



### CELEBRATING 137 YEARS OF COMMUNITY SERVICE!

**March 2010**

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Imagine the feeling of finding a safe and affordable place to live just weeks before Christmas, and then receiving an invitation for High Tea to welcome you to The Cridge community!

High Tea was an occasion to bring together eight special women who are the new tenants of The Cridge Supportive Transitional Housing units recently built for single women.

One of our staff members, Joan Gorrill, who has been introduced previously in The Messenger, spent the last year lovingly making eight beautiful unique quilts that became gifts to each new tenant. Our Dovetail staff made the preparations for High Tea and invited these ladies and a few other selected guests to this pre-Christmas private function where the quilts were presented. There wasn't a dry eye in the house as Joan explained each quilt and, amazingly, each woman felt she received the exact right one for her! These photos are with Joan and three of her eight quilts! What a blessing to have staff who care so deeply.



## Special Volunteer and Friend of The Cridge Centre: "Lee"

**Lee has been volunteering with the The Cridge Childcare Services for ten years.**

His responsibilities there include stacking the dishwasher, laundering and cleaning toys. He travels by Handy Dart from his home in Brentwood Bay to the Garth Homer Centre in Victoria, where a city bus takes him to The Cridge Centre every Monday, Tuesday and Wednesday. Once at The Cridge Centre, Lee works at his volunteering job from 10:00 a.m. to 1:00 p.m. After his day's work, he takes a city bus back to the Garth Homer Centre where he works in the computer lab until a Handy Dart bus carries him home to Brentwood Bay at 3:00 p.m. That is what Lee does for the first three days of his week. But that is not the whole story.

Through his continuing presence at The Cridge Childcare Centre, Lee has established a meaningful relationship with the children and staff. He has earned a place of trust in their hearts that is built on more than, for instance, knowing which blanket belongs to which child and the careful cleaning of plastic toys with disinfectants. He has become a part of their community. The children accept him as he is: a person with a different set of skills; retiring, humble, reliable and always there for them. At times, he joins "circle time" and on occasion, sings with them.

Lee is encouraged in these times of social interaction by the Childcare staff. As they draw him into friendly conversations and chat about familiar things, they see



him easing into a more comfortable space with his responses as he carries out his daily tasks.

As well as this encouragement from The Cridge Childcare staff, Lee has his own support group. The couple with whom he lives in Brentwood Bay have provided space for him to enjoy his personal passions: a railway track with diesel engines, passenger cars, stations and even miniature people which he operates in his room. Also in his room, another of his interests is evident in the display of model trucks on shelves which he dusts lovingly and regularly. A further interest which takes him into another environment is his passion for airplanes. Lee's brother is a pilot and has, by taking him on flying trips with him, generated such enthusiasm in Lee that he now goes to the B.C. Aviation Museum every Thursday and, true to character, volunteers in any way he can to help keep the airplanes and displays clean. A highlight of his life is to go shopping with his brother when he can choose new CDs to listen to. His favourite music is Country and Western.



This is not an individual with time on his hands! His life is full and colourful and amazingly varied. His contribution to The Cridge Centre for the Family reflects the spirit of wholeness in this humble and beautiful soul. When asked where he gets the energy to pursue all these interests, his eyes light up and he declares "I'm healthy!"



## Sign Up For Summer & Fall Childcare Now.

Our Daycare and School Age Care Programs are popular and space can get a bit "tight". We recommend that you contact Paula or Chris now to secure both your summer and fall spots.

**Paula:** 250-995-6416 for Daycare

**Chris:** 250-995-6407 for School-age, Sunfun & Kindercare



## The Kids' Corner: Make An Instant Volcano



### You will need:

- 2 small paper cups
- 1/4 cup baking soda
- 1/4 cup vinegar
- 4-6 drops red food colouring

### How to make it:

1. Fill the bottom of one small paper cup with 1/4 cup baking soda and set it on a plate.
2. Place 4-6 drops of food colouring on top of the baking soda.
3. Poke a hole, about the size of a dime, in the bottom of the second paper cup.

