



The Cridge  
Centre for  
the Family

# The Messenger



## CELEBRATING 136 YEARS OF COMMUNITY SERVICE!

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## The Sail and Life Training Society (S.A.L.T.S.) Gives Life-Changing Gift. By: Candace Stretch, School Age Care Coordinator (Forward Watch) and Tina Rogalinski, Child and Youth Care Worker (Port Watch).

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover."*

Mark Twain

ON APRIL 6th, 20 young people ranging in age from 13 to 25 and four staff from The Cridge Centre cast off the lines on the *Pacific Swift* and sailed into four days of adventure, discovery and opportunity. Built by S.A.L.T.S. as a working exhibit at Expo 86 in Vancouver, the *Pacific Swift* is a beautiful topsail schooner. She serves the organization's mission to "develop the spiritual, relational, and physical potential of young people through sail training, shipboard life, and associated activities in a Christian environment." Their motto is "Training, by the sea, for life."



The incredible staff at S.A.L.T.S. led by Executive Director Loren Hagerty and Booking Manager Deborah Morris sat down and offered this unparalleled opportunity to Cridge youth at no cost to either The Cridge or the young people involved. We were humbled, amazed and blessed by this generous gift from a sister non-profit organization.

During voyages, young people learn all aspects of sailing life. Our 'training crew' was split into three 'watch groups' with one group always on duty. The call of "all hands on deck" would often sound out and whether on watch or off, all hands would rally to the task: raising, setting and lowering sails, launching the dory or the myriad of other duties

requiring teamwork and cooperation to sail a schooner.

This was a new experience for our young people, but also new for S.A.L.T.S. Our trainee crew was a culturally rich group

representing Canada, The Congo, Iraq, Columbia, The Dominican Republic, Mexico and Eritrea, whose life experiences included hardships such as abuse, persecution, refugee camps and the death or disappearance of family members. Never before had the ship hosted such diversity, and members of the crew extended the warmest and most respectful welcome. Without hesitation, they embraced the opportunity to reach out to those with different faiths and customs. Having shared such an experience together, our young folk came to discover that they were needed aboard, and that others were depending on them. With such great support, they ably rose to the challenge.

... continued on page 5

## The Cridge Supportive Housing: Under Construction!

By: Marlene Goley, Manager of Women's & Family Services

**Renovations began June 1<sup>st</sup>** on two group homes owned by The Cridge Centre that will provide a safe place to live for vulnerable single women. Eight newly renovated 500 sq. ft. one-bedroom suites will be ready for us to welcome tenants to their new homes in time for Christmas.

To get to this point, thoughtful plans have been drawn and redrawn, permits have been obtained, trades people lined up and the majority of the required funds raised.

The project titled '*Cridge Supportive Housing for Vulnerable Single Women*' will increase The Cridge supportive housing capacity by 25% and, according to Victoria Foundation's Vital Signs figures, will augment Victoria's transitional housing supply by a factor of 6%.

We are honoured to receive partnership support from:

- Coast Capital Savings
- CRD Regional Housing Trust Fund
- Real Estate Foundation of BC
- United Way of Greater Victoria
- Victoria Foundation
- Victoria Housing Trust Fund

The Cridge Centre for the Family has provided housing and support to families for more than 30 years. This housing and support is now known as The Cridge Supportive Transitional Housing and Dovetail Services. Over the years, these programs have supported hundreds of families impacted by relationship violence, by political violence, and other hardships, to move from crisis and instability to self-sufficiency, personal safety, and stability.

But what happens to older women who need this kind of housing and support but do not qualify for any family housing or supports because their children are grown or who maybe never had children? In our experience, these women become the invisible and the visible homeless. Trying to live on very meagre social assistance benefits, these women have no choice but to cycle through transition houses, unsavoury, unsafe boarding houses and the medical system. After too many loops through this cycle, many women end up on the street.

We are thankful for the opportunity to expand our capacity to serve and make a difference in the lives of these women, eight at a time, helping them to move on to live in the community with dignity, independence and respect.



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SAVINGS



## A Tough Economy? Capacity Crowd Raises \$20,000 for The Cridge Respite Program!

By: Greg Hatton, Manager of Communication & Fund Development



Jeannie Owens-Wallace, a 'respite parent', provided a vivid testimonial describing the joys and challenges of being a care-giving parent with her husband Rob to their six-year old son, Liam. Jeannie is pictured here with Mimi Davis, Coordinator for The Cridge Respite Program.

