

Mary Cridge Manor A Community within a Community

By Janelle Breese-Biagioni and Candace Stretch

Being part of The Cridge Centre for the Family team brings us many opportunities to create a sense of community among those we serve. Yet it is truly a blessing when we witness those we help making their own contributions to the Cridge community. Anwar, Nidaa and their children are a lovely example of how one family can help to build a sense of community here at The Cridge Centre.

In the Fall of 2009, the staff of The Cridge Supportive Transitional Housing were contacted by Anwar, who was looking for safe and affordable housing

for himself and his family. Anwar had come from Iraq to Canada ahead of his wife and two little girls and his young son, and was doing all he could to bring them to Victoria. In the Spring of 2010, Anwar's hard work and dedication paid off, and we were delighted to welcome the whole family to a two-bedroom suite at our Mary Cridge Manor location.

At that time, Mary Cridge Manor (MCM) had been newly established as a place for both Cridge Brain Injury and Supportive Transitional Housing tenants to live and receive support. Anwar, Nidaa and



their three little children quickly became a special part of that community. Whether sharing in a friendly conversation with Supportive Transitional Housing tenants in the hallway, baking special treats for the team and tenants to enjoy, or welcoming others to join them as the children played in the outside spaces, this family was able to bring a great deal of warmth and joy to Mary Cridge Manor.



The Cridge Brain Injury team at Mary Cridge Manor

In This Issue

March 2013

- Page 1 Mary Cridge Manor – A Community within a Community
- Page 2 (continued from page 1)
- Page 3 Preserving our Shelter from the Storms
- Page 4 Learning to Lead on the Job
Bringing the Victim into the Room
- Page 5 Chef's Corner
- Page 6 A Night and a Woman to Remember
White Ribbon Campaign Success
- Page 7 Thank You – Giving pages
- Page 8 Calendar of Events

The Messenger is published by The Cridge Center for the Family in March, July and November.

Editors: Shannon Whissell, Florence Moorman, Shelley Morris
Production: IdeaZone
Printing: Flynn Printing

In a surprising way, the Brain Injury Program tenants began to connect with Anwar and his family as well. At first it was a cordial hello in the elevator or a nodding of the head as they passed one another to exit the building. Then the fellows in the program began to make small talk with Anwar. This ultimately led to Anwar learning a little more about the Brain Injury Program and the rehabilitation the residents were participating in. It not only piqued Anwar's interest because of the profession he had in Iraq, but also it stimulated his interest in learning about brain injury and the impact it had on the lives of these folks.

Greg Goldberg, Facilitator for the Blue Sheet Club, which meets once a week at Mary Cridge Manor, was more than delighted when the residents invited Anwar to attend the afternoon sessions. The Blue Sheet Club creates greater opportunities for the Brain Injury Program tenants to participate in social activities while increasing their understanding of brain injury and how it affects their day-to-day life. Anwar fit right in with the participants and soon formed a close bond with the group.

Mary Cridge Manor is more than an apartment building. It not only offers safe and affordable housing, but it also allows people to become 'good neighbours.' The residents come together to enjoy social events and to support one another in any way they can. In doing so, they develop deep friendships.

During their time with us, Anwar & Nidaa welcomed one little boy into their family. Despite their growing family size, they opted not to move into a larger unit within The Cridge Centre's housing options, choosing to stay at MCM for all three years of their lease with us. When the residents in the Brain Injury program learned that Anwar's lease was up and he and his family were moving to a new building they had mixed emotions. On one hand, they were thrilled for the family because the move represented another step forward in their new life in Canada. But on the other hand, they were going to miss the family's smiling faces in the lobby and elevator and Anwar would surely be missed at the Blue Sheet Club sessions.

As the family packed and prepared for the move, Anwar expressed an interest in eventually finding work with The Cridge Centre for the Family, specifically in the Brain Injury Program. He was encouraged to submit his resume for future consideration. It was not long after doing so, that a backup position for the Card Project, which is an employment program at Mary Cridge Manor, became available. Anwar is familiar with the clients who work in the Card Project because they are also the people who live in the

building and attend The Blue Sheet Club. It was easy to see that offering him the backup position was a win-win situation for everyone.