4. Place the second paper cup upside down over the paper cup filled with baking soda.

5. Pour vinegar into the hole until the volcano begins to erupt. The more vinegar you pour into the hole, the more foam the volcano will erupt.

### CONCOCTION TIPS & IDEAS:

Create a fantasy volcano by adding 4-6 drops of blue or green food colouring and 1 tsp of fine glitter to the baking soda. Use markers and paints to decorate the paper cups to look like real volcanoes.



## The Chef's Corner: Spring 2010

By: Nikolas Milonas, Executive Chef - The Cridge Seniors' Services



I look forward to Spring all year long because it marks the beginning of a new crop season. The trees and flowers start to bloom and life starts its splendor all over again. The community farmers markets open and we get to enjoy the bounty of food that is grown right here on our beautiful island.

Whether you live in Metchosin, Sooke, Saanich or in Victoria you're not far from a local farm that is starting to grow and harvest such wonderful eatables as sprouting brassicas, which are beautiful long thin stems of broccoli with florets on top; turnips; carrots; collard greens and beets. This is just some of the produce grown right here on the island. Steamed veggies are free of any fats but stir fried are considered by many to be more nutritious, as they are cooked briefly and quickly with little fat. One of my favourites is stir-fried veggies with equal amounts of minced ginger and garlic, a little light soy sauce and a hint of sesame oil. It's really tasty, try it!

I encourage you to go out and visit some of our farmers markets and bring home with you some flavour for your family to enjoy.

For many of us, spring also brings the second major holiday of the year, Easter. Being of Greek origin, Easter for me is the major holiday celebrated back home, and for all Greek people abroad. The celebrations begin with the roasting of a whole lamb on

a spit and a myriad of side dishes. I remember when I was a young boy in Greece and later here in B.C., my whole family would be involved in making something for this big day. My mum would be colouring eggs and decorating them with leaf outlines. She would make koulourgia (cookie twists brushed with rose water) and melomakarona. The latter are hand-formed cookies spiced with orange, cinnamon and clove, baked and then soaked in simple syrup and finally topped with chopped walnuts.

She would also prepare my all-time favourite cookie called trigona. It is a cookie filled with walnuts and aromatic spices wrapped around an orange scented pastry, baked and soaked in syrup...Mmmm delicious! She would also make fantastic light Easter bread very similar to challa, called tsoureki that we would eat in the morning. My dad would ask our family butcher to prepare a lamb for us and the whole animal was used. The organ meats are marinated with herbs like oregano, mint, black pepper and other seasonings and made into a roll, called kokoretsi, that is also cooked on a spit. All of the family would come together with our friends and neighbours. The celebrations would last all day and well into the evening.

Here at the Seniors' Centre our recreation department will be busy making decorations, colouring eggs and making our place festive for our seniors who have made this place their new home. We in the kitchen will be preparing some delicious morsels for our seniors to enjoy like pineapple glazed ham, parmesan scalloped potatoes and roasted beets with orange sauce. For dessert, something different: flourless chocolate fudge cookies with vanilla ice cream. ... cont'd page 6



## The Cridge is Very Blessed: "The hearts of giving open up in many special ways..."

**"Hearts of giving" among people in the greater community of Victoria have, over the past year, showered blessings of many kinds upon families and seniors at The Cridge Centre for the Family.**

What is it about showing you care [in practical ways to help others], that produces such a sense of joy in our own hearts? But there it is.

For instance, Kristie, a wife and mother of two young children, bought a new car and wanted to donate the older one which was in good condition to a family in need. She found the perfect family when the management of The Cridge Women's and Family Services discovered that a mother, also with two children needed a reliable vehicle for transportation to and from work and for the children's extra-curricular activities. To Kristie's delight, they gladly accepted the gift of a "new" car and both parties benefitted from this two-way blessing.

Then, over the Christmas season, this same spirit of giving warmed the hearts of a group of people in the Ministry of Health who were aware of The Cridge Centre's mission to support families in need. They approached the Centre for a "wish list", and were given the names of a refugee family living in The Cridge Supportive Transitional Housing. Whereupon the staff at that workplace went into action!

