The Cridge Centre for the Family

The Messenger

CELEBRATING 137 YEARS OF COMMUNITY SERVICE!

July 2010

IN THIS ISSUE:

Page 1
- The End of An Era - Farewell Higgins House

Page 2
- Donor Profile: Jim Hackler

Page 3
- Reaching Out for Haiti
- Support of Community Partners

Page 4
- Collaborative Effort Brings Brain Injured Survivors New Help

Page 5
- Seniors' Garden
- Congratulations Chris Heyd
- Thanks and Good Bye to Greg Hatton

Page 6
- The Chef's Corner

Page 7
- Remembering Cynthia Banfield
- Circle of Care

Page 8
- UVic Vike Mens' Rowing Team
- The Cridge AGM

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the cridge childcare services

The End of An Era - Farewell Higgins House

"I WAS JUST WATCHING THE NEWS AND SEE HIGGINGS HOUSE is going to have to close due to provincial cuts. …I want you to know that I am sitting here in tears and so saddened by the news. Your daycare and staff had such a profound impact on my life and on Maddy's life and I really don't know where we would be right now without your services. I know I was a "Challenge" and again I must apologize but you guys never really gave up on me and I feel like you had such a huge role in my growing up. Really, even though I thought I knew it all, I knew nothing, and without your help and guidance I know my life would have been really different. I think it was about eight years ago that we were enrolled there and since then I have gone on to graduate, marry, own a home, have a career, and enrol my child in private school. I want you to know I truly don't believe any of this would have happened had I not the opportunity to come to Higgins House and be encouraged, guided and cared for by you and your staff." **Amie**

After fifteen years of service, The Cridge Centre's childcare program for Young Parents at Victoria High School is ending due to loss of Provincial Funding. As the news spread, the heartfelt emotions like Amie's began to pour in.

There is room to reflect on the changing landscape of support for young parents, government decisions and differing visions; however what we wanted to focus on and celebrate is the immense contribution of the staff, the impact on young lives and the decade and a half of success of this program.

Beyond providing childcare, our dedicated staff have come alongside hundreds of women and men as they have embraced the role of becoming a capable parent and young adult quite early. Keeping these young people on the path to high school and college graduation, the challenges have been great and the successes greater.

Our staff provided a wide range of supports…helping secure financial aid, choosing a career path, picking up groceries, ensuring there was a healthy meal for child and parent every school day, providing advocacy, accountability, expectation and belief. They had a 'whatever it takes' attitude that was not limited by the day of the week or the time of the day.

...cont'd on Page 2

The Cridge Centre for the Family

Donor Profile: Jim Hackler - A Man With a Mission!

By Sharon Klein

"My wife and I are very ordinary people and no more compassionate than others. We just wanted to create a fund that would help individuals and families and receive a good return from a modest investment. To be able to help others is not only a gift to the community but a gift to yourself as well. Bunny and I have found working with The Cridge to be very gratifying. Their skills, flexibility, and insight makes us feel that we are part of a team that is making a modest, but meaningful contribution."

Jim Hackler

JIM IS PROFESSOR EMERITUS FROM THE UNIVERSITY OF ALBERTA where he taught Criminology and is now an Adjunct Professor of Sociology Criminology at the University of Victoria. He tries to build bridges between elements of the University, such as the Centre for Youth and Society, and a variety of community organizations involved in social issues, including The Cridge. The University's Speakers Bureau enables him to present social science research that has policy implications to a variety of audiences. Jim agreed to meet me at the Ogden Pointe Cafe to share his philosophy on life and outline the complexity that he and his wife faced during the initial development of the 'Zoie Gardner Fund'. Sharon Klein

Jim stated, "Zoie Gardner was a caring, compassionate woman with roots in Jamaica. She took care of children in her own home in Edmonton and made sure that communication with these children and their community and family was not broken. She was a quiet role model for her community." When Zoie passed away, Jim and his wife, Bunny, developed a fund and named it in honour of their friend. It has been the great privilege of The Cridge Centre to provide a home, stewardship and direction for this fund.

