORY HURLEY, STAR STAFF WRITER

**CORNER BROOK** – There is definitely no age limit on volunteerism.

The hours are countless and the contribution is immeasurable, the praise comes seldomly, and it doesn't matter one bit. The Western Memorial Regional Hospital Auxiliary continues to be the single-largest contributor to the Western Regional Hospital Foundation. Together they are helping fulfill medical needs throughout the region.

Suzanne Carey, executive director of the hospital foundation, said the auxiliary has now contributed more than \$613,000 to the foundation over the years. However, an additional \$251,000 was donated to the hospital prior to the foundation's inception – bringing their total contribution to health care just \$36,000 shy of \$900,000.

She said their accomplishments are worth great praise, but it is not what the members are looking for, nor is it what drives them to continue fundraising for the last 51 years.

"This group of dedicated and selfless volunteers have put in hundreds of thousands of volunteer hours for a cause that is very close to their hearts; the people of the west coast of Newfoundland," Carey told **The Western Star**.

"Everyone in our region has a need for medical services at West-

ern Memorial Regional Hospital at one time or another – if not ourselves personally, then perhaps a child, partner, parent or friend has had to avail of the services there."

Each year, the foundation aims to raise more than \$500,000 to purchase new equipment for the region to help provide better services and care for patients. Carey said that helps in the recruitment of new health care professionals to the area, something that adds to the immeasurable contribution the auxiliary makes each year.

"I would like to personally commend each and every member of the auxiliary, "They are a force to be reckoned with."

The feelings are mutual as the auxiliary will continue to donate all its money raised to the hospital foundation annually, barring the emergence of a greater need, according to auxiliary president Barbara Stone. Last year, they handed over a \$30,000 donation to the foundation after they decided to match dollar-for-dollar contributions to the radiothon for a one-hour span – throwing in about an additional \$8,000 as a bonus.

There was a time when the auxiliary was somewhat hands on in assisting health care professionals at the hospital, but in more recent years the operation has been scaled back to involve mostly fundraising. Bake sales, ticket draws and garage sales are their primary activities.

But members also still operate the gift shop and more hands-on things like providing the obstetrics unit with memorabilia booklets for parents of still born babies and knitting finger puppets for lab technicians to help put children getting blood work at ease.

There are currently 22 members on the auxiliary, many of whom are elderly and some that have been with the organization for all of its 51 years.

An obvious fear is the age of the members and the difficulty to recruit new volunteers. Stone said she doesn't even want to consider the possibilities of a future without an auxiliary, especially because those there now still have plenty left to give.

"It is absolutely amazing," she said. "I look at all these women and they have been doing it for years and years and years. Mrs. (Annie) Stevenson is still going and knitting for the gift shop for 51 years, she started there when I was just a young child.

"For a lot of us, we have so much and we want to give back. In a good many cases, volunteers have done a lot of things for us over the years."

The auxiliary is hosting a bake sale this morning at the foray at Western Memorial Regional Hospital. ☀

## WESTERN REGIONAL HOSPITAL AUXILIARY REPORT SUBMITTED BY BARBARA STONE

The bake sale referred to in The Western Star was successful in raising \$686.00.

During Volunteer Week in April 2008, our members enjoyed lunch at the Greenwood Inn. On April 26, 2008, several of our members were present at the Announcement of the 2008-2009 Case for Support for the Western Regional Hospital Foundation. We pledged \$1,000.00 at that time and promised that there would be a further donation during the radio-thon.



Western Memorial Regional Auxiliary president Barbara Stone (right) and long-time members Jean MacGillivray (left) and Annie Stevenson (centre.)

~Star Photo by Geraldine Brophy (Photocopied)

On May 16, 2008, Barbara Stone, president attended the graduation and awards ceremony of the Western Regional School of Nursing Bachelor of Nursing (Collaborative) Program where she presented the \$150.00 Western Memorial Regional Hospital Auxiliary award to Joelle Bridger. This award, voted on by the graduating students, is available to the classmate who has shown

leadership in student affairs through volunteer activities.



