



# GABRIOLA AUXILIARY for Island Health Care Society

To support community health education, healthcare and patient comfort services

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## PRESIDENT'S MESSAGE FROM LINDA HELLENIUS:

My first few weeks of Chairing the Health Auxiliary has been a wonderful experience, our Board members are industrious and supportive. Our main fundraiser, the Gabe Shop, is well run by our fabulous manager and great volunteers, and we are looking forward to innovative ideas to help support healthy living on our island paradise. Spring is just around the corner, and it's time to shake off any leftover winter blahs, clear out your closets, lift your spirits and find something new to you - something new to do or see, something 'new to you' to wear or display, someone new to help. It may be a cliché, but really 'It's a Wonderful Life', enjoy it.

**Lynda Avis**



IN JANUARY YOUR BOARD HOSTED LYNDA AVIS, A SEASONED BCAHA PAST PRESIDENT, WHO PRESENTED A WORKSHOP ON VISIONING, SUCCESSION PLANNING AND CREATING A STRATEGIC PLAN. HERE ARE SOME KEY TAKEAWAYS FROM OUR INSPIRING WORKSHOP:

# the GABE shop

- A good strategic plan provides stability, secures sustainability, and ensures a sound environment for membership
- We need to involve our membership more! Do “vision boards” with your whole membership
- Be imaginative! Be an innovator not a caretaker!
- A goal without a plan is just wishful thinking

## Tammie’s Spring Cleaning Tips

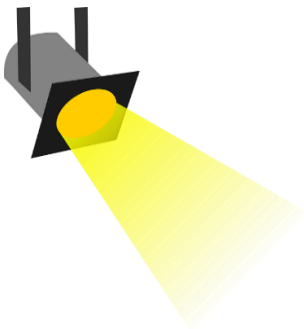
**Clothing** - go through your closet and put aside items that don’t fit, haven’t been worn in the current/past season, don’t make you feel great or give you joy, and are damaged. Do not store items in plastic dry cleaner bags, on wire hangers or with foam on the hangers. It is best to store off season items in cloth bags or in plastic totes (add some lavender or cedar to ward off

moths).

**Housewares**- go through your cabinets and storage: Do you use everything that you have, do you have room to store

everything, and do these items suit your home or your lifestyle?

**We accept donations any day we are open. Items must be clean, not damaged, from any season, and include holiday decorations. We do not take electronic items or children’s clothing.** Call the Shop if you have questions.





Marian and Marni

Drivers to Doctors is the best part of my volunteer experience. I work with a wonderful group of dedicated drivers who are committed to providing transportation to medical appointments for people who can't drive (many temporarily) and whose friends and family are unable to take them. Over the years I have been driving, I have met so many incredible and interesting people, and feel fortunate that I am able to spend time with them. I also try to step up when there is a specific need in the Auxiliary where my background in business and design can be helpful.

WE THANK **HILARY PLOWRIGHT** FOR HER YEARS OF SERVICE AS THE GAIHC WEBMASTER AND WELCOME **PATRICIA WOODS** WHO HAS CREATED OUR NEW WEBPAGE. THANK YOU HILARY AND PATRICIA! SEE OUR NEW WEB PAGE AT [gabriola-auxiliary.org](http://gabriola-auxiliary.org)



*Coming Soon: Another of our popular Ferry Experience Card Draws! Be sure to buy your raffle tickets at the Gabe Shop.*