"There were several aspects to consider when choosing an organization to administer this fund", states Jim. "One of our concerns was that modest amounts of money from well-meaning persons are often utilized badly. How could we get a good social return for our contribution? In short, the fund needed to respond swiftly to an individual's need and we wanted the bulk of the monies to go to individuals, not towards administration. There is the danger of spending more than necessary on administering and investing the funds. In addition, it is difficult to decide in advance who should be the recipients. It is also difficult to predict in advance whether ordinary funds would make a difference. We started with single parents who wanted to further their education. As a sociologist, I knew that young, single mothers and their children are at risk. How could we make them less vulnerable? How could we help people avoid falling off the ladder when they are trying to climb out of perilous situations? As we worked with The Cridge, we found that limiting our reach to single parents attending school could inhibit action instead of helping. For instance, a woman served by The Cridge who was on a training job, learned her son had been murdered in Toronto. After attending the funeral, she returned home with only $8.00 in her pocket and no food in the fridge. We expanded our parameters, became more flexible, and in responding swiftly to unusual situations such as this it made us more effective. The Cridge has been presented with many difficult situations where individuals needed help. Fortunately, they have been imaginative and we have moved to clear guidelines to allow a more flexible system that responds to urgent needs. Bunny and I are honoured to be able to give back to our community in such a way and have been gratified many times to hear that the fund we created is helping individuals and families.

We would encourage others families who are thinking about developing their own fund to be prepared to spend several years experimenting with several strategies so they can fine tune their efforts. For example, be diligent with your research, define the intent of the fund early, work towards getting a good return on your investment in the community and choose an accountable administrator to administer the fund."

Daycare at Vic High... *cont'd from Page 1*

Graduates of the program have pursued higher education and secured work with the government; as health service providers, musicians, people who work with the disabled, people who work in finance, resident care attendants. These are careers that allow them to support their child, create their future and contribute to their society. We are already in the process of opening new doors and finding new ways to serve young parents, but we remain deeply saddened that this vital and effective service has come to the end of its journey. We celebrate their commitment, contribution and faithfulness. To every parent who has ever attended, to every child who has been cared for, to every staff member who has ever worked there: thank you, congratulations, and well done. What a privilege it has been, what a treasure you are. Bless you.

The current staff have been at Higgins House long-term: (Photo: back row) Betty Hutchinson (15 years),(Photo: front row) Nicole Andrews (15 years) Janine Davies (15 years), Nancy Studiman (10 years) and Florinda DiCamillo (7 years).

The Cridge Women's & Family Services Appreciates the Support of Community Partners

THE PROGRAMS OF THE CRIDGE WOMEN'S & FAMILY SERVICES have continued to be blessed by the generosity of our community partners.

Weekly bread donations from **Cobb's Bread**, lovely quilts created for our clients by **The Westshore Quilting Guild**, regular gifts of coffee and goodies from **Starbucks**, the ongoing financial support of **The Variety Club** and **The Victoria Soroptomist Club**: All these gifts have been blessings for which we are continuously grateful. This past spring, we were honored to be a part of two special fundraising events: **Coast Capital/Royal Le Page's** "Garage for Shelter" and the **Victoria Highlander's** "Family Day Celebration".

On a sunny Saturday morning in May, Victoria's **Coast Capital/Royal LePage Realty** hosted their second annual "Garage Sale for Shelter."

With the support of AMJ Campbell Van Lines, the employees of Coast Capital/ Royal LePage put together a fabulous event that included great deals on furniture, clothing and household items as well as fun activities and yummy food for people of all ages. This event was part of a national initiative of The Royal LePage Shelter Foundation, which is Canada's largest public foundation dedicated exclusively to funding women's shelters and violence prevention programs.

cont'd on page 4

Reaching Out for Haiti

By: Geoff Sing, Sarah Smith, Chris Heyd

WE ARE ALL MOVED DEEPLY BY THE IMAGES WE saw earlier this year of the earthquake devastation in Haiti. As individuals and as an organization, we felt the need to help.

Our Seniors stepped up and got busy right away. They have been very active knitters, working for the past several years with an organization called Canada Comforts. Our Seniors send certain knitted goods to developing countries around the world through this charity such as face cloths, dolls and blankets.

After the disastrous earthquake in Haiti, Canada Comforts sent an urgent email appeal to rally the troops and help fill a large shipping container to send to missionaries in Haiti. Another charity, Compassionate Warehouse was also partnering up on the effort. One of the items on their urgent request list was used cotton t-shirts – they are flexible in fit, easily washed and dried and easy to pack up for shipping. Knowing that all of us have t-shirts that we never wear in our closets, we put out the call to our residents, families, staff and friends for either t-shirts or cash. Our wonderful residents donated $400 that bought large Rubbermaid containers for storage and shipping, and 86 new t-shirts (poor Zellers salesgirl!).

