What Makes the Ride Great?
Joanne Specht

What makes for a great event? Fun? Lots of people? A purpose to gather around? Good food? An engaging environment? YES to all of them! And this is exactly what the annual Ride for Refuge is all about!

On Sept 30 the day started with drizzly rain – not exactly the right kind of weather for a biking and walking event. But by the time riders and walkers started to arrive at the location, the sun was coming through the clouds and everyone got excited about getting started. We had 300 participants riding and walking for 17 charities, with over 120 volunteers making it possible. Over $92,000 was raised to support those charities as they serve vulnerable, displaced and exploited people. But it was the excitement and passion that brought everyone together and fueled riders, walkers and volunteers alike to attend the event. We were all there for a reason – a desire to make the world a better place and raise funds for a charity that impacts “the least of these”.

This year we welcomed back several charities who have participated in past years, such as the Inter-Cultural Association, Burnside-Gorge Community Association and Sanctuary Youth. Each of these has benefitted in years past by the funds raised to support specific programs targeted to vulnerable youth and families. We also saw several new charities join in, such as Living Edge Community and Kinbrace. Both are doing amazing work with low income and refugee families.

As riders and walkers set out, into the sunshine, the energy was palpable. Families with small children set out alongside riders with fancy bikes and Lycra – everyone was welcomed and joined in at their own level of comfort and ability. Best of all -- all were celebrated and welcomed back with cheers and waves and congratulations! The spirit of community was strong as riders and walkers enjoyed their lunch outside, chatting in groups and finding out which charities were being supported. Connections were made, laughs were shared and everyone left with a sense of satisfaction and enjoyment for a morning well spent.

(cont’d on page 2)
We love our seniors! We love their humour and grace and their willingness to jump in and be a part of the larger Ride for Refuge event. On the week before the main event, the seniors had their own event – they walked the esplanade of Willows Beach after raising over $3600 in donations! No sooner had the bus stopped at the beach, than they stepped off and started walking – no instructions or speeches necessary! They started walking and didn’t stop until they completed the distance set out for them! They were greeted at the finish line with a medal of appreciation and a coffee and donut to enjoy in the sunshine. It was a fantastic event – such a joy to see our elders stepping out in support of their home and walking with determination and commitment, proudly telling all who asked that they were walking for The Cridge. What a blessing to have these incredible people as part of our Cridge family.

**What Makes the Ride Great?** (cont’d from page 1)

With 4 years of hosting and organizing the Ride under our belt, The Cridge Centre continues to see the value of the Ride. The value is not just in the dollars raised – it is in the community coming together to celebrate and support the charities they love. It is about partnering together between charities, helping each other out and celebrating successes as a community. Clearly, it WAS a success. At the time of writing, over $92,000 has been raised! That is an impressive amount for our community, especially since the Ride is sandwiched between several other big ticket fundraisers for larger causes. It is simply a sign that people care – they want to support their community and are willing to gather their friends around the charity they champion with the knowledge that they are making a difference in their world. And THAT is what makes a great event!
During her tenure, The Cridge Centre for the Family has been privileged to operate under the distinguished patronage of The Honourable Judith Guichon, OBC, and Lieutenant Governor of British Columbia. The Lieutenant Governor of British Columbia, as the vice regal representative of Queen Elizabeth II, grants patronage in order to support and encourage worthy endeavours, and she has used her office to lend vital support and recognition for organizations making outstanding contributions to society.

In the coming months, Ms. Guichon will be wrapping up her formal service to the Crown and to the people of B.C. I thought it was an appropriate time for us to pause and give thought to what this ‘formal’ privilege has really meant to us on so many levels.

From a personal perspective, let me give you a sense of Judith Guichon. She comes from a ranching background and is a warm, engaging, down-to-earth person who wouldn’t know the meaning of pretension. While the respect and dignity of her office were always observed, she has always been approachable and touchable. When I say touchable, I don’t mean she would shake your hand (which of course she would), I mean that she leads with her heart and the things that she sees and hears. The life experiences people share with her touch her heart and move her deeply.

