Growing Young Farmers
Emily Flowers

For the past three years, The Cridge Brain Injury Program has used a small fenced area off Cook Street and Kings Road to grow everything from kale to sunflowers for use in the Kale Kings seasonal markets. This spring however, the CBIP has broadened the reach and functionality of the garden plot by offering a new program to both brain injury survivors and the children who study and play at The Cridge Centre.

Led by Mr. Organic (sometimes known as Dave Friend) of the Growing Young Farmers Society, three classes from The Cridge Childcare Services and Elizabeth Buckley STEAM School began creating organic, economical garden beds with the help of The Cridge Brain Injury Program. The program has a strong emphasis on education, and combines classroom learning with hands on applications in the garden. The method of growing used in these classes highlights the importance of local, sustainable food sources, and students are encouraged to take part in every aspect of the garden, including building the planting beds from bedrock and beyond. Children in the program learn how to create a living compost in their garden to feed their plants, using materials that can almost always be found at home, such as coffee grounds, grass clippings, and cardboard. The students are determined to take responsibility for their work, and get excited to help water and maintain the garden between their weekly classes.

The Cridge Brain Injury Program helps Mr. Organic to prepare the garden for each class. Two participants from BIP study under Mr. Organic with the hope to become garden-educators who will continue to instruct classes when his work is finished. The educators will lead the classes through tasks in the garden,

(continued on page 3)

In This Issue
July 2017

Page 1 Growing Young Farmers
Page 2 Smokin’ Hot Foods
Page 3 Survive Strive Thrive 2017
Page 4 Courageous Women Campaign
Page 5 The What and Why of Endowments
Page 6 Chef’s Corner and Neighbour Day
Page 7 Circle of Care and Ride for Refuge
Page 8 Upcoming Events

The Messenger is published by The Cridge Centre for the Family in March, July and November.
Editors: Joanne Specht, Florence and Colin Moorman, and Shelley Morris
Production: IdeaZone
Printing: Flynn Printing

Operated under the distinguished patronage of Her Honour, The Honourable Judith Guichon, OBC, Lieutenant Governor of British Columbia
If you were to follow the smell of frying bacon and onions through the hallways at Pacific Christian Secondary School, you’d likely find two things - a large lineup, and at the end of it, a plateful of pierogis with your name on it. The lunchroom concession at PCS is bustling, with students taking orders at the window and relaying them to the team of brain injury survivors who have been preparing lunch for the last two hours. Plates move quickly from the kitchen to the front counters, where school students and staff are lined up out the door to buy the special of the day, hot pierogis with all the trimmings and a green salad.

The Cridge Food Services Team have been making and serving lunches at PCS every Monday and Tuesday since November last year. As a natural extension of The Cridge Brain Injury Program’s (CBIP’s) existing employment projects, including Kale Kings and the Hot Breakfast Program (which serves Cridge Childcare Services), several participants were more than ready to increase their workload. Weeks were spent curating recipes and assembling team members in preparation for the new opportunity - and you won’t find a squeaky wheel in the batch. In fact, every brain injury survivor involved in the Hot Lunch project has gained experience in another branch of the Food Services Employment Program, organized by CBIP.

For most participants, the first step is to enroll in Food Service and Skills Training (or FSST), a 12-week course run twice a year which provides occupational training and a chance for survivors to practice hands-on learning in a safe environment. FSST students graduate with documented experience in a commercial kitchen, knowledge of basic to advanced techniques, and a Food Safe Level 1 certificate to boost employability. From there, they may choose to take a paid position within the Food Services Employment Program, or seek community employment with the support of the Brain Injury Program.

The first avenue of employment within Food Services is the Hot Breakfast program. Hot Breakfast takes place at The Cridge Childcare Services, and provides free family-style breakfasts to children on Wednesday and Friday mornings. The food is prepared by survivors off-site at the Oaklands Chapel just blocks away from The Cridge campus, in the commercial and VIHA-approved kitchen, then moved to a childcare classroom at 7am to be served to the students. Although it involves early mornings for the workers, the Hot Breakfast program is a little more relaxed compared to the other employment streams.

