I was getting odd messages: “It’s a national secret”, “Save the date but we don’t know exactly which date”, “Thirty officials will be visiting The Cridge Centre to decide if we’re on the list”, “Come to a meeting to learn more, but we can’t tell you much”.

This was how I began to learn that I had been invited to attend an invitation-only ceremony at The Cridge Centre for the Family at which the future king of Canada would be present. I could hardly believe the news and I wanted to share it with everyone I knew. But nobody was permitted to utter a word until the Canadian government and Kensington Palace made public the plans for the Duke and Duchess of Cambridge to visit British Columbia and the Yukon in late September. So for several weeks I was one of a select few Cridge people who felt like a balloon about to pop.

Once the news broke, it began to emerge that many Cridge staff had been frantically making plans for this momentous occasion for weeks. No wonder everyone appeared to be in such a daze! Endless details to attend to, many requiring the approval of Canadian and British protocol offices. I was assigned some of the “top jobs”: arrange for a delivery of portable toilets; find a way of beautifying some stone pillars; buy Canadian flags to adorn the gateway. And of course we all plunged into our assigned tasks with joy and gusto: “William and Kate are coming!!”

The great day dawned amid a buzz of activity. The stage had been erected the night before, the invited guests began to arrive and fill the seats, staff, clients and volunteers began nervously to assemble at their appointed stations. The mystery sculpture which was to be unveiled by Their Royal Highnesses stood shrouded...
in The Cridge colours of blue and gold, hordes of reporters and photographers roamed the premises, officials with clipboards and cellphones could be observed in just about every doorway, an acapella group practiced the song which they were to perform during the function, dignitaries such as the Mayor, our MLA, the Lieutenant Governor and the Premier began to arrive. The air was quivering with eager anticipation. Some palace and government officials were overheard commenting that The Cridge had organized the occasion superbly. We all waited . . .

And then suddenly a shiny black limousine swished into view and stopped in front of the crowds lining the streets. As excited cheers filled the air, the doors swung open and, sporting broad smiles and cheery waves, two of the most famous and adored young people in the world stepped out and strode into The Cridge Centre as if they’d been here a thousand times! They headed straight for an outdoor patio where several groups of clients, staff and board members waited eagerly to tell their stories. Escorting by our own

CEO, Shelley Morris, and president Val Fuller, the Royal Couple listened with genuine interest and compassion as client after client spoke of their experiences of life’s hurdles and the way that The Cridge Centre had been the catalyst for overcoming their challenges.

While Her Royal Highness laughed with someone who had especially touched her heart, the Prince was moved to ask a client for permission (which he received!) to give her a hug. Captured by the large contingent of photographers, these were just two of many memorable moments in this intimate setting as the Royal couple displayed a natural and earnest concern for the folks they met.
Our Royal Event
(cont’d from page 2)

And then a shift of focus. Inside The Cridge building and out of the media glare, two men waited for a unique opportunity to speak privately with the Royals. Bishop Cridge’s great-great grandson Mike Cridge was one. I was the other. What a special privilege we had been afforded! As the couple swept in and approached us with warm smiles and handshakes, we found ourselves under the spell that so many others have spoken of when meeting these charming young individuals. They quickly engaged us in conversation about the organization of which we’re both so proud. Prince William mentioned that as they were planning their trip to Canada, the fine work of The Cridge Centre had attracted their attention and they became convinced that they must come and visit us. And I don’t believe they were disappointed!

After Mike and I expressed our thanks to the royal guests, they walked out onto the outdoor stage where the Lieutenant Governor and the Premier awaited, accompanied by Shelley and Val. First came an absolutely amazing piece sung by “The Other Group” from Pacific Christian School. This was followed by a speech given by Val, who inspired all who were present with her references to the spiritual and compassionate foundations of The Cridge Centre which have never dimmed over the past 143 years. The Duke and Duchess then turned to the masked sculpture, each tugging on a cord. The shrouds fell. The audience gasped and then applauded, as we all beheld Steve Milroy’s (www.wonderworksvictoria.com) magnificent sculpture dedicated to those who overcome the challenges set before them and to those who yet will overcome.

The formalities at an end, the Royal Couple bade their goodbyes as they made their way back to their limousine through a sea of excited Cridge children and adults holding flags and teddy bears. They stopped frequently to exchange handshakes and smiles before slipping back into one of the 30 black-windowed cars which had completely blocked the back streets of the normally-sleepy Oaklands neighbourhood.

And so it was all over as quickly as it had begun. But as we sent back the portable toilets, took down the flags and dismantled the stage, we would glance at the statue -- a physical and beautiful reminder of a wonderful day that we’ll never forget. To God be the glory, great things He has done!
The Annual Ride for Refuge on October 1, 2016, was another great success!

This year however a new group of participants strapped on their shoes to achieve incredible personal goals both in fundraising and fitness achievement -- our seniors!

Twelve women ranging from 75-95 years of age, set personal goals for walking and rolling (electric wheelchair) distance, in return for pledges from family, friends and professionals, raising money for a charity they all love -- The Cridge Centre for the Family.