Anwar is completing his first rotation on contract in the Card Project while the regular mentor has been on vacation. This brief stint has allowed Anwar to reconnect with his Mary Cridge Manor 'neighbours' and to become part of The Cridge Centre for the Family team.

Anwar's family has also stayed connected to MCM by stopping by to say hello and graciously extending invitations to some of the residents to come and visit them all in their new home. It is abundantly clear that Mary Cridge Manor was just the place for this family to start their life in Canada- and what a gift it was to have them with us as we created community at MCM!

NICHE INSPIRATION BALL TO BENEFIT TRANSITION HOUSE

NICHE, BC's most uniquely original fashion and lifestyle magazine, is proud to announce its 1st annual charity ball. For 2013, this event will take place on Saturday June 8th at the Fairmont Empress Hotel. Certain to be an inspirational evening of elegance and awe, essentials of this exclusive event include a superb dining experience, a spectacular silent auction, an exhilarating live auction, art installations, celebrity performances, live music and dancing, and a grand Government Street red carpet.

100% of proceeds from the 2013 NICHE INSPIRATION BALL will be donated to this year's two charitable organizations - The Cridge Transition House for Women and the Women for Women International Education Program.

Only 300 tickets available, which can be purchased online at www.NICHEmagazine.ca. Corporate and community VIP tables available. Contributions to the silent and live auctions also gratefully accepted.



NICHE MAGAZINE
110B-2187 Oak Bay Avenue
Victoria, BC V8R 5Z8
250-595-7870
info@NICHEmagazine.ca

Preserving our Shelter from the Storms

By Shannon Whissell



The Taylor Building

When an organization is entrusted with the stewardship of a grand building such as our heritage home, The Taylor Building, there are deeper considerations than merely structural standards, important though those are. The heart of our services since 1893, the Taylor Building has housed over 1,500 children, sheltered 35 years of child care services, provided emergency shelter for homeless families, and now provides a gracious retirement for our seniors and the administrative heart of a wide-spread organization.

We told you last November about the much needed costly upgrades that have been undertaken to replace the slate roof of the Taylor Building. After 117 years of service, the roof had given all it had, and good stewardship required immediate action. Work began in September on part 1 of what will be a four-year undertaking, replacing 25% of the roof each year. We are blessed to be working with Grist Slate & Tile Roofing who are specialists in slate roofs and have provided maintenance on the Taylor Building for more than fifteen years.

One special secret, to be hidden within the new roof, came as a suggestion from Korby Grist, who has overseen the project. Korby asked Shelley Morris if she'd like to include

a message written under the copper flashing. Eventually, staff from all departments signed their names and left messages in indelible ink on the underside of the flashing. Shelley's proclamation was from Joshua 24: 15, "As for me and my house we will serve the Lord." Those words, hidden though they are, will endure as a prophesy for future generations.

Based on the service of the previous roof, we expect to get another 100 years out of this investment. If you are moved to support this project financially, please contact Shelley Morris at (250) 995-6403 or by email at smorris@cridge.org.



The Grist Team begins work on The Taylor Building

Don't forget to visit us online! We love to interact on Facebook, Twitter and YouTube,
Check out cridge.org for regular blog updates.

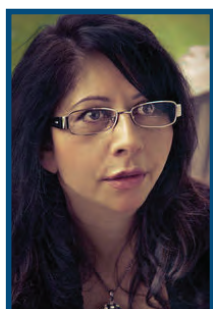
The Cridge Centre for the Family is nothing without people; our clients, first and foremost, but also the incredible staff who more often than not go beyond the requirements of their jobs to make sure that our clients know how much they matter. One example of going above and beyond comes from the Cridge School Age Care Program which serves 75 children age six to twelve years. Coordinator Davina Antonik organized an optional Leadership Training Course for staff members interested not only in taking on more responsibilities but also growing in their personal and professional leadership. The course was a creative and valuable experience as well as a worthwhile investment in the staff.

