

Auxiliary told to make a list – and check it twice

If hospital auxiliaries weren't list makers before, they're likely to be into that habit after their annual meeting last Thursday evening.

The guest speaker advised the volunteers to keep a list of compliments they receive and another list of "firsts". Judi Walsh, a communications and self-development consultant gave her audience several keys to keep their enthusiasm charged.

The self-employed Mississauga woman is herself a hospital volunteer, providing community outreach to patients at Peel Memorial Hospital. She says energy and enthusiasm is all that one can bring to one's work as a volunteer or professional.

Ms Walsh says that by keeping a list of those nice things that are said about us, we will be able to balance the negative comments that we tend to dwell upon. People tend to disregard compliments and believe that they're really not all that special, according to the speaker.

The keys

Keeping track of the bouquets thrown to us as well as listing all of our "firsts" is a method of atonement. By listening to ourselves we can get to know ourselves and what motivates us, she suggested. She also reinforced talking to oneself and underlined the importance of this "inner dialogue".

Another of the keys is self-appreciation. Ms Walsh believes it's important for a volunteer to recognize his or her contribution and its value. Self-encouragement was also included in her keys to remaining enthusiastic. This encouragement must also be spread to others in order to be successful, she explained.

Volunteers who are successful must learn to connect "to be an ambassador for volunteering." Ms Walsh offered that "attitudes can be contagious" and that if you are sold on an organization or cause then it follows that you can sell it to others.

She may have been preaching to the converted however with an audience who helped raise more than \$20,000 for Milton District



Ginny Johnson and Joyce Gervais had a pleasant surprise at the annual meeting of Milton District Hospital Auxiliary. The pair were given life memberships, a special honour reserved for outstanding auxiliaries.

Hospital last year. There were 20 awards for outstanding service presented to senior auxiliary members and four to junior volunteers.

Among the junior auxiliaries recognized at the 30th annual meeting were Kathy Prescott and Kelly Schuyler. The volunteers, who both attend Milton District High School, shared the Centennial Bursary this year as their applications were considered to be of equal merit. The award goes to high school graduates intending to further their education in the health care field.

Miss Prescott is the only junior volunteer to have donated more than 1,100 hours to the hospital. During her five years at the hospital she has spent most of her time in the chronic care ward and the gift shop. She's an 'A' student, a member of the school

concert band and church orchestra and is also a United Way, Canadian Diabetes Society and MDHS food drive volunteer.

Chronic care

Her counterpart, Miss Schuyler, spends several hours each Sunday with the chronic care patients. Her time has added up to 300 hours in the past five years. The president of her high school band, she has her bronze medal swimming certificate and is also certified in CPR and first aid. Both girls have applied to three universities including Queens, MacMaster and Western.

Jayne McVickers received the Isabel Patterson award as an outstanding junior volunteer. She's never missed a shift while contributing 150 hours in the chronic care

ward. Receiving the award as an exceptional first year junior auxiliary was Amy Reoskie who helped at the recent Wellness Fair at Milton Mall, and was a model in the auxiliary's April "Spring Fling" fashion show.

Two senior auxiliaries were honoured with life memberships during a surprise presentation. Ginny Johnson and Joyce Gervais were recognized for years of dedicated service to the organization.

One of the evening's highlights is the presentation of cheques from the various fundraising activities to outgoing president Carol Wilson. The gift shop once again netted the most

funds at more than \$8,000, followed by the fashion show at \$4,077 and the group's new cookbook which has produced \$3,400 in revenue just six weeks after its release.

Certificates of appreciation were given to Betty Bell the food services manager at the hospital for supplying food at meetings; Hair Associates for styling models' hair for the fashion show and Isabel Timbers for donating knitted items to the gift shop.

The auxiliary will hold its final fund-raising event before the summer on Saturday, June 23 when the Strawberry Fair fills Victoria Park with fun, games, food and crafts.

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