

A Gift From God

by Colin Moorman



“Why do I love you? I wish I knew!” These words were spoken to me by my dear friend and confidante Anne Spicer more often than I could count. I had first met Anne in 1970 at my marriage in Victoria to her former Norfolk House School pupil Florence Goward. In April of this year, Anne, in her 99th year, went to be with her Saviour.

From the time she left the comforts of privileged life in pre-war Germany, Anne immersed herself in providing for the needs of others. In England she cared for WWII refugees fleeing Nazi oppression; in Newfoundland and Labrador she worked alongside her doctor husband Richard, giving medical care to poor immigrants in isolated outposts; in Victoria she volunteered - and organized volunteers - in hospitals, seniors centres and, from the 1970s onwards, at The Cridge Centre for the Family.

But Anne's version of caring was like none other. Her compassion and creativity refused to be limited by the proper way to do things. If there was another gift still to give, another baby to be loved, another sick person to comfort, another person in distress, another

phone call to make, then Anne's day wasn't done. Food shortage at the Johnsons'? Anne has some extra at home. Child's shoes worn out? There's a new pair waiting for him at a downtown store, already paid for by Anne. Lonely person with nowhere to go on Christmas Day? There's a spare seat at Anne's family table.

Anne not only spent her energies freely on others, but also her money. This was not done with abandon but with a quiet sense of purpose and right-ness. There is a story dear to the hearts of her many admirers, that once when she won the lottery and spent all her winnings on others, she soon received a call from the bank: she was overdrawn, having given out far more than the money she had won!

It meant nothing to Anne that her shelves overflowed with awards, medals, certificates and citations. She did admittedly appreciate the opportunity to go to Ottawa to receive her Order of Canada directly from the hands of the Governor-General, but I suspect that she had hoped to be able to take him aside and garner his support for one of her favourite charities!

From the late 1970s until her death, The Cridge Centre for the Family was privileged to count this indomitable woman as one its board members and constant supporters. I well remember sitting with her in the restaurant at Eaton's when she became aware of a man sitting alone at an adjacent table. Within seconds Anne was asking him if he knew about The Cridge Centre (he didn't) and if he would like a pamphlet (how could he refuse?) and that she would love to take him on a Cridge tour if he were free.

Anne had used that same spirit of “suggestion” to propose in 1981 that I might consider applying for the position of Executive Director of The Cridge Centre. A few months later, rather wondering what had hit me, I found myself in the ED chair (although fortunately I had decided that God should have an even bigger hand to play in my decision to come than even Anne might have done!). Throughout my tenure in that position, Anne remained on the board and was an avid supporter, forward thinker, moral compass and link to the past, which brought a quality of thought seldom found in boardrooms. Anne was no ordinary

board member; in fact, she was no ordinary anything. Almost to her last she was planning her next project or venture.

One of the delights of being associated with The Cridge Centre is to be regularly provided with stories from grateful former clients about how their lives have taken a better and more successful direction because of the Cridge. Spending time with Anne was like that too: whether you were walking with her in the street, sitting in her beloved Dutch Bakery for lunch or riding the bus with her, somebody would inevitable pop up from nowhere and tell her how she had made all the difference in his life or the life of his mother/son/grandmother. Anne would brush aside the thanks and just want to know how he/she was doing now.

Anne was an experience. It was an honour for us to have known her. Thank you Anne for your oh-so practical love, which you shared with so many of us. And why do I love you? I just can't help myself.

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These two women have woven themselves into the fabric of Cridge life in such a way as to make a lasting, deep and powerful impression on all of us, the people whose lives they have had a part in transforming. They will always be a part of our Cridge family. They are superstars, and that is not an exaggeration!

Caulene Thoms



Caulene Thoms joined the staff of The Cridge Centre in Women's and Family Services waaaaay back in 1992. She worked at both The Cridge Transition House for Women and in our Dovetail Support Programs as a support worker and counsellor. Her unwavering passion and commitment to the women she served was profound in its depth and inspiring in its nature. Caulene is a woman of gentle personality, warm humour, deep compassion and steely determination. As much as she has brought to the people she has served, she has added again in full measure to the life of The Cridge as a whole. She is our colleague, and she is our friend. Caulene retired this past November, and we wish her joy, health, and adventure. Caulene, you go with our thanks, our friendship and our love.

Margaret Mawle



In September of 1991, The Cridge Centre's world changed for the better. Twenty years ago, we were privileged, fortunate and blessed to welcome Margaret Mawle to our staff at Macdonald House Brain Injury Residence. Over the past two decades, Margaret has welcomed, (trained) and supported several Managers in her role as Coordinator of Direct Care. Gentle, consistent, wise, capable and caring, Margaret has long been a steadying influence in the lives of men who have been rocked by the physical and emotional trauma of a brain injury. Margaret has left her loving fingerprints on the lives of those she has served and has made significant contributions to developing success and opportunity for so many. Margaret, you are special and we love you!