The voluntary course ran throughout the 2011/2012 school year, with different staff members each selecting a month to act as assistant coordinator where they were given direct leadership opportunities. In addition, at a weekly one-hour meeting Davina presented practical leadership cases from the business world, and invited special visitors such as CEO Shelley Morris, who talked to the group about servant leadership.

Acting as assistant coordinators was a great opportunity for staff to stretch themselves in managing staffing issues, organizing the daily pick up and drop off schedule, creating special theme events, and maintaining the myriad details of working with 75 children on a daily basis. Davina provided the necessary input and support for the coordinators, and a detailed review with suggestions for future improvement.

For many of school age care staff, the position is a jumping off point. Because of the unusual hours (children are involved in the program before school, after school and on school closure days, meaning the majority of staff also only work at those times), staff often pursue their own education around the hours of work, or have additional jobs. It is a program area that has a high-staff turnover rate because of the program design, and the leadership training provided an added enhancement for staff. While several participating staff members are still on staff here, others have gone on to positions of leadership in the community including teaching, serving as an inclusion worker for children with special needs with the school district, and as recreation coordinators at Oak Bay Recreation.

According to Ben Robertson, a participant in the leadership course, his time as assistant coordinator opened up in him an interest in human resources management. A highlight of the program for Ben was organizing an effective, inclusive, engaging program over Christmas break when children were in the centre all day. Ben credits the course with preparing him for his current role as acting school age care coordinator covering Davina's maternity leave.



Kamal Dhillon
author of
Black and Blue Sari

Bringing the Victim into the Room

by Shannon Whissell

It takes a woman of courage and conviction to go against culture and family to leave an unspeakably abusive marriage. It takes a woman of faith and forgiveness to then share her story of marriage, abuse, escape and redemption in order to help others. Kamal Dhillon is such a woman. She is the author of *Black and Blue Sari*, and 2012 winner of The Courage to Come Back Award.

In an innovative move, The Cridge Centre for the Family will host two free community workshops on domestic violence lead by Kamal Dhillon. The first workshop, which is designed for front line social service and community workers, law enforcement officers and policy makers sold out within two weeks of being announced.

The second workshop, offered to leaders from all faith communities, will focus on the crucial support role that faith leaders play in situations of relationship violence. According to one survey, although 80% of pastors have received disclosures of abuse, only 4% of them felt qualified to offer appropriate support. We hope to help both faith leaders and those who count on them by providing this essential training.

If you would like to register for the faith leaders' workshop, please do so online at <http://kamalfaitheventbrite.ca>

Date & Time: April 18 8:00 am – 12:30 pm **Place:** The Marriott Victoria Inner Harbour – Pacific Ballroom **Cost:** free, including breakfast

Chef's Corner

Nik Milonas,

Certified Chef de Cuisine, Executive Chef



Throughout the year there are special holidays that we all celebrate. Here at The Cridge Village Seniors' Centre, we all plan and prepare festivities for the enjoyment of our residents. For me that means creating dinner menus for special occasions. Here are a couple of recipes that I would like to share with you for your intimate gatherings with your loved ones or extra special guests that you would like to spoil.

Frozen Raspberry Mousse Cake

One of the desserts we did for our Candlelight Valentine's Dinner was a Frozen Raspberry Mousse Cake which was exceptionally decadent yet light. If you've never made meringue before, this recipe may be a little intimidating at first, but give it a go and you may just surprise yourself. There are many variations for you to try. For all the variations follow the recipe guidelines given for Frozen Raspberry Mousse Cake. The exact yield depends on the size of pan used. Believe me, any extra mousse you might have leftover can go into a freezable container for later indulgence.