**The second annual fund raiser for The Cridge Respite Program** was another smashing success this year. This is thanks to so many generous participants and volunteers whose energy and enthusiasm set high expectations for the best for the event!

The evening featured local and internationally known musician/composer Louise Rose with her choir, silent and live auctions and fabulous desserts with an evening-themed '*Oh La La La*' flair. The event inspired a sold-out crowd of more than 300 people at the Garth Homer auditorium. There was an array of auction donations, and support from 18 local businesses providing cash and in-kind sponsorship. By the end of the evening, over \$20,000 had been raised for this amazing program.

The Cridge Respite Program is one of eight program areas of excellence. In partnership with 19 hotels and several local restaurants, Cridge Respite reaches out to parents of children with disabilities, providing parents a rare opportunity to pause and be refreshed. This 'caring for the caregiver' program won an Innovation Award last year from Community Living BC, an advocacy organization for persons with supportive care needs. Further information about this award-winning program can be found at [www.cridge.org](http://www.cridge.org)

**Please see a "thank you" to our generous sponsors on Page 4.**

## “Summertime and the Living Is...” BUSY!!!

By: Candace Stretch, Assistant Manager of Women’s & Family Services

**While summer time is a great time** for all of us to kick back and relax, for those who are part of The Cridge Centre for the Family it is also a time full of excitement and fun! From Childcare Services, to Women and Family Services, to Seniors Programs, lots of fun activities are planned to celebrate the summer with the children and families we serve.

At The Cridge Childcare Centre, we hosted our annual Canada Day Celebration on June 30<sup>th</sup> for the children and families enrolled in the Nursery, Daycare, and School Age Care programs. This year there was a BBQ with face painting, a bouncy castle, and plenty of yummy food, including a “Happy Birthday Canada!” cake. Our Sunfun program started up at the end of June, with a fabulous and energetic group of staff and children planning to head off on various beach and park adventures around the city. This summer an exciting new highlight for the oldest Sunfun children is a two-night camp-out at Goldstream Park. In addition, our Cridge Daycare will be offering a fun and active program called Hi-5s, which will be for children who will be starting kindergarten in the fall.

Our Dovetail program has several special events planned during the course of the summer. In mid-June, the youth participated in a Beach Night at Island View

Beach, which is a yearly tradition to celebrate the end of school and the beginning of summer. In July, the Annual Dovetail International Night will be held, which invites residents and staff to come and share the food, customs and activities of their countries of origin. Finally, in August, families will be invited to attend the Portraits in the Park event, where professional photographers will be available to take family portraits on the beautiful grounds of The Cridge. After the pictures are taken, participants will enjoy picnicking and special activities for the children.

Over in the The Cridge Seniors’ Centre, our residents are looking forward to using their beautiful new bus to take them on some special summer day-trips. There is always a great deal of activity happening among the seniors, and the summer time is no different: bingo, monthly birthday parties, Happy Hour entertainment, and chapel services will be going strong during the summer months.

We are very fortunate to be able to enjoy such an active and glorious summer season. The Lord has certainly blessed our organization with many special opportunities to celebrate summer in this very beautiful city!

## The Cridge Seniors Hit The Road in Their Brand New Bus!

**Our bus driver** was recently driving down the highway in our brand new seniors’ bus when he was tapped on the shoulder by a sweet octogenarian passenger. She offered him a handful of peanuts, which he gratefully munched on. After a few minutes, she tapped him on the shoulder again and handed him another handful of peanuts, repeating this several more times. He finally asked why they were not eating all the peanuts themselves, and she replied that nuts were too difficult for them to chew. Puzzled, he asked “Why do you buy them then?” Laughing, she replied, “We just love the chocolate around them”!



Well OF COURSE we’re kidding about the story, but we’re NOT kidding about our brand new bus. We are delighted to be able to enhance our activity program and opportunities for the residents in our

Seniors’ Assisted Living Centre. This purpose-built vehicle accommodates walkers and wheelchairs. As we head into the summer months we’ll be “hitting the road” to events and destinations that are bound to delight, entertain and indulge our beloved residents.