Survivors may stay with the Hot Breakfast program, or they might move into the Hot Lunch program at PCS or Kale Kings. Hot Lunch is faster-paced and requires greater integration with the cooking team, as well as cooperation with the high school student helpers. It is a noisy, energetic environment that depends on survivors’ ability to multitask and work efficiently.

Kale Kings offers the most diverse job opportunities, as this program covers production to sales. The Kale Kings team bakes cookies and other treats for catering events and seasonal market sales. It includes hand-creating each bakery item, including the specialties -Chocolate Fudge Kale Cookies and Nut-Butter Power Balls. Kale King members can join the production team or the sales team, who travel around Victoria and sell to the public. Not only are production days long and intense, those survivors on the sales team must hone their communication skills, keep inventory, and record sales.

The Cridge Food Services Employment Program is working on the theme of continuous care for brain injury survivors in the community. By offering employment training and increasingly challenging opportunities for job experience, brain injury survivors have a better chance at independence - the ultimate goal for the CBIP Food Services is to help survivors graduate from the program with the ability to live their lives to the fullest and pursue their unique and individual dreams.
Survive Strive Thrive
“...because love is the bottom line”
Janelle Breese Biagioni

On June 7, 2017, The Cridge Centre for the Family in partnership with the University of Victoria hosted the 4th Survive Strive Thrive Conference on Brain Injury. To use our own words “...because love is the bottom line” this year’s theme focussed on the power and love of family. Our emcee for the day was the dynamic Wendy Woo Schaber.

This year’s speakers included mothers, fathers, sons, daughters and a husband and wife who shared their journey as a family through brain injury recovery. They included:

Barb Butler & Erin Sommerfeld (mother and daughter) from Regina, SK, shared the story of a car crash that changed their lives forever.

Chris & Linda Tutin (son and mother) took the audience through Chris’ rehabilitation which led him to be known years later as a “miracle”.

Sara Hansen & Robert Winkenhower (daughter and father) brought a unique perspective of a father supporting his adult daughter through a significant event that dramatically altered Sara’s independence.

Simon Paradis & Kara Stanley (husband & wife) inspired attendees with their story of Brain Injury Rehabilitation through Kara’s writing and Simon’s music.

Dr. Brian Christie, a world-renowned researcher at UVic shared his work with survivors of brain injury and the importance family has on his research.

Prior to Dr. Christie’s presentation, Hilary Pryor said a few words and showed a trailer from her documentary, A Change of Mind.

Every year the conference gathers together a diverse number of people with an interest in brain injury, and every year the participants leave encouraged, challenged and with hope for the future. Join us next year!

Kara Stanley and Simon Paradis

Growing Young Farmers (cont’d from page 1)

such as harvesting, weeding and planting. Brain injury survivors attend classes to learn how the garden works, and will help maintain the plants when most students are out of school over the summer. The brain injury survivors learn essential skills for gardening that are easily transferred to their homes, where they may be able to grow healthy foods for less expense than purchasing it at the grocery store.

