

## Sprucing Up MacDonald House - Row by Row

Shannon Whissell, Manager Communication & Fund Development



Clients and staff look forward to the UVic Rowing Team helping them spruce up MacDonald House every year.

More than just the tangible results of tidy garden beds and a safer patio, the partnership between UVic rowing and The Cridge Brain Injury Services reinforces an essential element of the service, which is re-connecting brain injury survivors to the community and having residents participate as fully as possible in all aspects of their lives – home maintenance notwithstanding.

The Cridge Brain Injury Services provides a full spectrum of support along the spectrum of care. From Macdonald House, which provides full residential services to 10 adult male survivors; to Mary Cridge Manor, an apartment building with staffed support programs; to services and support in the community (such as our pilot community garden and community kitchen), The Cridge Brain Injury Services are designed to recognize the unique nature of each person's brain injury and to support each client as best suits them.

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**For the past eight years, the University of Victoria varsity rowing team has volunteered a day of service to help clean up Macdonald House's yard and garden in the Spring. This past April, a grey Sunday saw both men's and women's team members weeding, pruning, rebuilding beds, and sharing the day with the residents.**

As Manager of Brain Injury Services Geoff Sing said in his thank you letter to University of Victoria Athletics Director Clint Hamilton,

I get the privilege of writing to you to thank and commend the University of Victoria for your Rowing Team. This is the eighth consecutive year that I have written this letter.

On March 14, 32 rowers came to Macdonald House to participate with our annual spring clean-up. This was the best turn out ever. And it was really hard work this year. One of the projects was removing some old planks that were acting as a patio around some garden boxes and filling in the area with a sand base and covering the area with concrete slabs.

Your student athletes were outstanding! Despite their hectic training and school schedule they came out on their day off and worked a full Sunday. As well, their interactions with our men were excellent.

You should be proud of these young men and women, who took the initiative to give back to their community and represent your department and most importantly, the University of Victoria so well.

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## UVic Rowers - cont'd from Page 1

One role played by both our survivors and our programs, through community re-integration, is to educate the public about brain injury and to show that survivors can be successful contributing members of our community. Each relationship that we establish in the community is an essential part of client recovery. And each relationship is also an opportunity for our clients and staff to educate the broader community. Far beyond the day they spend volunteering at Macdonald House, the members of the UVic rowing teams contribute to the lives of the clients who live there, and are impacted by the interaction themselves.



The team that weeds together wins together - and connects with our residents.

### Did you know?

- up to 52% of homeless people in Victoria have a brain injury
- 69% of these acquired their brain injury before they became homeless
- Brain injury is the number 1 killer and disabler of people under 45 years of age
- Men are twice as likely as women to experience an acquired brain injury
- Prevention is the best cure – wear a helmet with participating in at-risk sports (cycling, in-line skating, snowboarding, skiing, skateboarding, etc), wear a seat belt when driving & ensure children are in size-appropriate restraints, do not drink and

### Know these common symptoms of brain injury

- Loss of consciousness
- Continued headaches, and headaches that get worse
- Nausea and vomiting, particularly in adults
- Seizures
- Confusion
- Loss of memory of events surrounding injury
- Drowsiness or lack of responsiveness
- Blood or clear liquid from the ears, nose or mouth

- Unusually large pupils, or pupils of different sizes.

If you or someone you observe has symptoms like these following a fall or a blow to the head, check with your family doctor or take the person to an emergency medical centre, particularly if the symptoms worsen within the first 24 to 48 hours.

## Save The Date: Buskers Visit Cridge Village

Summer must be coming because we've booked the fun!



Some of the world's finest international award-winning buskers are coming to Victoria for July 15 – 24, and we are thrilled to be presenting two of the best right here at The Cridge Centre!

Thanks to the wonderful generosity of The Victoria International Buskers Festival (and the buskers themselves) we will be presenting two fabulous FREE OF CHARGE shows at The Cridge Village for one and all to come and see.

### Mark your calendars:

**Wednesday, July 20th** at 11:00 am (to 11:40 am): Come see The Aerial Angels – an amazing group of gravity defying acrobats. Check out their website: <http://www.angelsintheair.com/>

**Friday, July 22nd** at 3:30 pm (to 4:10 pm): Visit the wacky world of Fraser Hooper – a wonderful clown who will have you in stitches! Check out his website: <http://fraserhooper.com/>

### EVERYONE IS WELCOME!

The two 40-minute shows will start promptly, so come on time prepared to be entertained! Both shows will be presented in the upper Cridge Parking Lot. Seating will be made available for seniors, otherwise bring your lawn chair or plan to get comfy on the ground!