For information about The Cridge Village Seniors’ Centre or to arrange a tour, contact Steve Baird, Manager of Seniors’ Services, at 250-220-2301.

## Oh La La La Cridge Respitality Fundraiser - a Big Thank You to Our Supporters!

The Oh La La La Cridge Respitality Fund Raiser this year received generous support from:

### Sponsors:

B & C Food Distributors ★ Canadian Linen and Uniform Service ★ Cakes Etc. ★ Garth Homer Society  
 Framing & Art Centre ★ Hodges & Company Insurance Services ★ Ideazone.ca ★ Island Farms  
 Level Ground Trading ★ Luminara Victoria ★ Marquise Hospitality ★ Mount Doug Water  
 Ooh La La Cupcakes ★ Pedersen's Rentals & Sales ★ Pegasus Accounting & Bookkeeping  
 SNAP Victoria ★ Sysco ★ Times Colonist ★ Thrifty Foods

### Auction Donors:

1<sup>st</sup> Team Consulting Ltd. ★ Accent Inns ★ Acklands-Grainger Inc. ★ Active Bobcat ★ Adrienne's Tea Garden  
 Alert First Aid ★ Amanda's Earth Friendly Cleaning Service ★ Arbonne Ross and Doreen Alton  
 Mary Ethel Audley ★ Linda Bartel ★ Bellies in Bloom Maternity ★ Bolen Books ★ Bosley Pet Foods Plus  
 David Boyer ★ Buck or Two ★ Butchart Gardens ★ Café Brio ★ Chateau Victoria Hotels and Suites  
 Chef On The Run ★ Classic Rock Garden Ornaments ★ Costco ★ Creating Occasions  
 Creative Works Photography ★ Christian Book and Music ★ David and Susan Christie  
 Classic Silverware and Home Furnishings ★ Columbo's ★ Creole Jewellery Design Ltd.  
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 Gallery 61 ★ Eva Gil-Eldh ★ Joan Gorrill ★ Grower Direct ★ Guardian Emergency Training  
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 Dr. Ken A. Smith, Cosmetic and Plastic Surgery ★ Kenmar Flower Farm ★ Kiwanis Club of Victoria Seniors  
 Mary-Ann Laing ★ Level Ground Trading ★ Lifestyle Markets ★ Lighthouse Bakery ★ Verna Linney ★ Sandi Love  
 ★ Mary Kay ★ McDonalds Restaurants ★ Janice Miller ★ Nik Milonas ★ Mini-Price Store, Colwood  
 Mo Lé Restaurant ★ Mountain Bean Coffee Co. ★ Olympic View Golf Course  
 Original Basket Boutique ★ Parkside Motors ★ Queen Victoria Hotel and Suites ★ Tina Rogalinski  
 Ronald Grant Urban Spa ★ Louise Rose ★ Royal Bank, Shelbourne Branch, Cook Street Branch and Burnside  
 and Tillicum Branch ★ Royal BC Museum ★ Royal & McPherson Playhouse ★ Saanich Fire Department  
 Saanich Parks and Recreation ★ Safeway, Foul Bay Road ★ S.A.L.T.S. ★ Schenk's Furniture Repair  
 Shampoo Hair Bar ★ Shannon Oaks ★ Rosemary Smyth ★ Spinning Dog Studio ★ Marcia Sprangers  
 Stephen Fortner Goldsmith ★ Mickey Stevens ★ Storytellers Guild ★ Deanna Story  
 The Cridge Centre for the Family ★ The Lab ★ The Puppet Booth ★ Hamish Thoms  
 Timeless Toys ★ Carol and Harold Turnham ★ Vancouver Island Medical Supply  
 Jean Vantreight ★ Victoria Conservatory of Music ★ Victoria Highlanders Football Club  
 Victoria Marriott Inner Harbour ★ Victoria Riding for the Disabled Association  
 Willow Stream Spa ★ Shelley Wuitchik ★ Sharie Young



### In Memory of Marcia Sprangers

Marcia was in costume as Marie Antionette at the fund raiser on May 7th where she graciously greeted and interacted with guests throughout the evening. We were all shocked and saddened when she passed away on May 23rd. Marcia served on staff as the Cridge Seniors' Activity Coordinator and was loved by all.

