

AGENDA

Northeast-West Area Conference

Friday Sept 19th 2014

6:00 - 9:30 PM Meet and Greet at the Fort St James Historic Park

- Wine, Punch and Snacks
- Tour of park available
- Famous Chicken Race
- Campfire sing-a-long
- Finding and Renewing Friendships

Saturday Sept 20th 2014

8:30 AM – CONTINENTAL BREAKFAST & Registration at Fort St James Secondary School

9:15 AM - Julie-Ann to welcome and introduce the Emcee/guest speaker.

- Dignitary speeches
- Oh Canada
- Auxiliary Prayer

9:45 AM - AGM Northeast and Northwest separate areas- lead by Edna and Marg

10:45 AM - Coffee Break

11:00AM – Guest speaker- Penny Jones

12:00 AM – LUNCH ON OWN

1:30 PM – Exercise with Scott Crocher

2:00 PM – Break out Session

1. ABCs of CPR- Station 1
2. Simple Bookkeeping for Auxiliaries- Station 2
3. Youth Volunteer Recruitment and Retention- Station 3

3:00 PM – Coffee Break

3:15 PM –Break out Session

4. Origami for the soul - Station 1
5. My Voice – Station 2
6. Brainstorming- How to help Auxilians work Stronger-Together. – Station 3

4:15 PM – FREE TIME

6:00 PM – SUPPER at the school

7:00 PM – Entertainment

SUNDAY SEPT 21st 2014

9:00AM- BREAKFAST at the Senior's Center

9:45 AM –President's meeting Northeast and West together at the Senior's Center

* We may have to make changes to the agenda before the actual conference, we will make you aware on our website and at registration.*

EAST - WEST - STRONGER - TOGETHER

Northeast and Northwest Area Conference of Hospital Auxiliaries

September 19th, 20th, 21st 2014

Fort St James Secondary School

450 Douglas Ave

Fort St James, B.C.

REGISTRATION FORM- Print extra forms off our Website-

www.hospitalauxiliary.fortstjames.com

Name of Auxiliary: _____

Please print

Name of Delegate: _____ **PH #** _____

Please print

Please Use a Separate form for each delegate

DEADLINE FOR REGISTRATION – June 30th 2014

Registration cost \$75.00

Make cheque payable to **Stuart Lake Hospital Auxiliary** and mail this form and

REGISTRATION FEE to: Stuart Lake Hospital Auxiliary

Box 425

Fort St James, B.C. V0J 1P0

I will be attending: (Included in your registration fee)

Meet and Greet at Historic Park Friday eve. YES _____ NO _____

Breakfast Saturday morning YES _____ NO _____

Full Day Saturday YES _____ NO _____

Supper Saturday evening YES _____ NO _____

Breakfast Sunday morning YES _____ NO _____

Interested in billeting with someone in FSJ YES _____ NO _____

CONCURRENT SESSIONS

Please indicate first and second choice of session for each time slot.

Saturday 20th 2014 2:00PM

1. CPR: _____ 2. Book-Keeping: _____ 3. Youth Volunteer Program: _____

Saturday 20th 2014 3:15PM

4. Origami folding: _____ 5. My Voice: _____ 6. Brainstorming: _____ (see below)

Circle Problem Area:

(Junior Volunteers) (Thrift Store) (Recruiting New Members) Other Problem (Please List One) _____

*****Unfortunately we are unable to accommodate dietary allergies or preferences.*****

Welcome all Auxiliary members
To the Northeast and Northwest Area Conference 2014

Fort St James Secondary School Fort St James, B.C.

Theme: **EAST- WEST- STRONGER –TOGETHER**

Burns Lake and Fort St James Auxiliaries have come together to bring you these two area conferences conjointly. It was realized last spring that the West would not have a hosting community, so with the BCAHA's permission we are holding our area conferences this way. We will definitely be looking for input on whether this was a valuable, enjoyable and viable endeavor.

The West and East AGMs will be held separately at the same time using two areas. Please make your reports in point form and limit to one page if possible, we only have one hour for this meeting. Please send your reports to Carolyn Buhler at Box 812 Burns Lake, B.C. V0J 1E0 or preferably by email blauxiliary@hotmail.com by May 30th 2014.

The presidents meetings will be held together on Sunday morning.

Hotel choices: **The View Hotel-** 309 Stuart Drive West Fort St James -250 996-8737 (Mostly single king size beds, a few rooms with double beds) \$ 115- \$135.

New Caledonia Motel 167 Douglas Ave Fort St James- 250 996-8051 \$96.00
(2 double beds)

Stuart Lodge- Stones Bay Road- 250 9967917

Bed and Breakfast- Rivers Edge B&B 4342 Roberts Road 250 996-0011
Tannis's Place 2255 Stones Bay Road 250 996-8002
Cell 250 996-1147

Pitka Bay Resort- 4605 Sowchea Road 250 996-8585

Camping: **Pitka Bay Resort** Campground and RVs- 4605 Sowchea Road- Full Hookups & hot Showers.

