



Giving Young Parents a Lift

Shannon Whissell,
Manager of Communication and Fund Development

Following the closure of the Vic High Daycare Program, a brand new program has found a home with The Cridge Women and Family Services.

The Cridge Young Parent Outreach Program continues the history of service to marginalized young parents who relied on our services at Higgins House.

The Cridge Young Parent Outreach Program is a dynamic service for young parents, parents-to-be, and their children. The program offers the support, mentoring and advocacy needed by young parents in order that they may have healthy babies, develop their parenting skills, and pursue their education and employment goals.

Nicole Andrews, Young Parent Outreach Worker, has worked with The Cridge Centre for fifteen years and was transferred into the newly-created position when Higgins House closed. Her familiarity with The Cridge Centre's other services and staff allows her the freedom to draw upon these resources at the appropriate time.

Understanding the challenges of young parenthood, Nicole is happy to meet parents either at the outreach office or at a location of their choosing. Her intention is to have the program offer both "practical support and portable support." This means that she works with her 12 to 15 clients on real, day-to-day issues. These issues can include interpreting the requirements outlined by a social worker for maintaining child custody, walking a client step-by-step through how to find and secure housing, and completing paperwork for school applications and student loans - among many other things.

When Nicole says "portable support," she means it. She routinely drives clients to the



Mustard Seed Food Bank and goes with clients to various appointments. One client recently needed to travel by plane for the first time to take her baby home to meet its grandparents. She mentioned to Nicole that she'd never even been to the airport before and didn't know how to pick up her tickets. Nicole cleared her schedule and drove the client and her baby to Victoria International Airport and helped the client navigate check in and security.

Working with a young population comes with particular challenges and opportunities, and it means reaching out to them in the places they frequent.

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CELEBRATING 137 YEARS OF COMMUNITY SERVICE!

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Breaking News... Pg 8
Salmon Kings Score!

It seems that seniors these days are not getting old, they're just getting better!

Today's seniors enjoy a wide range of activities from games and music to exercise and outings. The Cridge Village Seniors' Centre offers a myriad of activity programs for our residents.

muscle mass in older adults is great for improving health and overall strength. It helps with the functional mobility of everyday activities, while reducing many health risks. You don't need to use fancy machines or go to a gym. Go for a walk after dinner, ride your bike or walk instead of driving and stretch before bed. At any age; if you don't use it, you lose it!



Kim leads a morning exercise class at the Seniors' Centre.

"Our residents never have a chance to get bored with programs like bingo, exercise classes, musical entertainment and weekly outings to choose from", says Kim Angell, Recreation Coordinator at The Cridge Village Seniors' Centre.

Kim has a background in recreation and fitness, joined The Cridge in June 2009 and states, "I love working at The Cridge, helping the residents lead full and happy lives. Leading an active lifestyle through physical and social activities is key to enjoying life to its fullest as an older adult".

"One of the programs we offer is a simple exercise class. Building and maintaining

We get our bodies moving through cardio vascular exercise, strength training and stretching. It's a great way to start the day."

"Every weekday morning at The Cridge, a group of seniors gather around the coffee table to read the newspaper as they wait to begin their exercise class. The group 'snaps into action' when our energetic instructor shows up! The class lasts 30 minutes and takes place 5 days a week. That doesn't seem like much, but we all feel the difference. A small investment in your well being, with a great gain."

Jackie Dineen,
Cridge Resident



Residents by their bus at The Cridge.

The Cridge seniors have had an adventurous summer. When the weather started cooperating, Kim and Jill, the other Recreation Coordinator, and the residents didn't waste any time getting out and getting busy. They enjoyed picnics galore and day trips all over the island!

"We spent many afternoons at various popular picnic sites all over the city," Kim elaborated. "Our Willows Beach trip saw a little bit of rain, thank goodness for the Tea Room! All of our trips to Beacon Hill Park were bathed in sunshine. Helping the Navy celebrate their Centennial at Saxe Point couldn't have been more exciting. The SS Ronald Reagan and the Snow Birds put on quite the show for us!"

They even had time to fit in a visit to a winery on the island. "We started out the summer with a trip to Cherry Point Estate Winery in Cobble Hill. We tested the best that they had to offer and were surprised to find out it was previously owned by one of our residents!

We also toured the Victoria Art Gallery, were entertained in Centennial Square by a local group of jazz musicians and ventured out to Butchart Gardens. The thermometer proved to challenge us there, but we made the best of it and enjoyed an ice cream after our tour."

"Taking advantage of seniors riding on BC Ferries for free from Monday to Thursday, we hopped on our bus and headed over to Salt Spring Island for lunch and a little bit of shopping in Ganges!"