This issue of *The Messenger* is dedicated in loving memory of Marcia.



## Our Community Has Such A Giving Spirit!



For the seventh year in a row, the **UVIC Vike's Men's Rowing Team** came to The Cridge Brain Injury residence to do a Spring clean-up. These outstanding young men give selflessly of their time every year to spruce up the yard and gardens and help out in any and every way that is needed. More important, they warmly and respectfully connect with our residents sharing their energy and humour. Thank you VIKES!

Many thanks to Kelly and Jennifer Hawes (pictured left), and their **Cold Star Freight Systems** employees who raised more than \$4,000 at their workplace in support of The Cridge Respite Program. Their support is helping to care for 350 'Respite' families who have children with disabilities.



Dr. Cale Copeland, Victoria Family Chiropractic is excited to provide a gift of \$1,000 to help send children to summer day camp programs – children whose parents live in The Cridge Supportive Transitional Housing. Donations are especially important to this program that provides a “safe summer” opportunity for these children.

### *S.A.L.T.S. - continued from page 1*

As attitudes quickly changed from 'me' into 'we', they became a crew that worked together. Although some had never even been to sea before, they successfully sailed this beautiful ship out past Cordova Bay, Sidney Island and on to Saturna Island. What a confidence booster! What a memory maker!

Life aboard presented not only the opportunity to learn how to sail, but also to climb over 100 feet into the rigging; to sing sea shanties, Disney songs and Bryan Adams at mug up; to play games aboard or ashore; to live in *close* community. Genuine and open curiosity about each other's cultures and personal experience were shared and they explored questions such as “what do you value”, leading to authentic moments of discovery and revelation.

We cannot adequately express our thanks and appreciation to The Sail and Life Training Society for their gift. We believe that by investing in the lives of our teens and young adults, S.A.L.T.S. has brought to them growth, vision, opportunity, confidence, compassion, healing and joy. We thank God for the people at S.A.L.T.S. and the blessing and generosity which they have heaped upon us.

*Pacific Swift* Facts:  
 Spared Length: 11'  
 Length Overall: 81'  
 Beam: 20'6"  
 Draught: 10'6"  
 Displacement: 98 tons  
 Rig: Topsail Schooner  
 Accommodation: 37 berths  
 Coastal Compliment: 5 crew, 30 trainees  
 Offshore Compliment: 6 crew, 21 trainees



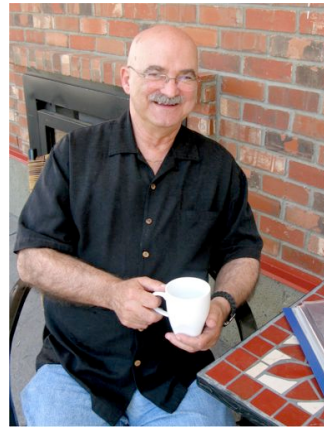
To learn more about S.A.L.T.S. visit: [WWW.SALTS.CA](http://WWW.SALTS.CA)

# Richard Gutierrez: Artist-in-Residence at The Cridge Seniors' Centre

By: Sharon Klein



A chance to meet Richard was bound to be a lot of fun. After all, he was a self-proclaimed 'beatnik', with a 'hippy' philosophy, a person who found his creative 'juices', which he says served him well over the years. And, he was an artist from New York!



*trees and do my artwork. The meals are fabulous in the dining room and there are lots of activities to partake in if you so choose. In all of my travels I have found Victoria to be a gem on the face of the earth; moderate weather, friendly people and a beautiful city."*

Richard takes time out on the outside patio of The Cridge Seniors' Centre to enjoy a coffee and watch the children play.



Richard was born in Manhattan and spent his youth "living in every borough but the Bronx". "The artist was always in me", he states. This was apparent when he started to win awards for his artwork while he was in school. "I've never approached it as a career, but as a way to express myself and sometimes use the creative flow as therapy." Richard also loves music, as was evident from the 'Oh, Brother How Art Thou' album playing in the background of his studio at The Cridge Seniors' Centre. Over the years he has enjoyed playing the guitar and cello. Richard serenaded his wife every night with the guitar. Wow – he is also a romantic!