On Christmas Eve day, [when the excitement of all good things to come hangs in the air] the staff from the Ministry arrived in a pick-up truck loaded with everything on the wish list and more! While the mother and her four children watched, wide-eyed, they

unloaded their Christmas gifts: dining table; buffet and hutch; chairs; household supplies; boxes of food for the festive season. One can only imagine the reaction of the father, who returning home that night, saw, spread out before him this treasury of Christmas gifts.

Sometimes the open-heartedness begins when the public gradually becomes aware of what The Cridge Centre for the Family is doing: the on-going support that this organization provides day in and day out, year in and year out for people of all ages and in various stages of need in their lives.

An example of such a response from the community comes from the staff at Scotia McLeod. They became aware of The Cridge Respite Program which is offered to families with a different kind of need. This awareness translated into "a shopping spree with a mission". For the second year running, they have provided numerous boxes of food for the family and toys for the children. Branch Administrator, Barbara Patterson, describes what it was like handing over the provisions to the family. "When I handed him one of the boxes of food, the Dad's face lit up. I followed him with another box and met Mum at the door. She was in a bit of a shock I think. Dad thought we were done but I said 'No, there are a few more things in the trunk.' He followed me out and I handed him another big box and I came behind with two bags full of gifts for the kids. They were both nearly in tears." The good-byes were said, but we will probably never know what emotions were let loose on the other side of the door of that family home that night.

*...continued on page 5*



### Two Can Make the Light Shine Through

*In 1966 Marvin Gaye had a song, "It Takes Two". "One can have a dream baby, two can make that dream so real... One can stand alone in the dark, two can make the light shine through."*

**Lois and Barry Dutton** are a wonderful couple who have worked very hard to make their own dreams come true. In typical and humble fashion, they have taken their success and used it in a generous, powerful and effective way. Barry and Lois, together, have created the opportunity to make the dreams of others a reality and to shine their bright light of care and concern into their community. They created **The Dutton Fund** at The Cridge Centre.



This fund is used to create opportunity and change lives. Day after week after month after year, it is doing just that. Barry and Lois, we thank you; and on behalf of those you have helped, we thank you.

A very special foot-note to this story comes from Barbara's perception of how the connection with this family deepened. She expresses how this year, the staff at Scotia McLeod had a kind of "knowing" about what the family looked like, including the children. From this "knowing" grew an emotional attachment to the family they wanted to help. Perhaps the deeper connection with this one family came from Scotia McLeod's general understanding of, and appreciation for, The Cridge Respiratory Services which they describe as "an amazing opportunity to clearly make a difference in people's lives...what a privilege." To which The Cridge says "What a privilege for US to be honoured with the generous hearts of Scotia McLeod staff!"

Other work-place groups have contacted us wanting to give anonymous custom- designed hampers to refugee families. With the creative flair that accompanies giving from the heart, they made sure that their choice of gifts matched the numbers and genders of the boys and girls who received their gifts.

Among the population of boys and girls at **Northridge and Hillcrest Elementary Schools**, there also moves a spirit of giving. It was a special thing to see these children collecting food so that other children their own age could have enough food to eat and that is exactly what they did. They brought food collections in a jam-packed pick-up truck and distributed non-perishable grocery supplies to help families at The Cridge reduce the ever-present challenges of end-of-the-month needs.

Our hearts are stirred by contributions of all kinds from donors across the board. **Victoria Family Chiropractic** just "knew" that a gift of toys was needed to help out one of our families for whom Christmas is a particularly rough time. As it happened, the toys given were just right for a family of four children. Also, we are hugely grateful for enormous hampers from the well-known **Garth Homer Society** to be shared among The Cridge Housing tenants.

Nor are our seniors forgotten. A dear gentleman, in answer to a request from the seniors at The Cridge Village, found and purchased a piano for their use. The piano is used regularly to the great joy of the residents.