We all went out in the Cridge bus to the Willow’s Beach Esplanade, where there is a measured walking distance. Everyone set out to get as far as they were able, using their mobility aids and with much cheerleading along the way. At the finish line, there was a streamer set up to cross, medals for all participants and a donut and coffee to get warmed up.

For one woman the medal she received at the finish line was a reminder of medals won in athletics of the past. For another, the distance she clocked over a month of goals equaled hundreds (224) of city blocks, a distance her family was shocked she could reach, and she herself was proud to achieve often going out for multiple walks a day to achieve it. For others, the goal of fundraising highlighted natural abilities and sharp skillsets rallying people to a cause that supports the vulnerable and displaced in our community.

For all, as a whole, the event and the fundraising (over $3,600 were raised by the seniors) was an achievement in courage -- courage to say “I care and will ask others to care about a charity’s work”, and the courage to say “I can do this, this fitness goal is mine and I can achieve it today”.

Ride Day 2016

As you may have realized by now, Ride day landed on the same day as our Royal event! Needless to say, this caused all kinds of conflicts, worries and stress as we tried to ensure that both events were a success. Without the incredible support and commitment of our Ride for Refuge Lead Team, it would not have been possible for us to host both events. We are incredibly thankful for Ken Peters, Mary-Ethel Audley, Darin Reimer, Janelle Brees Biagioni and Ethelwyn Smith for the way they jumped in and took on so many of the jobs that usually fall on Cridge staff and board members. We give them the credit for making Ride for Refuge 2016 the success that it was.
Why is Prince William chatting with our children?

Because he loves kids — and so do we!

We need your help to continue to care for children from all walks of life.

A fellow generous supporter has promised to match up to $10,000. Do twice the good with one donation.

In a world where so many despair...The Cridge Centre is HOPE
Pumpkin Ginger Soup with Lime and Coconut
Yield: 2 QT approximately

3 Tbs Vegetable oil
5 cups Fresh pumpkin chopped or 3 cups canned
1 cup Onion, diced small
1 Tbs Minced garlic
3 Tbs Minced fresh ginger
1 Medium potato peeled and diced
½ tsp Cumin powder
½ tsp Coriander powder
1 tsp Salt
1 Small lime leaf
8 cups Chicken or vegetable stock
White pepper, salt, fresh lime juice, tobasco
¼ bunch fresh cilantro chopped
1 14oz can Coconut milk

METHOD:
Heat the oil in a heavy bottomed pot. Add the onions and salt and sweat until soft, do not brown. Then add the ginger and garlic and cook for a few seconds. Add the rest of the vegetables, spices and lime leaf and cook for a few minutes until well combined. Add the stock and bring to a simmer. Taste the soup and if needed add a little more salt. Cook until vegetables are very soft about 30 minutes or so. Turn the soup off, remove the lime leaf and using an emersion blender puree the soup. You can use a regular blender or food processor doing small batches at a time (safety tip: cover the blender with a dry kitchen towel). If you like a silky smooth texture strain the soup using a china cap (a china cap is the term for a specific type of conical strainer) pushing all the pulp through with a ladle. Return the soup to heat and add the coconut milk and heat through. Finish the soup with the fresh cilantro and adjust the taste with salt, white pepper, fresh lime juice and tobasco as you like. If you can’t find lime leaves use 1 teaspoon lime zest instead.

Board of Directors
We are pleased to announce a change in our board of directors. We are sad to see Val Fuller and Claudia Dorrington step down after completing their service. Del Phillips is the new president, Michael Cridge the vice-president and Mary Jane Spray continues as secretary. We are delighted to welcome new board member, Jan Price, who will be stepping into the role of treasurer. Other continuing directors include: Harold McNabb, Louise Parton, Hilary Pryor, David Rand, Lynne Ellis and Tony Zanon. We are so grateful to each of these people for their service and dedication to The Cridge Centre.
A video is worth a thousand words.

We have recently renewed a relationship with one of our Cridge kids that has become a wonderful partnership. Mike Walker attended SunFun at The Cridge and has now returned to us as our go-to guy for video promotions. Mike is the co-owner of Roll.Focus Productions and has been working with several of our programs to produce short videos to showcase the work of The Cridge. This summer he and his team produced a video about Nature Preschool and another for SunFun – both of which were used on social media and brought new families into these programs. More recently, Roll. Focus filmed and produced a short video about our Royal Event and are currently working on a video to promote our brain injury programs. We are proud to have Mike and his team working with us – they have truly captured the heart of who we are and portrayed that in the films. If you want to see the films, visit our YouTube channel at www.youtube.com/user/CridgeCentre

Alex, Mike, Amanda and Owen from Roll.Focus Productions

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

Gift End Date: __________ or until further notice.

Would you prefer to make your gift anonymous?

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

First Name: ___________________________________Middle Initial: _________ Last 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: Joanne Specht, Manager of Communication & Fund Development
250.995.6419   Email: jspecht@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 has been accredited by the Imagine Canada Standards program.

UPCOMING EVENTS!

Friday December 9, 8-11 am

Stuff the Stocking

A Christmas fundraiser in support of our Respite Program. Come join us for refreshments, music and some Christmas cheer in the Seniors’ Lounge

For more information: 250 995 6419
or jspecht@cridge.org

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