



## NOVEMBER 2022 Q4 NEWSLETTER

### Auxiliary Address:

475 Guildford Way

Port Moody, BC

V3H 3W9

Phone 604 461 2022 local 2907

### Executive Members:

President ..... Lynda Gold

Vice Pres..... Barb Worwood

Secretary..... Ann Higgins

Treasurer ..... Teresa Warner

Membership..... TBD

Publicity..... Julie Colquhoun

Past Pres ..... Connie Lawless

VISIT US AT [www.erha.ca](http://www.erha.ca)

**FOLLOW US ON FACEBOOK AT** Eagle Ridge Hospital Auxiliary **AND ON INSTAGRAM AT** ERHATHRIFT

**EMAIL** [erha1976@gmail.com](mailto:erha1976@gmail.com) **OR** [erha1976thriftshop@gmail.com](mailto:erha1976thriftshop@gmail.com)

### Auxiliary Programs

- **ER Hospital Gift Shop:** OPEN  
11:00 am – 3:00 pm (Mon to Fri)
- **Thrift Shop:** OPEN DAILY  
Sun – Mon 10:00 am – 2:00 pm  
Tues – Sat 10:00 am – 4:00 pm  
2811B Shaughnessy St.  
Port Coquitlam 604 469-3338

### General Meeting:

October 16, 2022 (held)  
December 4, 2022

The Auxiliary have given over

**\$1,755,175** (as of October 2022)

Since 1976

### Thank you ERHA...

Instead of chipped or broken dishes going into the landfill there is another use...mosaic art!  
At the Thrift Shop there is a small green bin for the chipped items which are picked up weekly by Diane Simmons and used to create various art pieces. We received a thank you and a donated mosaic piece which will be displayed at the shop.



To the Ladies at Eagle  
Ridge Hospital Auxiliary  
Thrift Shop.

Thank you for what  
you do every day!  
And thank you for  
saving the chipped and  
broken dishes for my  
hobby of mosaics.  
I hope you enjoy  
this piece!  
With thanks,  
Diane Simmons

## Thank You From an Online Customer

Some of our donations that are unique or vintage and higher end clothing, shoes and purses are placed online using Poshmark. Once sold they are shipped to various locations and along with each purchase we insert a note explaining that the money received supports the Eagle Ridge Hospital. We received the following thank you from a happy customer.

*Dear Barbara*

*Thank you.*

*Just today I received my beautiful cigar box purse. It's very unique and I've been looking for one of those for about 20 years. I'm glad to have found out that my small purchase could serve as support to the hospital and affiliate organizations.*

*All the best*

*Warm wishes from the Greater Toronto Area*

*Atosa*



## Advertisement – A\*List

(Lynda Gold)

In September the Executive team received your approval to place an ad in a confidential publication. The 2022 Edition of A\*List was recently released. It includes our ad and we were voted one of Port Coquitlam's Favorite Thrift Shops.

**Thank You!**

I would like to say **Thank You**, to all the fine folks in the Tri-Cities, who took time out of their busy lives to vote for Eagle Ridge Hospital Auxiliary Thrift Shop. Thank You for supporting our hospital by supporting our shop with your donations and your purchases. Consider joining our organization, we are always looking for volunteers.

**We have unique & local treasures.  
Shop early for Christmas!**

Thank You again  
Lynda Gold, President

**Eagle Ridge Hospital  
AUXILIARY  
THRIFT SHOP**

2811B Shaughnessy Street, Port Coquitlam 604-469-3338

**A\*LIST 2022 FINALIST**

THE 2022 A\*LIST

**A\*LIST 2022 EDITION**

**YOUR FAVOURITE THINGS**  
and a few of theirs as well...

**FAVOURITE SHOPPING PORT COQUITLAM**

- SEAFOOD/FISH MARKET**
  - Meridian Meats & Seafood
  - H-Mart
- SHOPPING CENTRE**
  - Fremont Village
  - Oxford Crossing
- THRIFT STORE**
  - Salvation Army Thrift Store
  - Eagle Ridge Hospital Auxiliary Thrift Shop
- TIRE STORE**
  - Costco
  - Canadian Tire
- VITAMIN/SUPPLEMENT STORE**
  - Pomme Natural Market
  - PoCo Naturals
- WOMEN'S FASHIONS**
  - Creekside Fashions
  - Hampton Home & Garden

**Thank You!! For voting TRIFITY #1**

**Congratulations!**

## Velda Boyle – Life Member Pin

In June, at our General Meeting, Velda was recognized by BCAHA for her contributions over the last 40 years. She recently received her life member pin and at the October GM she was pleased to display her new addition along with her other pins. Well done Velda!



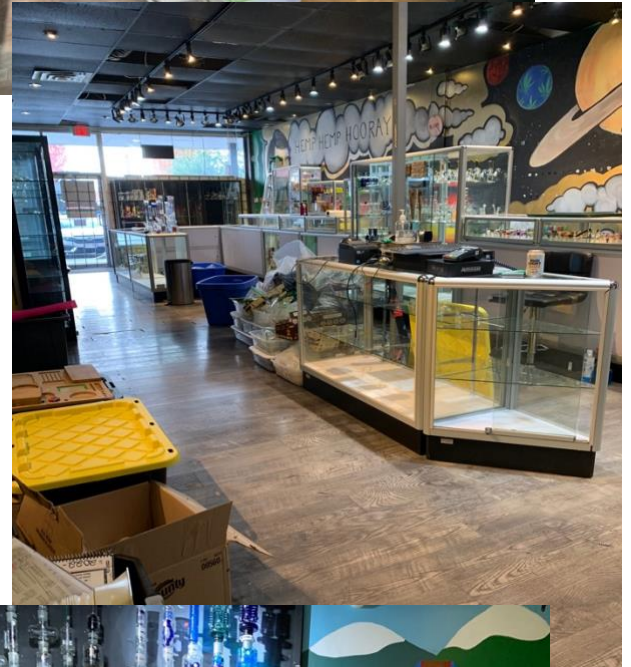
## Thrift Shop Expansion (Barb Worwood)

As per the weekly updates from Lynda the Executives received your approval to expand into the space previously occupied by Hemp Hemp Hooray. This will approximately double our retail and work space.