Our amazing friends from Christ the King Anglican Church lead a chapel service here every month. When they heard about our project, the call went out to their congregation as well, and hundreds of t-shirts – new and used – came flooding in. To put the number of t-shirts in perspective, there was an entire minivan full – seats all down except the front row. There were a LOT of t-shirts! Praise God!!! And while all of this was going on, our staff, residents, and their families were also quietly dropping off bags of shirts for the cause. When Canada Comforts came to collect the donation, there were nine large Rubbermaid containers chock full of t-shirts ready to be shipped off.

Seeing our residents, staff, chapel partners, and families come together in such a practical and profound way was… well, it was very cool. A few tears were even shed in gratitude for such an amazing showing of compassion and care.

On January 23rd, less than two weeks after the earthquake, The Cridge hosted our annual dinner for the staff and board and loved ones. The dinner is an opportunity to relax, celebrate post-Christmas/New Years enjoy a wonderful meal, while being together. The staff felt it was important to remember that while we were celebrating in comfort and having a meal of plenty, there were so many who had lost family, home, business and who were living in the midst of devastation. With no advance notice, a donation 'kettle' was set up at the entrance and our Cridge family responded with enthusiasm to the call to donate. Giving whatever they could, they raised $430 in a few minutes and passed it along to the Canadian Red Cross Haiti Relief Fund.

In School Age Care, a partnership with an orphanage in Haiti was already being developed before the earthquake struck. Janelle Waines, one of our direct care workers was taking the lead on this project, which involved a video/slideshow with the kids and a discussion about how we could help support the Haitians. After the earthquake, some of our grade four girls immediately started making posters, decorating cans and collecting donations from other children, staff and families. The staff supported their initiative, and allowed them to take a real leadership role in fund-raising for the relief effort. We dovetailed these two projects together, as our kids naturally had many questions about what they were seeing and hearing in the media around them. We experienced a real sense of curiosity and compassion as the children were working through how they could help the people in Haiti. In the end, we sent over sixty dollars to the relief effort, every coin collected and counted by the SAC kids.

the cridge brain injury services

Collaborative Effort Brings Brain Injury Survivors New Help

By Mark Fournier

PEOPLE WITH ACQUIRED BRAIN INJURY (ABI) face a variety of handicapping barriers from our community. One cause of handicap is the misinterpretation of a set of behaviours that can be perceived as drunkenness. This misunderstanding not only diminishes the level of respect and esteem some people with ABI experience in their community but also impacts the service they receive at businesses, public agencies and community facilities.

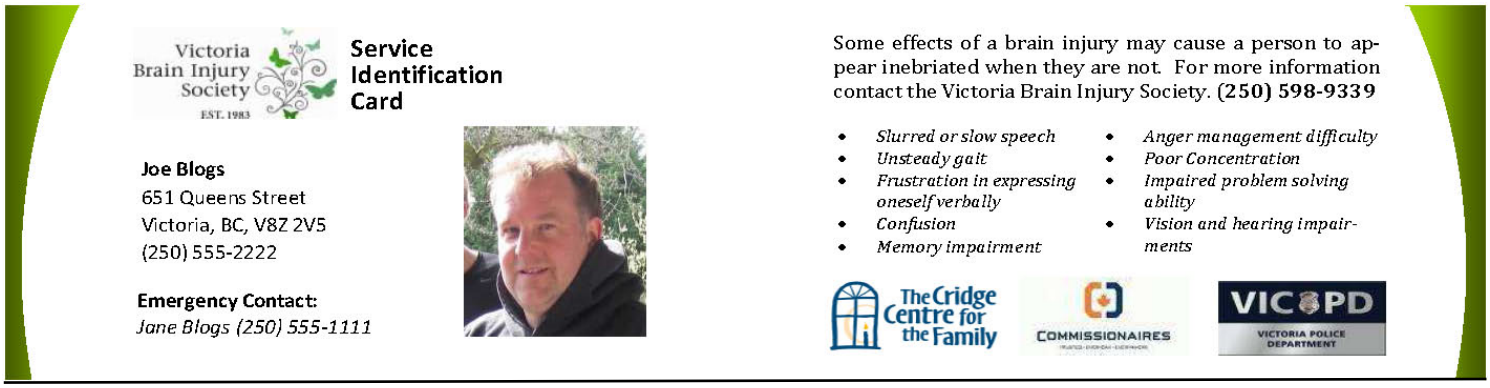
The Cridge Brain Injury Services (VBIS) has brokered a partnership between Victoria Brain Injury Society (VBIS), The Commissionaires and Victoria Police to produce a Service Identification Card for VBIS. VBIS will be issuing cards to their clients and the clients of VBIS. The Commissionaires have generously donated their services to produce slick durable cards and the Victoria Police Department is providing VBIS with the opportunity to educate their officers about the card and about ABI.