Gary Hann (our treasurer's husband), Hope Wiseman (back on to the camera), Stella Park (who found something to laugh about), Phyllis Richards (side on to the camera), and Jean MacGillivray (facing the camera.)

~Submitted Photocopied Photo

In May the executive served wine and cheese at Dr. Wijay's Photo Exhibit at the Corner Brook Arts and Culture Centre. This photo exhibit was held by Dr. Wijay to raise money for the radio-thon. All monies raised at the radio-thon are to be used to purchase equipment for the Ophthalmology Department.

On June 21, 2008, prior to breaking for the summer, WMRH Auxiliary held a garage sale and was successful in raising over \$400.00.

On October 2 & 4, 2008, Western Regional Hospital Foundation held its annual radio-thon. This year's radio-thon exceeded all expectations and Western Memorial Regional Hospital's Auxiliary was a huge part of this success. The auxiliary agreed to match pledges that were phoned in between 3 - 4

p.m. up to \$25,000.00. The total pledges were \$22,748.01, which, along with the \$25,000.00 from the auxiliary raised the total raised to \$47,748.01. Of course the Government matched that amount and the auxiliary was delighted that we were responsible for raising \$95,496.02. The radio-thon's final total was \$585,340.90 - over \$30,000.00 more than was set.



Seumas Gibbons, Board Director; Jackie Cho, Board Treasurer; Barbara Stone, Auxiliary President; Hope Wiseman, Auxiliary Treasurer; Gladys Hann, Auxiliary Secretary; and Bob Patten, Board Director.

~ Submitted Photocopied Photo

Eight of the members from our auxiliary attended the 39<sup>th</sup> Annual NLAHA Conference in Stephenville. The ladies from Sir Thomas Roddick and Three Rivers are to be congratulated and thanked for the super job they did in organizing the conference.

We have begun selling tickets for our Christmas Draw, as well as preparing for our Christmas Social and our Tree of Memories Ceremony. We would like to wish each of you a Merry Christmas and a Happy New Year.☀

## GREEN BAY HEALTH AUXILIARY NEWS SUBMITTED BY BETTY TAYLOR

On January 4th, 2008, a celebration of the holidays brought Christmas to the residents of Valley Vista in Springdale. Members of the Ladies Auxiliary sang carols, performed verse readings, and egged on a couple of visiting mummies.



The editor apologizes for the quality of these photos. They were scanned from a submitted newspaper clipping.



# SEARCH-A-WORD

# Carols

1. Silent Night	B	E	T	H	G	I	N	T	N	E	L	I	S
2. We Three Kings	J	O	Y	T	O	T	H	E	W	O	R	L	D
3. Gloria	V	N	W	O	T	E	L	T	T	I	L	O	L
4. Joy to the World	E	R	F	I	R	S	T	N	O	E	L	Y	I
5. O Little Town	W	H	A	T	C	H	I	L	D	K	R	A	H
6. (The) First Noel	R	T	I	F	A	I	T	H	F	U	L	L	C
7. O Holy Night	A	E	R	O	H	O	L	Y	N	I	G	H	T
8. Deck the Halls	T	L	O	N	S	S	E	N	D	A	L	G	A
9. What Child (is this?)	S	L	L	A	H	E	H	T	K	C	E	D	H
10. (As with) Gladness	I	S	G	N	I	K	E	E	R	H	T	E	W
11. Hark (the Herald)													
12. (Oh come...) Faithful													
13. (Beautiful) Star (of B..)													
14. (Go) Tell (it on the...)													

© Beverly Nippard 2008



## CHRISTMAS PUDDING (WITH CARAMEL SAUCE)



Photo: Beverly Nippard

1-cup soft breadcrumbs  
 1-cup seedless raisins  
 1-cup currants  
 1 cup chopped dates  
 ½ cup chopped citron peel  
 ½ cup chopped walnuts  
 1-cup flour  
 1 tsp. Baking powder  
 ¼ tsp. Baking soda  
 ¼ tsp. Salt  
 ½ tsp. Cinnamon  
 ¼ tsp. Nutmeg  
 ¼ tsp. Cloves  
 ¼ tsp. Allspice  
 ½ cup butter  
 ½ cup brown sugar  
 2 eggs  
 1/3-cup molasses  
 1-cup milk

### Caramel Sauce (optional)

1-cup brown sugar  
 1 cup boiling water  
 2 tbsp. Cornstarch  
 ½ cup cold water  
 1 tbsp. butter  
 1 tsp. Vanilla

Melt brown sugar and butter in pan. Add hot water. Simmer until sugar is melted. Mix cornstarch and cold water together and pour it into the hot mixture, stirring until thickened. Stir in butter and vanilla.