Create the Meringue:

125 g (approx. 4)	egg whites
1 ¼ cup	sugar
¼ cup	water

Heat the sugar and water in a saucepan until the sugar dissolves and the mixture boils. Have a pastry brush in a cup of warm water handy in case any sugar crystals form. If this happens just wash them down. Boil until the syrup registers 117°C on a sugar thermometer. While the syrup is cooking, beat the egg whites in a mixing machine until they form soft peaks. With the machine running, very slowly beat in the hot syrup avoiding the whisk. Continue to beat until the meringue is cool and forms firm peaks.

Add Flavour Variation:

Liquor Mousse - Add 90 ml liquor like brandy or dark rum to finished meringue (blend in)

Chocolate Mousse - Melt 125 g chocolate- stir in some meringue then fold chocolate mixture into finished meringue

Berry Mousse - Force 250 g fresh or frozen berries through a sieve. Add to the meringue

Lemon Mousse - Add 90 ml lemon juice and the grated zest of 1 lemon to the meringue

Apricot Mousse - Soak 200 g apricots overnight, then simmer until tender. Drain and puree, then fold into meringue.

Add Cream to Flavoured Meringue:

375 ml Heavy cream

Whip the cream until it forms soft peaks then fold into the cooled meringue and freeze in spring form pan or freezable container. For Frozen Raspberry Mousse Cake, freeze the mixture in a spring form pan and unmold before serving cutting into desired size. I suggest serving with warm berry compote or fresh berries.

Paupiettes of Sole

The other special recipe I would like to share with you is Paupiettes of Sole stuffed with Shrimp Mousseline and Tarragon. Paupiette refers to a thin piece of fish, poultry or beef rolled up and cooked, usually with some type of stuffing. I would serve 2 small paupiettes or one large one per serving.

Yield 4 servings

8 pieces filet of sole preferably Dover

For the Shrimp Mousse

175 g	hand peeled fresh shrimp ready to eat
1	egg whites
60 ml	whipping cream
1.5 ml	salt
pinch	white pepper
20 ml	fresh minced tarragon
	Zest and juice of half a lemon

Method: In a food processor with the blade attachment, process the shrimp, egg white, salt, pepper and lemon zest until smooth. With the machine running add the cream slowly, letting the mixture blend well. Add the fresh tarragon and mix in. Set aside in the refrigerator.

To stuff the fish, lay the sole with the dark underside facing up. Add some of the mousse mixture on the wider part of the fish and roll up. Season with salt and white pepper.

Line a pan with parchment paper and lay the fish in the pan. Add some white wine or fish stock and a few cubes of butter to cover fish by 1/3rd. Top with another piece of buttered parchment and bake at 350°C for about 30 minutes.

To finish the sauce take the fish out of the pan and keep warm. Pour the juices into a pan and reduce by ½. Turn off the heat and add cold unsalted butter a little at a time to emulsify and enhance the sauce to its most exquisite flavor. The exact amount of butter is up to you to improvise and explore your creativity.



Members of The Cridge Board of Directors and Management Team gathered to support **An Evening to Remember Lindsay**

For the third year in a row, this past February 2 the friends and family of Lindsay Buziak gathered to remember their dear daughter, sister, and friend. Lindsay, a Saanich realtor, was murdered on February 2, 2008. The gathering is not one of mourning, however, but is an evening of celebration. In the lively atmosphere of Glo Europub, with tasty treats and an expansive silent auction, those who knew Lindsay came together dressed ‘for Lindsay’ – which roughly translates as classy and stylish – to honour her.

The gathering is also for the purpose of giving back to the community. Proceeds from the evening go to the Keys in Hand Fund at The Cridge Transition House for Women, which helps with the practical costs women face in securing safe homes. Marlene Goley, Manager of The Cridge Women and Children Services, says “Keys in Hand opens the doors to safe lives for women. It makes the difference between living in danger, fear and uncertainty or living in safety, security and stability. Keys in Hand changes fear into hope.”