For updates on the plans for the day, please email Shannon at [swhissell@cridge.org](mailto:swhissell@cridge.org) and let her know you're plan-

# Setting Sail as Strangers and Returning as Family

Susie Scott, Child and Youth Support Worker



**This past April, the Sail and Life Training Society (SALTS) invited 23 youth from The Cridge Supportive Transitional Housing and four leaders on an incredible sailing trip aboard their topsail schooner the Pacific Swift.** The four day trip began with a group of youth who were largely strangers, and who by the end were saying goodbye as though to family.

The first day we set sail on the Pacific Swift and sailed all the way to the Pender Islands. After a day of learning knots, hoisting sails, and helping with various ship duties, everyone gathered on the deck for evening games until sunset. These evening gatherings usually involved a lot of running around and laughing, especially when everyone had to pretend to be a captain's daughter.

After a bit of rainy ocean weather, we were able to hoist the sails again on the second day and set anchor next to Galiano Island. With the sun shining, it was time for an epic soccer game on the island, where many people accidentally - and intentionally - fell into the giant mud puddle in the middle of the field.

By the second day there was an epidemic of singing two infectious pop songs - Justin Bieber's "Baby" and Rebecca Black's "Friday." Even the SALTS crew and people who had never heard the songs before were caught singing them. By Wednesday evening there was a strict 'no singing those songs until it is actually Friday' rule put into place. When Friday finally came around, those standing on the top deck could hear people singing both songs at the top of their lungs while washing breakfast dishes below.

The third day we sailed back towards Victoria and set anchor off Gyro Park in Cadboro Bay. Six brave teens jumped off the

side of the boat into the ocean after supper, while the rest of us watched them scramble back to the boat at an incredible speed.

The level of enthusiasm and team work that quickly developed aboard-ship was amazing. Although we had a few rain storms, and it was sometimes cold out on the ocean, everyone worked hard and had fun regardless. Each evening aboard the Swift comes to an end with everyone gathering together below deck to sing songs, have hot chocolate, and eat cookies. No cell phone and no internet aboard ship make the trip a real break from whatever is going on for the kids in their daily lives. By the end of the trip, youth who had not known each other previously were having dance competitions on the deck, singing at the top of their lungs, laughing, and hugging each other goodbye. It was a truly amazing trip.



"This was/is an amazing experience. I would pick sailing with this group of people over school any day! Thanks for an amazing time!"



"A great trip! I really enjoyed it. I wish we had more days. I just feel like I am with my family. It was really great"

"I had the greatest time learning about the sea! It was so awesome and now I want to be a full-blown pirate (tattoos and chest hairs). I toughened up a lot and even during crappy weather I still enjoyed it all. Thanks so much for giving me this great experience!"



# Looking Back, I can See God's Hand - a Client's Story

Shannon Whissell



**On Friday, May 6 35 members of The Cridge Centre for the Family Society, our Board of Directors, and the Cridge Management Team got together for one of Chef Nik's fabulous breakfasts and to share about the past, present and future of The Cridge Centre.**

Our special guest speaker for the morning was Pat Moncrieff, a former resident of The Cridge Supportive Transitional Housing from 1978 – 1981 whose life was transformed during her three years at what was then called Hayward Heights. Pat (PM) shared her story in an interview format with Shannon Whissell (SW).

**SW:** Do you remember how you first heard about The Cridge Centre for the Family?

**PM:** I'm not sure. Possibly from my landlady at the time Mrs. Brooks. She was a very supportive woman. I hadn't been in Victoria very long and didn't know a lot of people here, so it was likely her.

**SW:** Would you tell us a little about what was going on in your life when you came to live in The Cridge Supportive Transitional Housing?

**PM:** It was June of 1978 and I was recently separated and living in a one bedroom apartment with my two little

boys who were aged 2 & 6 at the time. I was on social assistance, and I was told that the rent on my apartment was going to go up. My social assistance wasn't going to cover the cost of the rent increase, so I was quite concerned.

Somewhere I heard about Hayward Heights and I wrote a letter to The Cridge Centre for the Family asking if there was any vacancy. I got a reply in just two weeks, and was able to move in before the increase took place.

**SW:** What was living here like for your sons?

**PM:** They really enjoyed the outings and the room to play. There hadn't been much room for them to do anything in the apartment. My older son was just finishing Grade 1 when we moved, and he enjoyed having kids nearby to play with. My younger son went to The Cridge daycare and really enjoyed the wonderful teachers. It really gave them the experience of living in a diverse community as well.

**SW:** What was living here like for you?

**PM:** It was a really lovely neighbourhood. At that time it was less built up in the neighbourhood, and on the property and it felt like being out in the country, which the boys and I really enjoyed. Living here was quite an adjustment,

but also a huge relief. When you have a lot of families, all going through their own stresses, living in proximity it takes some adjusting but eventually I felt there was a really supportive community feeling here.