4th Annual Portraits for the People

by Candace Stretch



The Cridge Dovetail Services is happy to be hosting the 4th Annual Portraits for the People event again this July!

Portraits for the People, an

initiative of BK Studios Designer Photography owners Rebecca Kirstein & Anna Bullock, provides families of all socioeconomic backgrounds with an opportunity to preserve their family memories through professional photography. For Sherrie, a Dovetail client who attended last year's portrait-taking event "Having the portrait taken is a blessing to me... without the generosity of The Cridge and BK Studios, I would not be able to afford any portrait of me and my daughter."

Please consider supporting Portraits for the People. Your donation will help cover the cost of developing and

framing the portraits, as well as the cost of hosting this fun and festive event. You can give directly to Portraits for the People at <http://portraitsforthepeople.ca>, or make a tax-receiptable donation to The Cridge Centre and designate it for the 2012 Portraits for the People event.



Val Fuller

Bringing Faith and Fun to the Board

by Shannon Whissell



Volunteers are essential to The Cridge Centre for the Family, perhaps none more so than the nine volunteers who form our Board of Directors. One member of that team is Valerie Fuller, who brings vitality, creativity, business acumen and a strong and living faith to her directorship. Val's first contact with The Cridge Centre was as a member of neighbouring Oaklands Chapel. At the encouragement of Pastor Phil Horton, a board member at the time, Val first became a society member in 2007, and joined the board in 2010. She was drawn mostly by her perception that The Cridge Centre offers clients hope, answers, and a change that leads to miracles by combining good works with faith in Jesus Christ.

Val's living faith has guided her vision of service in the community throughout her adulthood. As long-term youth leaders at Oaklands Chapel, Val and her husband Glen supported dozens of youth - and their often harried parents - through many of the challenges of that pivotal age. In her professional life as a corporate salesperson for Grand & Toy working downtown, Val often encountered the growing need in our community.

She recalls one woman in particular who would often humbly ask Val for money to stay in a shelter. Over time Val got to know this soft-spoken, relatively well-dressed woman, who was part of the working poor. She'd left a difficult relationship with no where to go, and was forced to panhandle to make it through each day. That

woman's story has stayed with Val as she brings that compassion and care to the leadership of The Cridge Centre.

Shelley Morris, as CEO, works particularly closely with the Board of Directors, and had this to say about Val: "As CEO of The Cridge, one of my greatest resources is the Board of Directors. When Val joined the board, I knew that we were gaining an amazing person. I have repeatedly been inspired by her faith, encouraged by her support, uplifted by her cheers, guided by her wisdom, challenged by her enquiring mind and moved to tears by her insight into the mind of God."

Asked what she'd like to be remembered for, Val laughs and says she has no interest in legacy, but only hopes to be a blessing to those we serve and to bring glory to God. And that answer, more than any other, shows the heart of this Godly, committed woman.

“ Val shared with us her favourite verse...
2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ”



Thank You HeadStart Salon!

This past March saw the return of the headstart salon look good: do good cut-a-thon, a fun fundraiser for The Cridge Respite & Respite Service. The hard work of Chris and Garry Preston, the salon owners, and their amazing team lead by manager Megan Stretch meant 50 people left the salon in 4 hours with great new hair styles. In just two years, the cut-a-thon has raised more than \$3,500 dollars to support parents who are raising a child with special needs. Our sincere thanks to Chris, Garry, Megan, and all the volunteers who make this event one to look forward to!

Proverbs 22:9 admonishes, 'train up a child in the way he should go, and when he is old he will not depart from it.' While this early training applies in many areas of Christian life, at The Cridge Child-care Services it is evident in multiple early lessons in giving.



One of the most popular clubs in The Cridge School Age Care program is the Crafty Club. Teacher Renee Sala from Crafty Victoria teaches artisan-quality craft-making to children using the tools and techniques of professional crafters to inspire the children. At Christmas, Renee and her Crafty team had students make felt stockings, which were stuffed with donations from the community and distributed to children in need, with some going to the children at The Cridge Dovetail Services.

For the younger children in The Cridge Daycare, educator and Dovetail client Sherrie Alexander co-ordinated two very popular Christmas giving drives with the children. The children collected mittens and toques for needy children. For School Age Care, 'Stuff the Bus' had the goal of filling one of the 15 passenger vans with non-perishable food items for The Mustard Seed food bank.

Meanwhile, at Cadboro Bay Elementary School, Kindergarten students got early training in giving through the Seeds of Empathy program. The children created generous gift packages for infant children of The Cridge Young Parent Outreach Program clients with the understanding that not all babies are born with equal opportunities and that they could make a difference to in a baby's life.