Stuart River Campgrounds and RVs – Full Hook-ups 4558 Roberts Road 250 996-8690

Parren's Beach- 8km on Sowchea Road-Provincial campground no amenities

Sowchea Bay- 12km on Sowchea Road Provincial campground no amenities

Cottonwood Beach Camping- no amenities

Have blocked off 30 rooms at The View Hotel and 5 at the New Caledonia Motel

*We would strongly suggest staying with acquaintances in Fort St James. This encourages **togetherness** and just maybe your host will join their community's Auxiliary!!! Let us know if you are interested in billeting!!!!!!*

Food: St James Restaurant- on Stuart Drive

Timberman's Restaurant- on Stuart Drive

Subway Cafe- on Stuart Drive

The Classic- right at the 4 corners

North Arm Pub- on Stones Bay Road

King's Restaurant – on Stuart Drive

Silent Auction: We ask that each Auxiliary bring an item for the silent auction that has the minimum value of \$ 25.00.

Guest Speaker and Emcee: Penny Jones is a Registered Psychiatric Nurse and a Certified Psychosocial Rehabilitation Practitioner. Penny has presented to audiences, both large and small across the province. Her style is thought provoking and loud...in a good way. She considers herself an educational entertainer...whether people find her funny or not...and believes in the power of laughter, both as a motivator and as an agent of health. Stronger Together- with a multimedia approach she will use humor and common sense observations, that will help motivate a wider level of participation within the team setting to not only benefit the individual, but the organization and the greater community as well!! In a lively presentation, Penny will illustrate the benefits of a strong team approach to the importance of keeping the overall goal in mind.

Break out Session Highlights:

Simple Book Keeping for Auxiliaries- Sherry Neilsen is a certified bookkeeper for 20 years and is very familiar with the financial record requirements for auxiliaries. Sherry was President of the Stuart Lake Hospital Auxiliary for over 20 years. She will keep it simple and explain why certain records are required.

ABCs of CPR—Julie-Ann Mortenson Red Cross CPR and First Aid Instructor will show you how to respond in a cardiac arrest emergency and how to commence CPR. You will be able to practise on a mannequin if you like. This is just for your information, so **no** certificates will be given.

My Voice- Marci Whitford and Cathy York are long term care nurses who will go over the **Representation Agreement** and **Power of Attorney** information. These are important documents we should all have done, no matter what age, so we can make informed end of life decisions.

Origami for the Soul- Peggy Taylor is a cancer survivor of 3 years and began folding paper to help her cope during her treatment. She is a wonderful up beat person who spends many hours folding dragons, mice, geisha girls, horses, flowers, (just to name a few), to raise money for the Canadian Cancer Society. At our last Craft Fair she brought in \$450.00 for CCS and in turn people got to bring home as many of her folded creations as they wanted. She will show you how to fold a simple origami to take home.

Brainstorming-Linda Oke has been an auxiliary member for nearly 2 years and currently is the secretary for the Burns Lake Health Care Auxiliary. She works full time for Northern Health as a Recreation Therapist at the Pines in Burns Lake. Her passion is for health and wellness and works hard to achieve that for her residents and herself through recreation. Together as a group you will explore various problem areas that occur in your Auxiliaries. These topics will be decided by you through the registration package. Group participation is a must and you will be required to contribute to this session. So please don't be shy. In the end you will come away with a tool kit of innovative strategies that can be implemented within your Auxiliary. My hope is this session will kick start the creative juices that are in every one of us.

Youth Volunteer Program- Recruitment and Retention- Edna Oryshchuk has over twenty years experience operating a Youth Volunteer Program in Vanderhoof. Her working career was in the medical field as a LPN and medical records. She is passionate about the program and has seen many positive outcomes in her community that she will share with you. She has resources to help you start a group in your community as well as ideas on recruitment and retention of the youth. Remember the Youth are our future!!

Scott Croucher: Scott made a career change 3 years ago from working as an electrician to becoming a fitness instructor/ personal trainer and Tai Chi instructor. His commitment to making members fitter and stronger has improved the healthiness of our community. He is continually up grading his skills and looking for a variety of ways to get people of all ages involved in fitness.

Entertainment:

Parade of Red neck Fascinators- Clap meter for winner of prize
Skits and other entertainment yet to be announced

Things to bring:

Silent Auction Item

Redneck Fascinator

Skit if possible- Please let us know ASAP so we can slot you in
during the entertainment.

& Your Laughter

**Any Questions or Comments please email us at slhauxsfsj@gmail.com
or call Julie-Ann Mortenson @ 250 996-7485**