Sara, Lindsay’s sister, and friends organize the event, which this year alone brought in over \$8,000. For these gracious ladies, turning their personal tragedy into an opportunity to provide safety for other women, is an important step in making sense of a senseless act. At The Cridge Centre, we’re honoured to be included in this meaningful and personal tribute.



When Men Stand Against Violence Against Women

by Candace Stretch

The White Ribbon Campaign is a non-profit organization that aims to equip men to voice their opposition to violence against women and girls. Each year, the White Ribbon Campaign invites men around the world to wear white ribbons as a symbol of their commitment to put a stop to domestic violence.

In November I asked the men’s bible study in my faith community, The First Church of the Nazarene, to take part in the White Ribbon Campaign. I was invited by the group to lead a discussion about how men can get involved in this issue. I was inspired to see how engaged the group was with the topic. At the end of our time together, each of the men in the group took a white ribbon and signed a pledge to do his part to end violence against women.

The following Sunday, led by Pastor Gary Bennett, these men wore their white ribbons to the service and invited others in the church to join them. By the end of the morning, dozens of

men were walking out the church doors adorned with white ribbons. It was a true testament to the commitment shared by many men in our community who have chosen to stand up to violence against women and girls.



Pastor Gary Bennett and board member Steve Prendergast of The First Church of the Nazarene

Thank you to the men of the First Church of the Nazarene!

Have you ever wondered how you can give more to The Cridge Centre without straining your other financial commitments? Why not share let others in your circle know that you care about us, and invite them to support us as well. Many fundraising events use this model – runs, walks, and ‘a-thons’ recruit an active participant who gathers pledges, essentially recruiting new donors on the charity’s behalf.

However, there are ways to create those same ripples without ever strapping on your running shoes. Why not use your next birthday celebration in a unique way? Instead of giving you gifts, request that your friends and family give to The Cridge Centre in your name instead. If you are Internet savvy, you can also set up personal giving pages on Canada Helps (just go to www.CanadaHelps.org/GivingPages), include a personal message of why you give, along with a photo, and encourage friends and family to give as well.

Like stones cast on the water, your giving goes out to impact lives in ways you cannot imagine. Multiply that giving by the power of your connections, and you will truly understand the fullness of Luke 6:38 “Luke 6:38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom.”

Circle of Care



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

Single gift amount: \$ _____

- Cheque enclosed or
 Please charge my credit card

Monthly gift amount: \$ _____

- Void cheque enclosed or
 Please charge my credit card

Would you prefer to make your gift anonymous?

Please use my gift as follows: [] Where needed most. [] With the following designation: _____

Name: _____

Address: _____ PC: _____

Phone: _____ Email: _____

[] VISA [] Mastercard Name on card: _____

Card Number: _____ Expiry Date: _____ / _____

Signature: _____ Date: _____

Sign also to authorise 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

The Cridge Centre for the Family collects personal information on this form for reasonable and obvious purposes that meet with regulatory requirements. This information will never be shared, and will never be used for purposes outside of the obvious without your permission.

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

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.



Calendar of Upcoming Events



April 18

Bringing the Victim into the Room
Faith Professionals
8:00 am – 12:30 pm at the Marriott Inner Harbour



May 5

Look Good : Do Good Cut-a-Thon
12:00 – 4:00 pm at headstart hair salon 1315 Cook St.



May 10

Society Members' Breakfast
7:30 - 9:00 am, The Cridge Centre Grand Lounge



June 8

Niche Magazine presents the Inspiration Ball in support of The Cridge Transition House for Women

For details on these and other exciting events, visit cridge.org/calendar

NOTE: We have recently upgraded our software. Please double check the accuracy of your name and address and notify Pat Bailey of any changes via email to pbailey@cridge.org or by phone at (250) 995-6410

The Cridge Centre for the Family
1307 Hillside Avenue
Victoria, BC V8T 0A2
Phone: 250-384-8058
Fax: 250-384-5267

pbailey@cridge.org
www.cridge.org