Richard was once asked to provide an "artist statement" and thus created the following poem, which perhaps describes not only his artwork, but his philosophy about life as well:

### Artists and Words

I do - I feel  
assurance and hope that I am here.  
I have been here.  
It's very clear to me.

Otherwise, it is all very simple.  
I try to create images that will  
Give you places and faces.  
Stir, provoke, perhaps please,  
or excite the viewers, hopefully.

It is still very simple.  
I use shapes, lines, composition  
colours that excite, stir,  
hot colours, cool colours,  
some that move.

### The subject

- comes
- I adjust
- I make
- you see

If there is anything more  
That is for you to find  
And perhaps – enjoy, explore!



Richard draws with coloured graphite and every piece of artwork contains more than 1,000 strokes. His works are untitled, leaving it to you if you are lucky enough to become an owner, to use your imagination and designate a title.

Richard has had an active life as a member of the U.S. Military, and an elementary school teacher in Toronto. He loves to experience foreign countries and, while his daughter was living in Costa Rica, he spent most of his winters there. He moved to The Cridge Seniors' Assisted Living Centre in Victoria of December 2008 to be near his circle of friends and daughter while going through cancer treatment. "I love it here. My apartment is a two-bedroom unit with one of the bedrooms dedicated to a studio. It's inspiring to look out the window and see the beautiful Garry Oak

## God's Garden

We are blessed with a wonderful property at The Cridge Centre. Our Childcare Centre is in the middle of a Garry Oak grove with a meadow to play in and rocks to climb on. More formally, we have a beautiful landscaped garden around the children's building. At times as we walk our class to the play yards, the children will step off the path into the flower beds growing along the side of the walkway. My comment to the children is always, "Please stay out of God's Garden."

One of our moms recently recounted this delightful story to me:

Olivia and her mom were walking out of the Childcare Centre on one of the first sunny days after a long stretch of bad weather. They were in the parking lot about to get into their van and Olivia wanted to walk on the curb close to an area where there was a small tree and a flower bed. She was holding her mom's hand for support so she wouldn't fall into the garden because she didn't "want to step into God's Garden." Mom said "that is right Olivia, this is God's Garden," appreciating that the teachers were teaching the children to respect nature.

After carefully maneuvering on the curb to avoid stepping into the garden, Olivia was put into her car seat and as they drove out of the parking lot, she stated "I see God Mumma". Curious about what her adorable three-year old Olivia would describe God as looking like, Mom asked "You see God Olivia? Where is He?" Olivia pointed out the car window, "God is right there in the bushes". Mom asked, "What does God look like Olivia?" Patiently, Olivia pointed, "God is right there Mumma, in the bushes with the white hat on", which is exactly where Ken, The Cridge Centre groundskeeper was standing in his white hat, pruning the bushes!

Rhys Hibbert, Early Childhood Educator  
With thanks to Colleen and Olivia.



## The Cridge Centre Receives the British Columbia Child Care Legacy Award.



On March 7<sup>th</sup> at a ceremony in Richmond BC, the **Honourable Linda Reid, Minister of State for Child Care** presented CEO Shelley Morris with the **British Columbia Child Care Legacy Award** for forty years of service excellence. The purpose of the event was to recognize outstanding individuals and agencies from throughout the province who are making exceptional contributions to supporting the healthy growth and development of children in British Columbia. We were proud to receive the award: it is a reflection not only on our marvellous staff of today, but of all the dedicated staff who have taught in our Childcare Centre for decades past.

## The Chef's Corner: The Offerings of Summer.

By: Nikolas Milonas, Executive Chef - The Cridge Centre for the Family



**Summer is my favourite time** of the year. It brings with it a bounty of beautiful flavours for us to enjoy. We are fortunate enough to live in a most favourable area where many of summer's offerings are grown right here in beautiful British Columbia. Cherries, peaches and nectarines from the Okanagan, fresh corn and blueberries grown locally in the

Saanich peninsula are only a few of the offerings. Of course, it wouldn't be summer without the wonderful aroma in the air of grilling on a barbeque! You can pretty much cook anything on your barbeque - you just have to play with the heat. How about some nice marinated vegetables in balsamic vinegar and olive oil all tossed together with some fresh herb of your liking and some salt and pepper! Place them on medium heat and grill away.