She is fun and funny. We invited her for dinner at The Cridge early on, as we do for all new Lieutenant Governors, and the mealtime quickly relaxed into laughter and easy company as we covered everything from the life and history of The Cridge to regrets over long-lost Beatles albums!

The L.G. is smart and intuitive. She grasps the nuances of need and the complexities of service. She became a regular attender and speaker at our annual Survive Strive Thrive brain injury conference. Actually, we called it Survive Thrive, and she inadvertently renamed it Survive, Strive, Thrive and we loved it so much we rebranded the event! She had identified a key piece of the journey to healing involving the commitment to strive and to work hard.

Our patron has advocated for the clients we serve, making connections and opening doors. She has attended our annual general meeting and brought remarks to our society. She hosted a major event at Government House to showcase the documentary “A Change of Mind” to politicians, physicians, military, police, social workers, and so many more.

Did I mention a royal visit? The Lieutenant Governor put our name forward to receive a visit from His Highness Prince William and The Duchess of Cambridge, Catherine.

We hold Judith Guichon in the highest regard, with deep affection, and as she moves on soon to new challenges and adventures, we will be missing her presence in the life of The Cridge. She commented to me recently that after all of her experiences, her blessings, her privileges of service and after seeing the mighty and wonderful things that the people of B.C. are doing for one another and for our province, she can never go back and ‘just’ retire. By her very nature, she will continue to have a servant’s heart, a fierce determination to make a difference, an unquenchable thirst to continue to learn more about and love this province more deeply, and we know she will always care for The Cridge Centre, because her care has been so genuine.

I dropped off a small gift to her honour recently, the inscription on the gift read “The Cridge Centre for the Family delights in celebrating The Honourable Judith Guichon, Lieutenant Governor of B.C. Advocate, supporter, patron, but we call her friend”

Thank you, Your Honour – we stand as a better organization because of you.
No one sets out in life to be a servant. It is a humble job and usually means hard work with little glory. It is certainly not a profession that comes with the expectation of receiving more than a paycheque. However, there are exceptions to every rule. And the Dream Women are certainly exceptional! Started in 2009 by Lisa Moore and Laura Liira from Victoria’s Glad Tidings Church, this women’s ministry has grown from being small segmented groups into a vital force in the congregation and community. Women of all ages and walks of life are welcomed to this group to share their lives and abilities. The group runs on 3 words: Beauty, Strength and Reach. Lisa explains that Beauty and Strength are not just about the individual women, but also about what they can achieve as a community. Together they can encourage, grow and support each other. And then they Reach... out into the community to make an impact.

We have seen and experienced their reach in amazing and humbling ways. For the past 4 years, the Dream Women have hosted “Pamper Nights” for the women from our transition house and supportive housing. The women arrive at the church, tired and unsure, with their children in tow. They leave transformed, both physically and emotionally. During those 2 hours, while their children are entertained and fed, the women get loved by the Dream Women. By the end of the evening, our women are relaxed after enjoying refreshments, having their nails done, their hair cut and just the time to laugh, relax and be refreshed. For some of our immigrant women, it is the first time they have had their hair cut as they cannot remove their head coverings in a public place. For others who have been with us awhile, they know that they will see the same hairdresser who transformed them 6 months ago – and they are delighted to renew the connection. We hear laughter, we see the women relax and we know that this is all part of healing and finding hope again.

The real blessing is to know that it is not just our women who are honoured by this event. The Dream Women leave with tears in their eyes, knowing that they have shared their own skill, but they have also served and given hope to a woman. Blessings abound and are flowing in all directions.

When I spoke to Lisa about her team of servants, she spoke about how the event really bridges the gaps and break down barriers: “When a woman is massaging another woman’s feet and listening to her story, it is hard not to see that she is just like me.” The blessing of service becomes a blessing of commonality, of friendship and mutual respect.