The Growing Young Farmers Society has an even greater goal in mind for its participants. Mr. Organic teaches all his classes that Vancouver Island is heavily dependent on imported foods - if there were a natural disaster that left the Island without access to the mainland, there would only be enough food for about 3 days. Students in the Garden Program learn how to start their own gardens and how to grow and harvest fruits and vegetables. The children learn to get excited about healthy foods, but they also start learning a very important lesson as Vancouver Island residents - the more self-sufficient the Island can be, the better off we are in case of an emergency. Mr. Organic teaches potential young farmers to be creative in looking at places to plant; while The Cridge is lucky to have a formal garden space, it’s not necessary to have one in order to be a successful grower.
How do you mark 25 years of helping battered women flee to safety?
This is the question we agonized over leading up to the 25th anniversary of Cridge Transition House for Women on December 6, 2016. We do not celebrate the reality that for the past 25 years, over 100 women and up to 90 children a year have to flee to our emergency shelter. We do not celebrate that every month, our Outreach Worker supports 20 to 30 women outside of our transition house. The painful journey of all of these women is nothing to celebrate. The fact that so many women in our community are still victims of violence at the hands of the men in their lives is shocking and shameful. But - the courage of every one of these women to leave, to leave everything behind, and start reclaiming and rebuilding their lives, is remarkable. They deserve to be celebrated.
That is how we are marking our 25th anniversary — honouring the courageous women who have asked for our help to build safe lives for themselves and their children. On April 19, we launched the Courageous Women Campaign to honour 25 years of Cridge Transition House and all the women we have served. The launch was a small event held in Saanich Municipal Chambers to highlight our role in the community for the past two and a half decades. Short speeches highlighting our services and the women we serve, were given by Saanich Councillor Susan Brice, Saanich Police Chief, Bob Downie, and The Cridge Centre for the Family CEO, Shelley Morris. All three then read a proclamation from the Municipality of Saanich proclaiming the week of April 16 to April 22 to be Prevention of Violence Against Women Week. We ended by showing a 4-minute video telling one courageous woman’s story. This video is now on our web page.

The goal of the Courageous Women Campaign is to raise $25,250 to help us keep going forward with our work to end violence against women. Many of the businesses we rely on helped us get to the half way mark in our campaign by generously donating. These supporters include KPMG, Smart Dolphins, Clay and Company, Harbour City Kitchens, Searles Auto Repair, Progressive Waste Management, and the Sisters of St. Ann. We are so grateful for their generosity and their willingness to support our work.
But – we are only half way there. We still need to raise another $12,500. Please help us reach our goal and donate to our Courageous Women Campaign. Your donation will make a big difference in the lives of hundreds of courageous women.

We have a fantastic new partnership with Boulders Climbing Gym!
They are a community-based rock climbing facility supporting climbers of all ages and abilities in their participation of the rapidly growing sport of climbing. Our Summer SunFun kids will have a great time learning how to climb! For more about their programs: www.climbtheboulders.com
The What and Why of Endowments
Shelley Morris

Investopedia will tell you “The sole intention of an endowment is to invest it, so that the total asset value will yield an inflation-adjusted principal amount, along with additional income for further investments and supplementary expenditures.” That is true (wordy, but true). The Cridge Centre for the Family will put some heart into that and tell you that by creating or donating to an endowment fund, you will create a legacy that will impact lives for generations to come. We will tell you that like a pebble in a still pond, you can create a ripple effect that will create lasting change, will turn pain to healing, will bring light to darkness.

Some of our existing Endowments that you may consider donating to include:

- **The Lindsay Buziak ‘Keys In Hand’ Endowment** – helping women move forward in living free of violence.
- **The Respitality Endowment** – to provide opportunities for rest, rejuvenation and relaxation for the parents/guardians of children with special needs.
- **The Ranica Endowment** – to provide funds to individuals or families who have experienced or are processing grief and loss for things like grief counselling, specialized therapy for children, clothing for funerals, meal service, childcare or ‘whatever it takes’ to help someone through loss.

If you were interested in creating a new endowment with The Cridge Centre, an agreement outlining the use and administration of your gift would be drafted. 

...by creating or donating to an endowment fund, you will create a legacy that will impact lives for generations to come.

Significant gifts to support The Cridge Centre offer an opportunity to appropriately recognize donors including naming the endowment. Great care and sensitivity are used in reflecting on the goals and needs of both the donor and The Cridge Centre. The creation of new endowments must be approved by the board of directors to ensure that their aim and use is consistent with The Cridge purpose and values and to ensure that we stand committed to honour your gift and your intentions.

Every gift, small or large, is of great value in the work that we do. An endowment is one significant way of investing larger gifts in legacy giving that will impact lives and equip us to do important work in your name for generations to come. If this type of giving is of interest to you, if you see great value in investing in helping those we serve, we’d love to have you come as our guest for lunch to discuss it in further detail. Call the CEO Shelley Morris at 250-995-6403 for a lunch date!