My tip for cooking anything on the barbeque is making a basting sauce. Food dries out as you are cooking over the heat. Basting with a flavourful sauce ensures it is moist and beautifully caramelized. My basting sauce usually, but not always, includes butter. There is no other flavour like it and it is complementary to most foods. Extra virgin olive oil is another favourite of mine; they both equally compete for my love daily. For me, an all-purpose basting sauce would be equal amounts of melted butter and olive oil with  $\frac{1}{4}$  the amount of fresh squeezed lemon juice and fresh chopped parsley. Minced garlic and other herbs of your liking can be added in varying amounts to customize your own basting sauce.

Another tip for barbequing is to have the food that is going on the barbeque as close to room temperature as possible. When the food is cold the heat cannot penetrate evenly throughout and this inhibits the cooking process. Having the food at room temperature ensures it will cook evenly all the way through and will

bring all the natural juices to their optimum flavour. It's safe to leave the food out, if covered, for up to two hours prior to the food being cooked. So make your basting sauce and enjoy the wonderful tastes of summer.

### GREEK STYLE GRILLED CHICKEN (Serves 2)

**Ingredients:** 1 lemon (zest & juice);  $\frac{1}{2}$  cup olive oil; 1 tsp. oregano,  $\frac{1}{4}$  bunch parsley, finely chopped; 1 tsp each of salt & pepper; 2 boneless, skinless chicken breasts.

**Method:** Combine first 6 ingredients in a bowl. Rinse chicken breasts under cold water and pat dry. Add chicken to the marinade and allow to take in these flavours for minimum 30 minutes to 2 hours. Preheat your barbeque. Now here's where the adventure begins! With your tongs lift the chicken out of the bowl scraping any excess marinade off on the lip of the bowl and place chicken on the hot part of your barbeque (be careful there will be flames). Sear the chicken on both sides then move the chicken to the medium heat part of your barbeque. Searing will take about 1 to 2 minutes for both sides depending on your barbeque. With the remaining marinade that is in the bowl start basting your chicken, turning over as needed to cook the chicken thoroughly and evenly. Use up your marinade before the chicken is done because you don't want to add any of the marinade to the chicken after it is cooked; that would not be good. You want to cook the chicken with the marinade. You have to cook the chicken until clear juices are flowing or to an internal temperature of 74 degrees Celsius. How do you take the temperature of the chicken you ask? With a probe thermometer of course just like every professional chef uses to make sure food is cooked to the safe and proper temperature, but as long as juices run clear you are good to enjoy your chicken. I like to finish it with a squirt of lemon and some good extra virgin olive oil on the plate. Serve this with a glass of Sauvignon Blanc if you like wine, your favourite salad and some good bread for a beautiful summer dinner. Enjoy!

**Introducing 'CridgeWear' - our new line of casual apparel.**



A wide selection of clothing and colours is available in our 'CridgeWear' line. The Cridge logo is beautifully embroidered on the front (see sample above). Show your pride with 'CridgeWear'! For order information call The Cridge Centre Receptionist at 250-384-8058 or check our website out at [www.cridge.org/giftshop](http://www.cridge.org/giftshop).



**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: \_\_\_\_\_

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.**  
Greg Hatton, Manager of Communication and Fund Development

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

### **Notice of A.G.M.**

**The Cridge Centre for the Family  
Annual General Meeting**  
September 28, 2009, 7:30pm  
The Cridge Village Seniors' Centre.



### **Board of Directors**

President	Dr. Gregory Cran
Vice President	Louise Parton
Secretary	David Rand
Treasurer	Mary-Ethel Audley
Directors	Michael Cridge
	Rev. Phil Horton
	Colin Moorman
	Anne Spicer, C.M.
	Sylvia Van Kirk
Chief Executive Officer	Shelley Morris

The board of directors meets once a month to conduct the ongoing affairs of the Society. The board is a policy board, so its deliberations focus around planning and policy issues, rather than operational ones.

**The Cridge Centre for the Family**  
1307 Hillside Ave  
Victoria BC V8T 0A2  
Phone: 250-384-8058  
Fax: 250-384-5267  
Email: [pbailey@cridge.org](mailto:pbailey@cridge.org)  
Website: [www.cridge.org](http://www.cridge.org)