The Dream Women have supported our programs in other ways as well – holiday gift baskets, supporting our Courageous Women Campaign, and most recently with a Back to School party for our families – including a BBQ, haircuts for kids and backpacks stuffed with school supplies. Their generous support and servant hearts continue to shower upon us blessing after blessing. We are so grateful!

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
Please Support our Fall Appeal

In a world where so many despair, The Cridge Centre is HOPE

From youngest to oldest, The Cridge Centre is a place to belong

Lucille is 100 and Misha is not even a year — and they are both part of The Cridge family. We are their home, and their community. From youngest to oldest, The Cridge Centre is a place to find hope.

Your gift can go twice as far! All donations up to $10,000 will be matched. DOUBLE YOUR IMPACT today!

With thanks to our matching donor

Mike Hartshorne of South Island Home Team
## Meatballs

Yield: 1 Kg approximately

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<td>500 g</td>
<td>Ground beef lean</td>
<td>500 g</td>
<td>Ground pork</td>
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<td>Onions, finely minced</td>
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<td>70 g</td>
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<td>35 ml</td>
<td>Fresh chopped parsley</td>
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<td>Oregano dry</td>
<td>5 ml</td>
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### Method:

Use bread preferably from an Italian loaf and dry it in a low oven. Soak bread in milk while preparing the rest of the recipe. Combine all the remaining ingredients except the meat. Using the paddle attachment in your food processor, mix the bread mixture with the rest of the flavouring ingredients. Add the meat and amalgamate. Do not overmix. Using desired scoop for sizing, form into meatballs. Roast meatballs on a parchment lined cookie sheet at 400°F or 74°C.

These meatballs are moist and delicious, bursting with flavour. For dinner or a substantial lunch, bake them in your favourite tomato sauce. When done top them with Edam or Fontina Cheese and return to the oven, baking until the cheese is bubbly and browning. Serve on a bed of noodles or with garlic bread and a side salad. Enjoy!

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## Board of Directors

The 144th Annual General Meeting of The Cridge Centre for the Family took place on September 25, 2017. At the AGM, there were some changes in our board of directors. We were sad to see Del Phillips, Harold McNabb and David Rand step down after completing their service. At the meeting, Val Fuller and Claudia Dorrington were elected as directors. Both have served as directors in previous years.

Therefore our board of directors for 2017/2018 will be: Michael Cridge (President), Claudia Dorrington, Lynne Ellis (Secretary), Val Fuller, Louise Parton, Jan Price (Treasurer), Hilary Pryor (Vice-President), Mary Jane Spray and Tony Zanon.

We are so grateful to each of these people for their service and dedication to The Cridge Centre.
Rebecca Barritt is a local realtor with Sotheby's who has chosen to support The Cridge through her business. Read what her heart is for supporting our women: “Wishlist is a program that raises awareness of the challenges faced by those in our community for whom safe, stable housing is currently out of reach. Before beginning my career in Real Estate, I was a Social Worker supporting women in need here in Victoria. Although there are many excellent resources on the Island to help people get back on their feet, there is also a great deal of stigma and misunderstanding. We can all play a part in fostering empathy, as well as working towards solutions. I established Wishlist not only to encourage conversation about the very real housing issues in Victoria, but to contribute in a tangible way with financial donations. Donations will come out of my proceeds from any sale. All my clients have to do is let me know they want to participate in Wishlist.”

If you would like to discuss Wishlist with Rebecca, you can contact her at rebeccabarritt.com or 250.514.9024. Thank you, Rebecca! You inspire us!

Circle of Care

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

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

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

Rebecca Barritt
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!

Stuff the Stocking
Friday, December 8, 8 — 11 am
A Christmas fundraiser in support of our Respitality Program. Come join us for refreshments, music and some Christmas cheer in the Seniors’ Lounge.

For more info: jspecht@cridge.org
250 995 6419

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

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