**The groundswell of generosity to help us in our on-going task of community service at The Cridge Centre for the Family is breath-taking. We are more grateful to you all than we could ever express. These are just samples of your generous giving and there are many not listed here. We know your names and we know your hearts. In our prayers, we name you by name with an open-hearted spirit of thanksgiving. May God richly bless you as He has, through you, blessed us.**



## "The Colors of Us" : Using Multi-Cultural Resources in the Classroom



*By Angela Brunwald, Early Childhood Educator*

Karen Katz created a book called "The Colors of Us" for her daughter, Lena, whom she and her husband adopted from Guatemala six years ago.

"My name is Lena and I am seven, I am the colour of Cinnamon. Mom says she could eat me up!" In this book, Lena is going to paint a picture of herself. She wants to use brown paint for her skin, but then on a walk through their neighbourhood, Lena sees *many* different shades and tones of brown. Seen from an artist's point of view, skin colours are subtle, varied – and cause for celebration!

At circle time one morning, I read this story to my class. I have a very diverse class and there is no one predominant culture or ethnicity. The children noticed that they were represented in this book and afterwards began comparing their own skin tones, saying "I am cappuccino, I am chocolate..." They were using the words right out of the book, with celebration!

*(Editor's Note – perks of the job as CEO at The Cridge: I was fortunate enough to be asked to try this recipe when Chef Nik was creating it, and WOW!)*

Here are a couple of recipes for you to share with your loved ones. The chocolate cookies will be a favourite of everyone, especially people who suffer from wheat allergies.

### Chef Nik's Flourless Chocolate Fudge Cookies

400 g	dark chocolate chopped up or good quality chips
50 g	unsweetened or bittersweet chocolate, chopped
60 g	unsalted butter
15 ml	vanilla
4	eggs (room temperature)
350 g	sugar
60 g	cocoa
1.5 ml	salt
5 ml	baking powder
125 g	roasted chopped pecans or chopped walnuts
170 g	each of dark and white chocolate chips

Method: Gently melt the dark and unsweetened chocolate with the butter over a double boiler (you want to melt not cook). Whisk the chocolate butter mixture until smooth and set aside.

Using an electric mixer with the wire attachment or a hand held electric beater, beat the eggs with the sugar until thick and fluffy (ribbon stage). Add the vanilla and chocolate mixture to the eggs and beat in. Combine the cocoa, salt and baking powder in a bowl and whisk together until smooth and combined. Add the nuts and chocolate chips and blend on low speed until all combined.

Pour the batter in a pan, cover with clear wrap and let sit for 15 to 30 minutes for the mixture to set. Preheat your oven to 350°F. Using a small ice cream scoop or a teaspoon, drop small amounts of cookie dough onto parchment lined cookie sheets, leaving an inch between cookies.

Do not press the dough down. If you have a convection oven, you can bake 3 trays at a time. If you have a conventional oven, set the rack in the middle. Bake cookies for 8 minutes. Do not over bake or they will be dry. They will be shiny and have cracks on top. Let cool before devouring. Makes about 48 small cookies.

### Roast Lamb with Roast Potatoes the Greek Way

- 1 lamb leg or lamb shoulder, about 5 to 6 pounds, with silverskin removed by the butcher
- 1 head of garlic peeled and crushed
- 2 tablespoons dry oregano
- 1 lemon cut in 4 and squeezed
- ½ bunch parsley or mint tops left whole
- 2 tablespoons salt and 2 teaspoons black pepper
- 2 cups vegetable oil

Method: Combine the oil, lemon, oregano, garlic, parsley tops, salt and pepper in a bowl and mix well. Pat lamb dry and pour marinade over coating well. Place in a large container, cover with plastic wrap and place in fridge overnight.

Turn meat a couple of times so it gets an even coating on all sides. The next day, 2 hours prior to roasting, take lamb out and let sit at room temperature turning once in a while. Peel Yukon Gold potatoes. If they are large, quarter them. Make a marinade with one part olive oil, 1/3 part lemon juice, 3 garlic cloves minced, some dry oregano, salt and pepper, and some minced parsley. Preheat oven to 450°F. Use a large enough roasting pan for the lamb and potatoes. Toss the potatoes in the marinade and let sit for 30 minutes, tossing once in a while. Pat dry the lamb leaving some of the marinade on it.