There are many ways to give, and many lessons in giving that we each learn throughout our lives. These early lessons in compassion, generosity and empathy can inspire us all as we continue to learn and grow in our own training.

Keys in Hand Means Home

by Shannon Whissell



Over the last three years, a unique fund has been created for clients of The Cridge Transition House for Women through the generous support of the family and friends of

former Victoria real estate agent Lindsay Buziak. Lindsay was murdered on February 2, 2008, and each February 2 since 2010, Sara, Lindsay's sister, and her friends have organized a celebration of Lindsay's life. Out of a feeling of helplessness sprang the idea that something positive could come from the senseless loss of Lindsay, a way to honour her.

This annual event includes a silent auction, and The Cridge Transition House for Women has been the grateful recipient of proceeds from the auction's generous donors. With input from Sara and her mom, Evelyn, we have used this money to create a "Keys in Hand" fund which helps protect other women from violence.



The "Keys in Hand" fund provides practical support for the expenses encountered by women as they create safe, secure homes. The promise of Keys in Hand is that it "helps women open the doors of their futures without violence." Women escaping violence have access to funding help with

- Safety planning: Including getting locks changed, installing a phone, changing phone numbers, installing an alarm system. It can also help a woman who needs legal advice but doesn't qualify for Legal Aid.
- Securing safe housing: Including assistance with a damage deposit on a new home, avoiding eviction by temporarily helping with the rent, or covering the cost of movers.
- Building supports for a violence free life: Including short-term help with daycare fees, gas cards or bus tickets. The needs are as varied and unique as each woman's circumstances.

Marlene Goley, Manager of The Cridge Women and Family Services, says of the fund, "Keys in Hand opens the doors to safe futures for women. Having the funds to help women move, make damage deposits, change phone numbers, change locks, and the dozens of other things they need to do to be safe, makes the difference between living in danger, fear and uncertainty and living in safety, security, and stability. Keys in Hand changes fear into hope."

The Men in Aprons Community Kitchen

by Sharon Klein



We've all heard the old adage "you are what you eat." Healthy eating is the key to wellbeing, and a big part of that is being able to create a nutritious meal that includes fresh produce. People from The Cridge Brain Injury Services grew a successful garden last summer and now, with the cooking program in place, they are learning new skills that turn fresh produce into delicious meals. Mark Fournier, Community Support Coordinator, and Dr. Susan L. Tasker of the, Centre for Youth and Society at the University of Victoria, tell the story of the cooking club and how the participants benefited.

The Cridge Brain Injury Services partnered with the Rick Hansen Foundation, Camosun College and Oaklands Chapel to provide a certificate program called Cooperative Community Cooking. The purpose of the program

in many areas such as learning to cook, confidence in the kitchen and in life, improved diet, and better understanding of nutrition as reflected in the words of one participant who says, "It has helped me cook, figuring out what nutritious is, learn how to eat proper, learn how to eat healthy." Also key is "having things to do, having structure," purpose and opportunity to develop and use planning skills in both the garden and kitchen: "Getting all the parts (skills) I'm lacking in, so if I do get these I'll feel a great deal of contentment."

Interestingly, through social interaction and working with others, participants had the opportunity to learn more about their own strengths and weaknesses and, for the most part, it was exciting to see this self-awareness translate into self-understanding, acceptance and often times, accommodation planning and accountability. As one participant stated, "I've thought about the shopping thing. Me, I take longer to process things, so I would have preferred seeing how I can adapt – like cooking, I can't always chop things up quickly – that's easy. I just tell people in the kitchen and they can fill in the gaps but when I'm shopping, I think I should ask to get a certain grocery item so I have more time to look through the different items – see different brand types, different prices, different specials. With the group I feel rushed. I can't compute like prices and stuff and I feel that because I'm in a rush I'll miss stuff like ½ price tomatoes. If I could go on my own and retrieve a grocery item and then if someone who is quicker can check it out or double check it. So next time we go out, I'm going to bring it up".



was to build the students' capacity to run their own community kitchen. Graduates of the program established The Men in Aprons Community Kitchen in September 2011.

During training, participants learned to cook economical, nutritious and delicious meals. The training ran twice a week for 14 weeks and the participants cooked at least one meal a day, often two. Each meal was delicious. The Cooking Club now runs once a week, and the food has been so good that the staff at Oaklands Chapel join the men for lunch. They have established a for-fun rating system and meals consistently score four-to-five out of five.

Participants report that the program has been beneficial



Mark is thrilled at the extent to which the participants have engaged with the community kitchen. "There are many challenges to keeping the kitchen going but, the members have met these with zeal and wisdom. I believe the club will continue in this vein."