The biggest change for me was to have support with daycare for my younger son, and the affordable rent, of course, which allowed me to go to Camosun College. Because I didn't drive then it was so convenient for me to go just down Hillside to Camosun. I also had a really nice young girl just a row over who was old enough to babysit, and that helped as well.

I eventually became a nurses' aide and started working part-time at first, and then eventually full-time. And unlike a lot of places I wasn't told to move on once I was on my feet – I was given the chance to save up a little money and put a solid foundation in place for myself and my sons before I moved.

After three years, the brand-new Alf Toon Co-operative Housing was opening just a block over, and I was able to purchase a share there. It was perfect as my sons could still visit with their friends at Hayward Heights.

**SW:** What are some of your favourite memories of your time living here?

**PM:** Although there weren't Dove Tail Services at the time, or at least we didn't call them that, we did get to go on some



fabulous outings, including a day sail with SALTS on the Roberson II.

The most life-changing event that happened while I lived here though was one that seemed small at the time; a neighbour in the townhouses invited me to a home bible study, and that was where I first became a Christian. The boys and I started attending Oaklands Chapel for church and Sunday school, although I now attend and sing in the choir at Church of Our Lord.

Looking back now, I can see God's hand in the whole time – from having to move out of that first apartment, to that friend inviting me to her Bible study, and the difference that knowing Christ has made for my sons and I since. I honestly feel that I might not have gotten ahead in life if it wasn't for my time living here.

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Pat's story is moving on so many levels. Yes, our housing and our programming are essential as we meet our society mission, which is "to manifest the love of Jesus Christ by rendering aid and service to children, adults and families, to maximize their opportunities to participate and grow in the responsibilities and enjoyment of family life and loving relationships and to achieve spiritual, intellectual, emotional, physical and social potential." Even more so, Pat's story underlines the importance of our trust in and faithfulness to sharing Christ's mission.

This annual breakfast is an important way that we connect with the members of The Cridge Centre for the Family Society, and one way we acknowledge their commitment and contribution to our work.

If you are interested in finding out more about membership, please call Shannon Whissell at (250) 995-6419 or email [swhissell@cridge.org](mailto:swhissell@cridge.org).

## Honouring a Father and a Friend.



Jean Vantreight dedicated a bench on the property to her childhood friend from the orphanage, Jimmy Robinson. Jean reunites with Jimmy's daughters who travelled from around B.C. to honour their father.

Left to right - Linda Tompkins, Brenda Booth, Jean Vantreight, Kathy Bullock and Janet Robinson





## Chef's Corner

Nikolas Milonas, Executive Chef, The Cridge Centre Senior Service



**For many of us, choosing to eat fish on a regular basis is a part of healthy living. However because of our technological advancements, overfishing and fishing methods have depleted a large percentage of our world's fish.**

In fact, overfishing is the greatest threat to our oceans today. That is why the Vancouver Aquarium started the Ocean Wise™ program in January 2005.

Ocean Wise works directly with markets, restaurants, suppliers and food services ensuring they have the most recent scientific information regarding seafood and helping fish buyers make environmentally-conscious buying decisions.

Ocean Wise uses four criteria to base its recommendations for the species it approves. They must be:

1. Abundant and resilient to fishing pressures
2. Well managed with a comprehensive management plan based on current research
3. Harvested in a method that ensures limited bycatch on non-target and endangered species
4. Harvested in ways that limit damage to marine or aquatic habitats and negative interactions with other species

The Ocean Wise program and the criteria it uses are extensive and based on scientific evidence. The Ocean Wise symbol assures the customer that their choice ensures the viability of the industry for the present and the future. I encourage you to check out the Ocean Wise website at <http://www.oceanwise.ca/>

As chef it is very important for me to know that there will be food available for our future generations; therefore, I am a strong supporter of this program. Here is a recipe for steelhead trout which is an ocean wise farmed fish from Powell River that we serve at the Senior Centre.

### **Pan Roasted Steelhead Trout with Lemon Basil and Tomato Salsa over Quinoa Pilaf**

(Serves 4)

Ingredients:

Fish

4 - 6 oz pieces of Steelhead Trout

3 tbsp olive oil

Salt and black pepper

Pilaf

2 cups Quinoa, rinsed well

2 ¼ cups vegetable or chicken stock, hot

2 tbsp olive oil

1 small red onion, finely chopped

2 small carrots, rinsed, patted dry, peeled, finely chopped

2 ribs celery, rinsed, patted dry, finely chopped

1 small red bell pepper, rinsed, patted dry, finely chopped

Fresh chopped parsley

½ tsp salt

### **Lemon Basil and Tomato Salsa**

3 medium tomatoes, deseeded and finely chopped

1 small shallot, finely chopped

3 tbsp fresh lemon juice

6 tbsp olive oil

3 large fresh basil leaves, finely chopped

A few parsley tops, finely chopped

Zest of half a lemon

Salt and fresh cracked black pepper to taste

Method:

Combine the salsa ingredients in a bowl, cover and set aside.