Our seniors also spend time together as a group discussing and learning how to lead active and healthy lives as older adults.

Note: *The Cridge Village Seniors' Centre is home to 85 seniors receiving assisted living services. Volunteers are always wanted to offer talks, music, exercise, arts & crafts, discussion groups. To offer your talents and gifts, please contact the Recreation Department Staff at recreation@cridge.org or call 250-220-2303 and talk to Kim.*

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Much of their social contact is via the Internet, so The Cridge Young Parent Outreach Program has a distinct website at www.ypoutreach.com that allows clients to find resources, share information, and build community. We are also using bolder promotional materials with this program, including the powerful mother and babe image on page 1.

As well, over the fall Nicole will be using social media to reach ever wider groups of young parents who are not yet aware of the program.

Wish List

The necessities:

- Bus passes and tickets
- Taxi vouchers
- Diapers
- Jars of baby food
- Gift cards for grocery stores (Thrifty Foods, Save On Foods, Fairways), discount department stores (Zellers, WalMart)

The treats:

- Gift cards for Coffee Shops, The Body Shop

Nicole is actively building broad community awareness of The Cridge Young Parent Outreach Program, having been invited to speak to the Victoria General Hospital Labour and Delivery social worker as well as to a group of area Obstetricians and Gynecologists.

After the loss of Higgins House, it is a blessing and a privilege to find new ways to serve the young parents of Victoria. As the Young Parent Outreach Program matures, we look forward to celebrating the success of the clients and the growth of the program.



Congratulations to the 2010 Early Childhood Award Winners

The Cridge Centre is proud and delighted to announce the 2010 winners of the following Camosun College Bursaries.

The Cridge Centre **Ada Barner Award** – for excelling in written, oral and practical work evidencing nurturance of the whole child. This year's winner is **Peg Hasted** who is passionate, respectful and brings a true understanding to her craft. Congratulations, Peg.

The Cridge Centre for the Family **Regional Award** - for excelling in all practicums and demonstrating excellent practice. The recipient has the intent of pursuing an Early Childhood Educational Career on lower Vancouver Island.

This year's winner is **Pearl Duerkson** who was described as outstanding, confident and "truly a jewel amongst us." Congratulations, Pearl.

The Cridge Centre for the Family **Pursuit of Excellence Award** – for a student who has enrolled in the advanced Diploma Program and, with excellence, has demonstrated knowledge, professionalism and intuitive respect for children. This year's winner is **Chrissy Basok** who consistently has shown a strong commitment to professional behaviour. Congratulations, Chrissy.

Amazing volunteer **Sherrie Richet** made this quilt with the School Age Care Quilting Club. If you look closely, you'll see that several squares incorporate old **Sunfun Program** t-shirts! It is displayed in The Cridge Childcare Centre for all to enjoy. Sherrie has volunteered many hours teaching children how to quilt and supporting them in their own amazing creations!



In addition to the Quilt Club, children in School Age Care can participate in a variety of other clubs and activities including the Art Club (with trips to the Greater Victoria Art Gallery), Swimming Lessons at Crystal Pool, and Dance Club with the Barefoot Ballerinas.



Having FUN with Friends and Nature

Tina Rogalinski, Child and Youth Worker

I received a phone call this spring offering an amazing opportunity to some of our Dovetail children for the summer; an organization called the **FUN Society (Friends Uniting for Nature)** was asking if we had children who would like to apply for a scholarship for a week at their camp.

FUN is not just any camp, mind you. It is an eco-friendly camp "dedicated to making learning about the environment and becoming an agent for positive change a fun and rewarding experience." It offers hands-on environmental education programs that make learning about saving the planet fun for children.

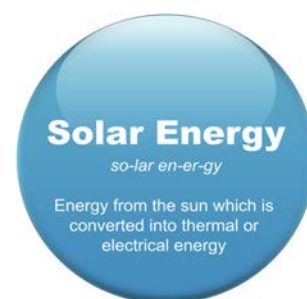
Each week of the summer had a different theme and offered activities like building and racing a solar car, making brownies in a solar oven, battling eco-villains and learning to shoot lightning bolts.

I don't know about you, but I wouldn't mind participating in these activities.

Each of the 10 children from The Cridge Dovetail Services who applied received a scholarship and were invited to attend the camp, at Windsor Pavillion in Oak Bay, for one week. A couple of the kids were even able to go twice. And they loved it! One child told me that it was one of the best camps he'd ever been to.

Dovetail Programs would like to thank Maia Green, Founder and Executive Director of FUN Society for this opportunity for our children and Lyda Salatian, who co-ordinated the scholarship applications. I personally would like to thank those who generously provide funds for kids who might otherwise not have this opportunity.