Set the lamb on a rack of whole carrots, halved onions and a couple of celery ribs. Add the garlic, parsley or mint tops and lemon quarters to the pan and roast the lamb for 20 minutes. Drop the temperature to 350°F, add the potatoes to the pan with 2 cups of water and roast.

Combine equal amounts of melted butter and olive oil with a little lemon juice and set aside. After an hour start basting the lamb with this sauce every 15 minutes until done. Check the potatoes and if they are done before the lamb remove and place in a separate pan loosely covered. Reheat before serving.

Roast the lamb until it registers 145°F using a meat thermometer for medium rare and 170°F for well done. Let lamb rest for 20 minutes loosely covered with foil before slicing. This will reintroduce the juices that have been pushed to the middle of the meat back into the whole roast. The roast will continue to rise in temperature five to six degrees when you remove it from the oven, so keep that in mind. Serve with Greek salad and crusty bread and a nice Zinfandel if you like wine. Happy Spring everyone.

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## Care For The Caregiver

**IT  
JUST  
ADDS  
UP  
97.23**

Many of you have become aware of *The Cridge Respite Program* and the wonderful way it helps parents who have children with disabilities. Not all of us have the opportunity to care for a child with a disability, but we all have the opportunity to help care for the parents who do. Your gift of \$97.23 will provide a much needed life-line of a break for one of our 370 families. We invite you to help care for the caregiver...

- A gift of \$97.23 will enable the parents of a child with special needs to catch a lifeline to a break!
- Through **The Cridge Respite Program** and the incredible commitment of our partner hotels, parents can enjoy a night away from their cares and often exhausting responsibilities.
- This is often the parents' single night per year away from their care-giving duties.
- Care for the parent and the parent can care for the child.
- For \$97.23 it just adds up!

Circle of Care



Yes, I/we would like to join The Cridge Centre Circle of Care!

Single gift amount: \$ \_\_\_\_\_  
 Cheque enclosed.  
 Please charge my credit card.

Monthly gift amount: \$ \_\_\_\_\_  
 Void Cheque enclosed.  
 Please charge my credit card monthly.

VISA  MasterCard Name on Card: \_\_\_\_\_

Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_ (Sign also to authorize bank withdrawals)

All monthly payments will be scheduled the first day of each month. Receipts for your charitable giving tax credit will be issued annually. Charitable Registration # 108079419RR0001

Please use my gift as follows:  Where needed most.  With the following designation: \_\_\_\_\_  
 97.23 X \_\_\_\_\_ = \$ \_\_\_\_\_

Name \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

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

Please detach and mail this form to: The Cridge Centre for the Family,  
 1307 Hillside Ave., Victoria BC V8T 0A2 Phone: 250-995-6419  
 Thank you so much for your generous support.

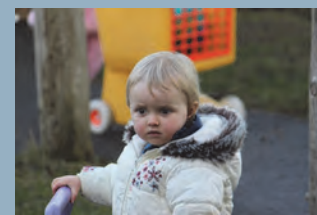
## The Cridge Rallies to Help Haiti

In our next issue, read how, from the youngest to the oldest, clients and staff pitched in to help the Haiti earthquake relief effort.

The Cridge Centre for the Family is a member of the Canadian Council of Christian Charities and the Imagine Canada Ethical Code program.



Imagine  
Canada Ethical Code



**PLEASE donate your old cell phones to  
The Cridge Transition House for Women.**

We probably all have old out-of-use cell phones tucked into the back of the kitchen drawer, desk or cupboard. Unused, charger missing, instructions long gone? If you will donate your old cell phones to The Cridge Transition House, we can turn them into CASH!

This one small thing will make a huge difference for women in need. Please take a moment and help us if you can. If you have a cell phone, or would like a box to put in your workplace, church or service club.

**Contact Candace Stretch, Assistant Manager,  
Women's and Family Services at 250-995-6404.**

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