Prepare breadcrumbs, fruits and nuts; dust with a small amount of flour.

Stir flour, baking powder, baking soda, salt and spices together.

Cream butter and sugar together well.

Add eggs, one at a time, beating well after each addition.

Blend in molasses.

Add milk alternately with dry ingredients, beginning and ending with dry.

Fold in fruits, nuts and breadcrumbs.

Fill a greased 1-½ quart pudding bowl or individual moulds 2/3 full; cover tightly.

Steam 3 hours for large moulds, 1 – 2 hours for small moulds or until done.

Serve hot with sauce.

Note: If made ahead of time. Reheat in microwave.

~ Recipe Submitted by Violet Simpson  
 Labrador Health Centre Auxiliary



## THE TABLECLOTH (A TRUE STORY)

The brand new pastor and his wife, newly assigned to their first ministry to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve.

They worked hard, repairing pews, plastering walls, painting, etc., and on December 18 were ahead of schedule and just about finished. On December 19 a terrible tempest - a driving rainstorm hit the area and lasted for two days.

On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high.

The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home. On the way he noticed that a local business was having a flea market type sale for charity so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church.

By this time it had started to snow. An older woman running

from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later.

She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area.

Then he noticed the woman walking down the center aisle. Her face was like a sheet.. "Pastor," she asked, "where did you get that tablecloth?"

The pastor explained. The woman asked him to check the lower right corner to see if the initials, EBG were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten the tablecloth. The woman explained that before the war she and her husband were well-to-do people in Austria. When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. She was captured, sent to prison and never saw her husband or her home again.

The pastor wanted to give her the tablecloth, but she made the pastor keep it for the church. The pastor insisted on driving her home, that was the least he could do. She lived on the other side of Staten Island and was only in

Brooklyn for the day for a house-cleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return.

One older man, whom the pastor recognized from the neighborhood, continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving.

The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike.

He told the pastor how the Nazis came, how he forced his wife to flee for her safety, and he was supposed to follow her, but he was arrested and put in a prison.. He never saw his wife or his home again all the 35 years in between.

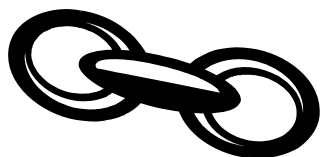
The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier.

He helped the man climb the three flights of stairs to the woman's apartment knocked on the door and he saw the greatest Christmas reunion he could ever imagine. ☼

- Submitted by Pastor Rob Reid

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THE AUXILIARY LINK FALL 2008



THE AUXILIARY  
LINK—LINKING  
AUXILIARIES  
TOGETHER!

*The Auxiliary Link* is your link to all of the other auxiliaries in the Newfoundland and Labrador Association of Health Care Auxiliaries (NLAHA.) *The Auxiliary Link* has two issues a year—winter and spring, and is published by the 2nd Vice-President of the NLAHA.

*The Auxiliary Link* contains resource information and application forms for various programs under both the NLAHA and the Canadian Association of Hospital Auxiliaries (CAHA,) as well as news and reports from local auxiliaries in the NLAHA.

Copies of *The Auxiliary Link* will be mailed to each auxiliary president, who will be responsible for distribution to her auxiliary members, gift shop and hospital administrator.☀

Your feedback is appreciated. Please let us know what you like—or don't like—about *The Auxiliary Link*. Submissions of auxiliary reports, photographs, fundraising ideas, recipes, quotes, poems, craft ideas, knitting/crocheting patterns or suggestions are welcomed and can be sent by snail mail or email to:

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