ARTICHOKE AND SPINACH DIP

| | |
|-------------|---|
| 1 kg | cream cheese |
| 500 ml | sour cream |
| 2 bunches | green onions chopped |
| ½ bunch | parsley minced |
| 1200 g | spinach cooked and shocked in cold water and squeezed dry |
| 600 g | gruyere cheese shredded |
| 400 g | parmesan shredded |
| 1-100oz can | artichokes drained and roughly chopped |
| 60 ml | Dijon |
| 45 ml | minced garlic |
| 5 ml | Tabasco |
| 60 ml | lemon juice |
| 20 ml | salt |
| 10 ml | white pepper |



Method: Combine all the ingredients and mix until just combined. Scoop into ramekins and bake at 350°F until bubbly. Serve immediately.

GARLIC PRAWNS

Yield: 1 portion

| | |
|----------------|-------------------------|
| 6 lg | prawns thawed |
| 15 ml | oil |
| 50 g | melted butter room temp |
| 5 g | shallots minced |
| 30 g | garlic minced |
| 10 g | green onion chopped |
| 5 g | fresh parsley |
| 15 ml | white wine |
| 25 ml | lemon juice |
| Seasoning salt | |

Method: Puree all ingredients except shrimp in the food processor. Coat prawns well. Place them on a parchment-lined cookie sheet and roast in the oven @ 500°F for approximately 5 to 7 minutes until done. Serve with drawn butter.

HOMEMADE KETCHUP

| | |
|---------------|-------------------------|
| 1 (100OZ) can | whole or tomato fillets |
| 1 (14OZ) can | tomato paste |
| 1 lg | chopped onion |
| 2 cups | red wine vinegar |
| 1 cup | sugar |
| 1 cup | olive oil |
| 1 TBS | salt |
| 1 tsp | nutmeg |
| 5 | bay leaves |

Method: Place all ingredients in a sauce pot, bring to a simmer and reduce by half. Puree until smooth and refrigerate.

United Way Supports Respitality and Young Parents

by Shannon Whissell



The United Way of Greater Victoria supports seventy-one service providers in Victoria, creating a significant impact for those in need in our community. As of December 2011, the blessed beneficiaries include The Cridge Young Parent Outreach Program and The Cridge Respitality Service recipients of two generous and transformative grants.

Demand for the two-year-old Cridge Young Parent Outreach Program has quickly out-stripped the support level contracted by the government, a shortfall the Greater Victoria United Way recognizes. Their three-year commitment, at \$20,000 per year, allows expanded service hours, secondary support opportunities, and new programs such as financial literacy training to help young parents.

The Cridge Respitality Service supports up 240 families annually, funded through individual donations, the business community, and strenuous fund-raising on the part of the staff. The United Way grant of \$35,000 per year for three years means that staff can refocus energy from fund-raising into serving the ever-growing list of families who need a chance to reconnect, reflect and renew during a complimentary stay at an area hotel. While this generous grant has relieved much of the fundraising pressure on staff, there is still a funding shortfall for this program. Please visit the back page of this newsletter to learn more about our funding needs, and – if you are so moved – indicate a gift for Respitality in the Circle of Care form on page 7.



United Way
OF GREATER VICTORIA

Thank you from Shelley Morris, CEO



It has to be said, it isn't often that I am rendered speechless. I have an opinion on most things and – at times, much to the dismay of my family, friends and colleagues – I usually share it!! That changed in a big way on the evening of our last annual general meeting this past September. As the business and celebration came to a conclusion (I thought) I was a bit confused to see more people start to arrive ... unexpected but familiar faces appeared in the crowd. What came next was the most beautiful love letter I have ever received in my life, as friends, family and colleagues came together to celebrate my 30th anniversary as a staff member at The Cridge.

Speeches were made, songs were sung, prayers were prayed, gifts were given – and in the centre of that storm of love, I sat dumbfounded, grateful, humbled, amazed, moved, overwhelmed ... and yes, speechless. I cannot thank you all enough for your efforts, your sincerity, your loyalty, your encouragement and your love. Most of all, I cannot thank you enough for the privilege of working here, for the privilege of working in the shadow of amazing staff, and for the privilege of serving God.

Circle of Care



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

Single gift amount: \$ _____

- Cheque enclosed
 Please charge my credit card

Single gift amount: \$ _____

- Cheque enclosed
 Please charge my credit card

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

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

Caring for the Caregiver Only Takes \$97.23

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.



Your gift of \$97.23 supports one family's participation in The Cridge Respite Service for a year, and provides a life-line to families of children with special needs.

Parents' love for their child may never waiver but their stamina and abilities can.

The Cridge Respite Service provides these parents a much needed opportunity to refresh, restore, reconnect, and return to their children better able to continue their daily lives.

To support The Cridge Respite Service, please complete the Circle of Care card on page 7 and enter "\$97.23 Campaign" in the 'With the following designation' field.

On behalf of the more
than 400 Respite families...

THANK YOU!