Did you know that we have some fantastic videos about our programs and our Royal visit? Check out our YouTube channel: www.youtube.com/user/CridgeCentre
**Nut Butter Balls**

2 c.   nut butter  
¾ c.   coconut butter  
½ c.   agave syrup  
2 c.   roasted coconut  
2 ½ c.  ground oats  
2 c.   protein powder  
¾ c.   hemp seed  
¾ c.   chia seed  
2 ½ c.  Rice Crispies  
1 tsp.   salt  
1 tsp.   cinnamon

Instructions:
1. In a sauce pan, measure out the nut butter and coconut butter. Heat on medium low only to melt the coconut butter. Stir. Take pan off the heat when coconut butter is almost melted. Add salt.
3. In a mixing bowl, measure out the remaining dry ingredients.
4. Using an electric mixer on low, mix well and slowly add the melted butters. Stir well, increasing to medium if needed.
5. Roll into balls and serve.

Yield: about 45 balls

**Neighbour Day**

Janelle Breese Biagioni

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” ~Margaret Mead.

The Cridge Centre for the Family partnered with a team from Leadership Victoria to implement Vancouver Island’s inaugural Neighbour Day.

Neighbour Day began in Melbourne, Australia after the remains of an elderly woman were found in her home two years after her death. A well-known activist created the initiative as “Check On Your Neighbour Day” and it has since been refined to be known all over the world as “Neighbour Day.” The intent behind the day is to bring people together to celebrate community and to connect with those in their neighbourhood, especially the elderly and vulnerable. In Canada, cities such as Kingston, Kitchener, Lethbridge, Calgary, Kelowna, Abbotsford, have celebrated Neighbour Day. Victoria, now joins the long list of communities coming together to be neighbourly.

On May 7, 2017, several Cridge programs organized events to bring neighbours together.

**Mary Cridge Manor** hosted a BBQ in front of the building. Several volunteers from Central Baptist Church came out to cook hotdogs, meet the neighbours and to get to know the families, women, and brain injury survivors who reside on Yates Street. The residents were delighted to be joined by a few families who also live on Yates Street and took up the invitation to come and meet their neighbours.

Residents and staff of **Macdonald House** hosted an open house. They invited neighbours to join them for coffee and pastries. A few of the neighbours did drop by and it was a wonderful experience for the men living at Macdonald House to host neighbours in their home.

Under a sunny blue sky, and with music from the Mandolin Band playing in the background, a large group gathered on the patio at the **Seniors’** building. Families from our **Supportive Housing** and our wonderful seniors enjoyed food and drinks for an afternoon of friendship and socializing. The giggles of children while they made chalk drawings and blew giant bubbles brought smiles to all in attendance.

It was the hope of Leadership Victoria’s team to have 12 individuals, neighbourhoods, and/or agencies organize a variety of events in the CRD. As of May 7th, over 30 events were held with approximately 2,800 individuals enjoying various activities throughout the region.

If you would like to learn more about Neighbour Day, visit www.neighbourdayvictoria.com or on Facebook at www.facebook.com/neighbourdayvictoria/. We gratefully acknowledge the generous sponsorship of IdeaZone for the Neighbour Day website!
Come join us again at the 2017 Ride for Refuge — a family friendly bike and walk event to raise funds to support The Cridge Centre. Sign up to walk, bike, volunteer or donate here:

www.rideforrefuge.org

We need YOU!

Saturday Sept 30, 2017

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.

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

[ ] Courageous Women Campaign

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

Would you prefer to make your gift anonymous?

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!

Annual General Meeting
Mon. Sept. 25 @ 7 pm

Ride for Refuge: Seniors’ Event
Sat. Sept. 23

Ride for Refuge: Main Event
Sat. Sept. 30

For more info: jspecht@cridge.org

NOTE: 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