Cook the quinoa. Preheat a medium size pot on medium heat and add the oil. When simmering add the vegetables and salt and cook until vegetables are tender, about 5 to 10 minutes. Add the quinoa and coat with the vegetables, cook for about a minute, remove pot off the heat and carefully add the hot stock (it will bubble) place pot back on the element, lower heat cover and simmer for 15 to 20 minutes until cooked. All the liquid should be evaporated. Set the quinoa aside and keep warm.

To cook the fish pat the pieces dry with a paper towel or kitchen towel, season with salt and pepper. Preheat a pan large enough to hold fish on medium heat, add the oil and when shimmering add the fillets flesh side down and cook until the sides turn opaque, 3 to 5 minutes flip over and finish cooking until the fish registers 70°C on a meat thermometer. Set fish aside. To assemble the dish add the fresh parsley to the quinoa and fluff with a fork, spoon the quinoa in the center of a the warm plates, place the fish on top and finish with the salsa on top of the fish and a little drizzle around the plate. Serve and Enjoy.

**CONGRATULATIONS!**

To Chef Nik, who in June completed the intensive testing to become a certified Chef de Cuisine. This is the highest designation available to chefs in Canada, and we are all so proud! Way to go, Nik!

**It isn't every day that one sits down for lunch with a guest who can remember walking the sidewalk with his mom and nodding hello to Miss Carr, or Emily Carr as she's known to most of us.**

That young boy in James Bay grew to be Mr. Hugh Curtis. In the 1960's Mr. Curtis was the mayor of Saanich at a time when the municipality was transitioning from rural to urban. He later served the province of British Columbia for 11 years as an MLA and at various points held the ministerial portfolios for Finance, Government Services, and Municipal Affairs and Housing.

I asked Mr. Curtis when he had first become aware of The Cridge Centre, and he mentioned that his grandmother, who lived in the Oaklands neighbourhood, had served on the Ladies' Auxiliary for

the BC Protestant Orphans' Home. Mr. Curtis remarked that he has dedicated his retirement years to supporting local organizations that support children – a reflection of his grandmother's concern and commitment.

We're blessed that a man such as Hugh Curtis – one of many such faithful men and women – not only thinks about community but also takes action on several fronts. Mr. Curtis is a faithful and generous donor, yes. But he's also a committed ambassador. His willingness to be used as a sounding board and connector in the community is invaluable. And the gift of his wisdom and experience at different levels of government, and his expertise with managing change is a gift we can't measure as we face shifting government, economic and community sands.

Lunch with Hugh Curtis taught me a great deal about the history of our region and province. And it reminded me again of the treasure we have in the many people in this community who support the work of The Cridge Centre for the Family, and the many ways that support presents itself.



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## Circle of Care

**Yes, I/We would like to join The Cridge Centre Circle**

Single gift amount: \$ \_\_\_\_\_

- Cheque enclosed.  
 Please charge my credit card.

Monthly gift amount: \$ \_\_\_\_\_

- Void Cheque enclosed.  
 Please charge my credit card monthly.

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

Name: \_\_\_\_\_

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

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

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

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(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 detach and mail this form to:** The Cridge Centre for the Family  
1307 Hillside Ave., Victoria BC V8T 0A2  
Contact: Shannon Whissell, Manager, Communication & Fund Development  
250- 995-6419 Email: swhissell@cridge.org  
**Thank you so much for your generous support.**

Spending of funds is confined to Board approved programs and purchases. Each gift designated toward an approved program will be used as designated with the understanding that when a given need has been met, designated gifts will be used where needed most. Gifts will be acknowledged with an official receipt for income tax purposes.

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

**MEMBER OF** Imagine Canada  
**MEMBRE D'**



## ASSISTED LIVING WITH STYLE

### *The Cridge Village Seniors' Centre*

Come home to heritage—The BC Protestant Orphans' Home, built in 1893, now beautifully refurbished and expanded as an award-winning Assisted Living seniors' residence. Comfortable 1 and 2 bedroom suites are available.



Services include:

- 2 nutritious meals daily – lunch and dinner
- Coffee and snacks
- Unit cleaning and laundering of linens
- Conveniently accessible laundry facilities
- Activity room, exercise room, library, computer lounge, The Grand Lounge, and more
- Therapeutic bathing spa
- Internet and email computer access in each unit
- Chapel/Theatre
- 24-hour emergency monitoring
- Transportation for outings and shopping trips



For more information or to arrange a tour, please call Steve Baird at (250) 220-2301

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