This card (shown below) identifies the cardholder as a person with ABI and lists some effects of ABI.

It is not meant to excuse poor behaviour. It is meant to help people understand why a person is presenting as they are and to help break the ice for discussion about disability. The card empowers holders to assert themselves in order to receive the service and respect they deserve.

A brain injury affects each person differently; some common effects include: slurred or slow speech, unsteady gait, frustration in expressing oneself verbally, confusion, memory impairment, hearing or vision impairment, anger management difficulty, poor concentration, sleep disorders, confusion and impaired cognition. Many people with ABI present with one or a few of these effects.

It is well documented that people with ABI receive a much poorer level of healthcare than their "able" peers. Being the target of scrutiny by police and security personnel is also a concern for many people with ABI. This card is part of an ongoing effort by The Cridge to reduce such discrimination through raising awareness of the impacts of brain injury and to improve opportunities for people with ABI through community collaboration.



The Cridge Women's & Family Services Appreciates the Support of Community Partners:

... cont'd from page 3

The financial assistance offered through this foundation helps our clients to cover the cost of moving, transportation, childcare and counselling.

Coast Capital/Royal LePage has helped literally hundreds of women in our community begin a life free of violence. Thanks to the dedicated staff of Coast Capital/Royal LePage, the generosity of AMJ Campbell Van Lines, and the faithful support of donors and attendees for making the event a tremendous success!

Later on a Sunday afternoon in June, the **Victoria Highlanders Soccer Club** hosted a game in support of The Cridge Respitality Program. The Highlanders Club invited volunteers, families and employees of The Cridge Respitality to join them for their Family Day festivities.

We had a great time cheering on the home team, and were privileged to have an information booth on the promenade so that we could share information about Respitality with the many fans who attended the game.
The Cridge Respitality program was also the designated recipient of the 50/50 proceeds from the game. What a joy it was to partner with the Victoria Highlanders in meeting the needs of families who have children with special needs!

A sincere thank you to Shantel Genest and the whole Victoria Highlanders team for their generous support of The Cridge Respitality program.

the cridge seniors' services

Our Seniors' Garden is Up and Growing!

EVERYTHING HAS FINALLY ALIGNED (weather, resources, residents, staff) to allow us to get our raised garden program going with the Seniors for this Spring/Summer. The landscape architect who designed all of our beautiful gardens, worked with our staff to come up with the design that now enhances our side patio.

Shortly after they were built, our Recreation Coordinator, Kim, and a group of residents met and mapped out what would be planted and allocated all the gardening jobs. It was decided that a combination of flowers, veggies and herbs would be best - combining some things our kitchen can use (herbs have already been included in some of the fabulous daily soups from the kitchen), as well as things that look beautiful. Our long term goal is to have trellises up the back of the deck with sweet peas growing up to soften the view (Interpret that to say, to block the truck delivery zone from view!), and to grow beans for the kitchen. The tomatoes are potted up, as are herbs, and in a wonderful gesture of generosity, Jean Vantreight a special society member, gave us some beautiful dahlia 'starts' to add some colour and flowery cheer. It is already looking beautiful out there and so wonderful to have previously unused space come to life with chatting, laughter, colour, and life!

We Believe for the Best in Everyone

"Today you are you, that is truer than true. There is no one alive who is 'Youer' than You!"
(quoted from that amazing philosopher, Dr. Suess!)

One of the things that we strive to do is to help people to believe in their unique gifts. We are here to encourage and support them to become the best they can be...our Mission Statement says, in part "The purpose of the society is to manifest the love of Jesus Christ by rendering aid and service to children, adults and families, to maximize their opportunities...to achieve spiritual, intellectual, emotional, physical and social potential.

Reaching our potential isn't about becoming the person next to us, or the person on TV, it is about becoming the best person we were created to be. It is our privilege to walk with our clients and staff to help them become "Youer than You."

Dr. Suess to Dr. Chris Heyd:

"You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!"

Congratulations to School Age Care/Summer Sunfun Coordinator **Christopher Heyd** who has been accepted into the UBC Medical Program. Chris will be leaving us late August to follow his dream in pursuit of a medical degree. Best Wishes Chris. *(Dr. Chris will be taking appointments for new patients in about seven years, best to get on the waitlist now!)*

Goodbye and Thanks Greg!