To learn more about FUN Society and the programs they offer, visit their website at www.funcamps.ca



Welcome Shannon Whissell and Davina Antonik

Shannon Whissell



Manager of Communication and Fund Development

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Shannon has a communications background and is tempting us into the modern age of social media and fund development! She has a huge heart, a laugh that embraces you and an underlying devotion to changing lives for the better. She is a blessing to The Cridge.

Davina Antonik



Coordinator of School Age Care Services

Email: dantonik@cridge.org Ph: 250-995-6407

Davina brings a teaching background, boundless energy and professional purpose, talent and inspiration to her position – we are really blessed to have her and we know God directed her steps here.

Louise Rose: A Faithful Friend and a Treasure Indeed

Shannon Whissell



Louise Rose, Musical Director
Victoria Good News Choir

"A faithful friend is a strong defense, and he that has found one has found a treasure."

Ask 100 people in Victoria what they think when they hear the name Louise Rose, and you may get nearly as many answers, including choir leader, pianist, teacher, singer, community shaper. They may picture Louise's beaming smile or hear her resounding voice.

Here at The Cridge Centre for the Family, when we hear the name Louise Rose we think champion, loyal advocate, woman of God, and faithful friend.

Louise has been a friend to The Cridge Centre for years, often volunteering her service, leading sing-along sessions for the seniors, and most recently providing the entertainment for our Annual General Meeting.

In August, Louise and many of the Victoria Good News Choir singers held an afternoon of service and song at St. Stephen's Church in Saanichton. The concert was held in honour of The Cridge Respitality Service and a local family in need. As is her tradition, Louise included a rousing sing-along as well as featuring solos and duets from eager choir members. A potluck picnic feast followed the concert, allowing lingerers to mix, mingle, and enjoy the late summer sun.

The afternoon was a warm, engaging, uniting time, and a true reflection of Louise and her ideals.

Louise Rose's faithfulness in relationship with The Cridge Centre for the Family is consistent with her personal commitment to community. Louise is a strong advocate of community engagement. She recently spoke on CBC radio about the importance of teaching youth to give of themselves and their time in contributing to others. A talented and humorous speaker, she loves to encourage others around her to connect with each other, and to form community wherever they go. More impressively, she puts her feet and hands where her mouth is, for Louise is a model of service and love in action.

Following the announcement in September that the Victoria Good News Choir have selected The Cridge Respitality Service as their 2010-2011 tithe recipient, we have more reason than ever to celebrate Louise Rose, and to remind ourselves that in finding such a true friend we have found a treasure indeed.

Sixty Divided by Three = Sarah, Mimi and Greg

Shelley Morris, CEO

Vince Lombardi, legendary coach of the Green Bay Packers, once said that "Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work."

Three staff members have honoured and blessed us by celebrating their **Twentieth** anniversary working at The Cridge Centre this year.

Sarah Smith started her career (as a toddler I'm sure) twenty years ago in School Age Care Services, rising through the ranks to coordinate that program. It soon became apparent that not only her talent, but also untapped potential were gifts much needed in the expanding area of seniors' care, where she became Assistant Manager. Sarah is a thinker, a feeler, a leader and a comic! She is wise and completely committed to the well-being of staff and clients and a Godly and integral part of our leadership team.

Mimi Davis has spent the last twenty years *pouring* her energy, heart and soul into the life of The Cridge Centre.

Using her many talents in various programs over the years, Mimi is now the passionate Pied Piper of all things 'Respite.' Coordinating the Respite Referral and Respitality Programs, Mimi is the epitome of grace and brings to her work an abundance of generosity and compassion shaken up, pressed down, and running over.

Greg Wudrick is a true gentleman. Gentleness and kindness characterized his work with those with developmental disabilities in the earlier part of his career at The Cridge Centre, and more recently with survivors of an acquired brain injury. Bringing calm to what can be stormy seas, he tends to his clients faithfully day by day.

The individual commitments of these three **HAVE** made our team work; we are so deeply grateful for their contributions and faithfulness, and we are unabashedly **PROUD** of them!! Congratulations.



With the wonderful Christmas season approaching many of us are thinking about all the yummy food that we are going to enjoy, at least that's what's on my mind. Many of us love chocolate so I thought I would share with you some chocolate recipes that also make a great gift.

CHOCOLATE TRUFFLES

(Yield: 1200 g)

350 ml Whipping cream
200 g Sweet butter (cut in small pieces)
680 g Dark semi-sweet chocolate (cut in small pieces)
Between 30 - 60ml. liquor flavoring of your choice, rum, frangelico, brandy....etc

Method:

In a saucepan heat the cream to scalding. Take off the heat and stir in the sweet butter, add the chocolate and let sit for a couple of minutes. Whisk until smooth. Add the liquor of your choice. Refrigerate until firm

Use a small scoop or teaspoon and roll into small balls. Roll in cocoa powder, toasted coconut, roasted ground nuts, etc. Work fast and try not to lick your hands.