A commercial contractor, Gibraltar Contracting, has been selected and the permits for the renovations have been submitted to City Hall. We received the keys for the new space on November 1st and did a quick tour. The initial plan is to keep our existing entry into the shop (the one into Hemp Hemp Hooray will be closed) and part of the wall where the Thrift Shop glassware is located will be removed to provide the entry into the new space. At the back of the shop, where we receive and sort the donations, we expect to open up the wall which will expand our work and storage area.

Now that we have access to the space more details will be reviewed with the contractor, and once the permits are approved then the timeline for the changes and the plan will be determined. As more details are known updates will be provided. It's an exciting time so stay tuned!

Here are a few photos to give you a 'before the Reno's' look.



## Ever wonder what happens to the clothing that we recycle at the Thrift Shop?

Throughout the week volunteers at the Thrift Shop sort through our donations and for those items that we are not able to sell, since they are more than gently loved, they are bagged and set aside. On a weekly basis Trans-Continental Textile Recycling (TCTR) picks up the recycling and we are reimbursed based on the weight of the materials.

As outlined on the TCTR's website, the benefits of this plan is that there is no textile waste. The useable clothing is sorted and shipped to developing countries mainly in Africa. For unwearable cotton and cotton blends, they are cut in their facility into wiping rags for industry use. For other unwearable items such as wool and acrylic they are made into thread and reused to make new clothing and textiles.

So when we put a sweatshirt, pants, and other clothing into the recycling, rather than into the garbage, it's good to know that this is helping the environment but also benefiting developing countries.

### ***Did you know...***

*It takes 1,998 litres of water, 142 grams of chemicals plus the cotton to make one T-shirt.*

*Over 70% of the world's population wear second hand clothes.*

*300 million pairs of reusable shoes end up in landfills each year.*

*The average North American discards 31 kilos of clothing and textiles every year.*



## Pet Smart Donates Stuffed Toys to Eagle Ridge Hospital

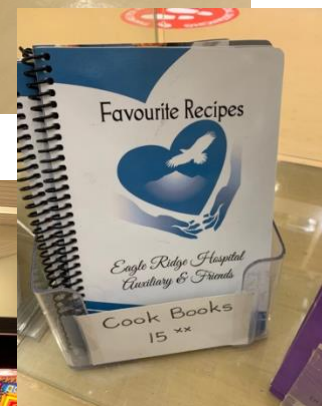
Five bags of new stuffed toys were donated by Pet Smart's Port Coquitlam location on November 1<sup>st</sup>. These 'stuffies' are used in the ERH emergency and surgery units and given to children and seniors to hug and provide comfort.

Thank you to Pet Smart for their generous donation.



## ERH Gift Shop (Teresa Warner)

The gift shop continues to do well with their weekly sales. With Christmas just around the corner, if you are looking for flowers, gifts or stocking stuffers, think about stopping by and doing some shopping. We have some hand made items donated by Auxiliary members and some items that will make unique gifts.



## General Meeting – October 16, 2022 (Lynda Gold)

The October 16 General Meeting was held in the Port Moody Recreation Center followed with an International Pot Luck Dessert. There was a wonderful selection of goodies supplied by the members. For more information on the meeting please refer to the Minutes distributed on October 25, 2022



Further to the update at the GM regarding attending the October meeting of the Lower Mainland and Coastal BCAHA, here is a summary of the session:

### MEETING OF LOWER MAINLAND AND COASTAL BCAHA

TUESDAY, OCTOBER 4<sup>TH</sup>, 2022

AT THE HOLIDAY INN, NORTH  
VANCOUVER

On October 4<sup>th</sup> we attended a meeting of the Lower Mainland and Coastal District BCAHA which was hosted by Yvonne Chard,

Director. Also in attendance were Diana Thornton, President BCAHA and Carole Murray, Vice President, BCAHA

The meeting started with the reading of the BCAHA Affirmation by all those present.

Diana Thornton gave a presentation on "The Importance of Communication". She said we need to get out the message of "Who we are. What we are. What we do". Why? To increase visibility in the community and attract volunteers. The areas to concentrate on were Members, Donors and Customers. How a simple Thank you can make a big difference. Some Auxiliaries hold Customer Appreciation Days.

Yvonne then introduced our Guest Speaker – Isobel MacKenzie, Seniors Advocate. Isobel said that there is a need to focus on Seniors raising money not just for seniors but for the whole community. She was amazed when she found out how many hours are given by BCAHA volunteers and the funds they raise. She went on to talk about the generational shift with so many services now only being offered on-line. Also how many seniors suffer from isolation and loneliness. Isobel also said that 45 percent of Seniors live on less than the minimum wage and 25 percent on less than \$21,000 a year. The minimum wage has increased by 40 percent in the last 5 years but pensions have only risen 14 percent.

After lunch Carole Murray, Vice President, BCAHA, gave a presentation on Auxiliaries and their support of Extended Care Facilities. Carole said this was a subject that was near and dear to her heart, and she wanted to ensure Auxiliaries maximized their efforts to assist their Extended Care Facility(ies). She gave us a handout, which she elaborated on, with suggestions of various actions that could be taken or expanded on by an Auxiliary.

Lynda and Ann

## Some photos from the October GM