Greg Hatton, Manager of Communication and Fund Development, left our organization earlier this year, after a very successful contribution resulting in new programs, new funding, new promotional materials and new enthusiasm! Greg has taken a new position with Mission Aviation Fellowship and we wish him well and thank him for his great contribution!

The Chef's Corner: Spring 2010

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

WHEN IT COMES TO FOOD, nothing says summer more than peaches and cherries. These two are my favourite summer fruits. I enjoy eating them fresh as they are in their natural state. I like tossing them in a salad or making them into fresh salsas for fish or to use as a dip. Here is a recipe that brings together two fresh summer flavours.

Grilled Halibut with Fresh Peach Salsa

(Serves two)

2 150 gram pieces of fresh halibut fillets skinless

Marinade

2 tbsp. fresh squeezed lime juice, 2 tbsp. light soy sauce
2 tbsp. orange juice, 3 tbsp. vegetable oil
1 tbsp. brown sugar, 1 tsp. fresh minced ginger
1 tsp. fresh minced garlic, 2 tbsp. fresh minced green onion,
2 drops of sesame oil

Combine all ingredients. Pour over fish and coat well on both sides. Let marinate for 30 to 45 minutes. Preheat your barbeque and wipe with an oiled cotton towel quickly, using long tongs. With a pair of tongs place the fish on the hot part of the grill and cook until it can be easily flipped over making nice sear marks. Cook the fish until cooked through but not dry, basting the fish with the marinade. You can also pan sear the fish in a skillet if you don't have a barbeque. I like using a cast iron pan.

Fresh Peach Salsa.

1 large, ripe fresh peach skin on diced small,
1 tsp. minced red onion, 1 tsp. fresh minced ginger,
2 tbsp. minced red bell pepper
1 tsp. minced jalapeno, 1 tbsp. orange juice
2 tsp. fresh squeezed lime juice ,1 tsp. liquid honey
1 tbsp. fresh mint minced, Salt to taste.

Combine all ingredients gently in a bowl and let all flavours come together. Spoon over fish and serve with a green salad and some fresh bread.

Peach Crumble is another way of enjoying the flavours of summer. Makes one generous casserole dish.

Peach Crumble

2 Kg. fresh peaches skinned and sliced, 150g sugar
15g tapioca starch, 10ml. lemon juice

Crumble

230 g unsalted butter cold cut into small cubes,
190 g flour, 300 g rolled oats,
400 g brown sugar, 10 ml cardamom,
Pinch of salt

Method: Preheat your oven to 350°F. Combine crumble ingredients in the mixer with paddle attachment and mix into a coarse meal. Can also be done by hand. To skin a peach make a cross mark on the bottom end of the peach. Bring a pot of water to a simmer add the peaches and let swim in the water for a minute. Take out with a slotted spoon and let sit on a plate. If you're in a hurry run them under cold water. When cool enough to handle, peel skin off using a paring knife if necessary. Slice the peaches and add the rest of the ingredients and combine gently. Lightly butter a deep casserole dish, add the peach mixture and top with the crumble mixture. Place the casserole dish on a cookie sheet and bake until nicely browned and just bubbling on the sides. Serve with vanilla gelato for a decadent dessert. Can also be made in individual ramekins.

Enjoy summer everyone and happy eating.

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.

We Remember:

A beloved staff member, **Cynthia Banfield**, passed away May 11th after a valiant, graceful and inspiring battle with cancer. Cynthia was Cridge 'family' and had been with our organization for 14 years. Working with victims of violence and immigrant and refugee families, Cynthia leaves a legacy of changed lives, inspired dreams, comfort, compassion and creativity. She will be remembered. She will be missed.

We dedicate this issue of The Messenger to the memory of this wonderful woman.

Circle of Care

The Cridge Centre for the Family

☐ 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:** _____

Name _____

Address: _____
Postal Code

Phone: _____ **Email:** _____

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.

Cridge AGM

The Annual General Meeting of The Cridge Centre for the Family will be held on:

Monday, September 13th
7:30 pm,
1307 Hillside Avenue.

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

The ongoing spirit of generosity among **The UVIC Vikes Men's Rowing Team** is demonstrated year after year as they show up at The Cridge Brain Injury residence to do a spring work bee with staff and residents.

These young men take time out of their busy school and training schedule to share their strength, time, talent, energy, kindness, humour, and enthusiasm for life. These world class athletes are clearly world class human beings as well!

Thanks UVIC VIKES - Champions in every respect.

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