For a more traditional accompaniment to these chocolate balls of decadence, try your hand at the always-sought after rum ball. Just remember to give the mix time to blend flavours before you set them out.

RUM BALLS

(Yield: About 80 to 90 small rum balls)

360 g Dark chocolate cut into small pieces
1 cup Sugar
90 ml Light corn syrup
1 cup Dark rum
650 g Finely crushed cookies of your choice
2 cups Finely chopped walnuts

Method:

Melt chocolate in a double boiler over hot water (water should not be boiling). Combine cookie crumbs, sugar, walnuts and mix well to combine.

Blend corn syrup with rum and add to cookie mixture. Lightly mix in. Then add the melted chocolate and combine well.

Cover and refrigerate overnight and up to 5 days to allow flavors to develop. When ready, scoop out small amounts of mix with a melon baller or teaspoon. Roll into a ball and dip into finely chopped nuts, coconut, chocolate shavings, cocoa etc.

When you have assembled your little works of art and love use some fancy aluminum or paper cups to put them in. They truly make a great gift and as long you don't put them close to the fireplace they won't melt before your loved ones get to enjoy them.



For my final chocolate recipe try making this torte for dessert on that very special day for you and your guests, it's truly decadent and a great finish to a fabulous meal. It takes a little finesse but it's very possible for everyone to make.

FLOURLESS CHOCOLATE TORTE

(Yield: One 7" cake)

175 g Unsalted Butter cut into small pieces
175 g Semisweet chocolate cut into small pieces
195 g Sugar
65 g Cocoa
5 Whole Eggs (at room temperature)
5 ml Vanilla
FLAVORING AS DESIRED: zest of orange, 20 ml flavored liquor

Method: (NOTE: Timing is very important in this dessert) Prep pans first: line the bottom with parchment paper, spray with non-stick spray and set aside.

Over a double boiler melt butter and chocolate together (do not over heat the mixture). Once it's melted take off heat.

Sift cocoa and sugar into a large bowl. Add eggs and vanilla and mix well. Whisk chocolate and butter and pour into main mixture, blending well.

Scrape into prepared pan and bake @ 350 °F for 20 minutes until the cake rises to the top and a skewer inserted in the middle comes out wet. Remove from oven and let cool.

Run a paring knife around edge and unmold. Slice into desired pieces and serve with ice cream and fresh berries or just as is. Can also be made the day before and refrigerated. Cake is easier to slice at room temperature.

I guess you can say this is a chocolate lovers dream – ahhh, so good!



Merry Christmas everyone.



Introducing the 2010/2011 Board of Directors

We are delighted to introduce you to our Board of Directors: Some are continuing their elected term, some are returning after taking a mandatory year off the board, and some are new.

- David Rand (continuing) **President**
- Dr. Gregory Cran (returning) **Vice-President**
- Dr. Sylvia Van Kirk (continuing) **Secretary**
- Rosemary Smyth (continuing) **Treasure**

Directors At Large

- Michael Cridge (continuing)
- Claudia Dorrington (new)
- Valerie Fuller (new)
- Colin Moorman (continuing)
- Louise Parton (continuing)
- Anne Spicer, CM (continuing)

Thank You

In the three months that I have been working here at The Cridge Centre for the Family I have been constantly amazed by the generosity that keeps our services thriving – generosity of thought, of deed, and of goods. It is an amazing blessing to come to work every day and be moved by the people of our community.

In this issue we've recognized Louise Rose and the Victoria Good News Choir, but I am also reminded of the many others who give: the board of directors in the form of their time and leadership; the staff who go so far beyond just 'doing a job' and instead serve our clients and each other with love; our brilliant volunteers, many of whom have served in their areas for years; our members who continue to support and pray for and hold up The Cridge Centre; and our donors, who give not only in money but also in goods and services and talent to make sure that the work we do is an honour to our clients and to God.

Thank you all for your generosity to The Cridge Centre, and to the many people in the community you help us serve.

Shannon



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

Contact: Shannon Whissell, Manager of Communication and Fund Development
 Phone: 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.



GO, SALMON KINGS, GO!

Salmon Kings Score One for Charity!!



**January 28, 2011 @ 7:00 pm
v. Las Vegas Mavericks**

Tickets only \$20, or 4 for \$60

- Net proceeds support the families of children with disabilities via The Cridge Respite Services
- Great present for the hockey lover in your life
- Treat your family while providing a lifeline to others

For tickets call (250) 995-6419
or email swhissell@cridge.org



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