Looking for safe and affordable housing, Anwar, Nidaa and their children were contacted by Anwar, who was living at Cridge Supportive Transitional Housing. In the Fall of 2009, the staff of The Cridge Centre for the Family started reaching out to the community here at The Cridge Centre to build a sense of community among those we serve. Yet it is truly a gift to be able to see how one family can help to build a sense of community.

Simon Teague: School Age Care Worker for The Cridge Childcare Services

At a time where the latest news out of Syria is horrifying, it is worth reflecting on the little stories of hope and renewal for the Syrian diaspora in our own backyard. One of these stories involves a large extended refugee family – seven children in all - and their experience of the School Age Care SunFun program in the summer of 2017.

When the children first came to The Cridge Centre, they were insular and liked to test boundaries and rules – even to misrepresent their comprehension of English when it suited them! The SunFun leaders were quick to recognize that their shared experience of trauma and fear in Syria and the refugee camps (combined with their familial and cultural bonds) had made them dependent on each other and wary of outsiders, so the leaders set about patiently building relationships of trust with the children. This deliberate effort on the part of the leaders, against the background of daily excursions and adventures with SunFun, bore fruit by the end of the summer. One leader reflects that this period may have been the first time the family had been together under such happy circumstances -- in which they were free from fear while being relaxed and at peace. Correspondingly, she watched them blossom into outgoing and humorous characters, eager to spend time with the leaders in particular. The positive attention and affirmation gave the leaders credibility with the children which translated into trust in difficult moments. SAC Coordinator Tim Latour recounts one episode from a trip to Youbou, where the children witnessed Royal Canadian Navy divers practicing dropping from a helicopter into the lake. One of the older girls seemed close to a panic attack, but Tim and another leader were able to reassure them and explain that these were the ‘good guys.’ The seven of them ended the day cheering for the divers from the dock!

The socialization of the children was also promoted through their experience of the program. Leaders noted how their language and communication skills improved over the course of the summer.

(contin’d on page 5)
What is Inclusive Care?
Christine Wosilius
Assistant Manager of Children’s Services

When Paula and I are interviewing candidates to work in our Childcare Program, we always ask the question “The Cridge Centre provides inclusive care; what does inclusive care mean to you?” The answer is usually a variation of “including all children and families in the program no matter what their background is” and while it IS that, it is so much more. It means that children, no matter their ability or need, are included in every aspect of our childcare programs and participate to the fullest extent of their ability.

Here is an example of what I mean. For the past seven years we have had a child in our program who is in a wheelchair and has a feeding tube (for this story we’ll refer to him as Alex). Two summers ago, the SunFun group that Alex was in had a Mario Kart race planned for the day. The children were to decorate boxes to look like go-carts, and then have a race around the front field. Obviously, Alex being in a wheelchair would not be able to ‘run’ a race. 30 years ago, he would have been in a “Special Needs” daycare, 15 years ago, he would be in a ‘typical’ daycare and probably would have cheered along the sideline while his peers ran the race. But on that day, Alex’s Inclusion Worker made a box go-cart for him and then pushed him around the field to run the race with his peers. Not only did he participate but the other children all ran a “victory lap” with him around the field. That is Inclusive Care. Every child can participate and succeed.

Every parent worries about their child when they first register them in daycare or preschool. They have worries like: “Will my child make friends? Will they be happy? Is this the right daycare for my child? Am I doing the right thing?” Imagine how much more difficult it is for a family whose child has extra needs; those fears are amplified. Our job as childcare professionals is to do everything we can to make each child feel safe, secure and welcome, no matter their need. Our job is to help each child develop friendships and be happy, to feel and be successful in daily activities and most important, help them to know that they are loved and part of the family.

When new families first visit The Cridge Centre, we give them an orientation tour and include our philosophy of inclusive care and inclusion workers. We tell them our goal is that each staff member in the room works seamlessly with each of the children so that anyone observing would not be able to tell who the Inclusion Worker is and which child (s)he is assigned to. And perhaps, the child might be unaware too -- they would think of themselves as just another one of the children. Because that’s who they are.

Don’t forget to visit us online! We love to interact on Facebook, Twitter and YouTube
Check out cridge.org for regular blog updates.
What we have to contribute to each other is remarkable. This has been ever-present in our seniors’ facility this past year. High school students from multiple Victoria area schools have travelled after school, once a week, to The Cridge Centre for the Family, to give computer lessons to our senior residents. It has been awe-inspiring to witness the natural gifts of each generation combining in a mutually beneficial program, under the name Cyber Seniors.

The Cyber Seniors program was created by two high school sisters in Toronto in 2009 and modified for our centre. It provides weekly lessons of forty-five minutes where students contribute computer and tech experience, “using their knowledge of technology for good”. The students guide, explain and help their senior partner navigate the strange world of double clicks, the cloud or updates, with each session following the direction of the senior: what do they want to know or learn today? Some days, connecting with family and friends on social media, sourcing games, placing online grocery orders or catching a favourite music performance on YouTube are on the list. Other days it may be troubleshooting, creating new accounts or linking printers.

Through their time together, seniors and students are exposed to their partner’s variety of interests. With seniors’ ages averaging in the eighties or nineties, students are exposed to the life history, lived experience and social customs of someone seven decades older than themselves. These seniors are in turn supported as they begin to build confidence in an online world that was not designed with their dexterity, sight or hearing preferences in mind. In some cases it is the first time in a long time the senior has been a student! And for the student, it may be their first experience at mentoring someone else.

Over the past school year these sessions have filled the centre with laughter, perspective and collaboration. Students have enjoyed new responsibilities and have given the seniors the freedom to explore the cyber world with a knowledgeable guide. It has been an absolute pleasure to facilitate this program with our Assistant Manager Tina Rogalinski and a practicum student, Anna. It has truly been a delight to connect the generations and witness the bravery of both sides to be confident and recognize what they have to give each other.

Did You Know?

Marina Bazalitskaya: Communications Staff

It is fascinating how two outstanding personalities in the early days of Fort Victoria shared a friendship, the grief of losing children, and the love of God.

The relationship started midway through 1875. After years spent in rental houses, the Cridge family moved into their newly built house, Marifield, in James Bay. It became the home Mary and Edward Cridge always wanted, comfortably accommodating the large family, the staff, and the frequent visitors. The closest neighbour to Marifield was the Carr family, one of whose children was the future artist, Emily Carr.

Both Cridge and Carr families shared similar lifestyles; their children often could be found playing in the field together, and running to open the gate for Mrs. Cridge so she could drive off in the family carriage. They also shared the experience of having lost their children, taken away by epidemics. The Cridge family lost four children: three sons, and a daughter, while the Carr family watched their three sons die. They supported each other in their times of distress, finding relief in faith.

Despite attending different churches, the two families were brought together by their deep faith. This close relationship was seen in the actions of the Carr children, who would walk two miles just so they could attend Bishop Cridge’s sermon in addition to their usual Presbyterian service. After both services were over, Richard Carr liked to sit with the children and discuss what messages they had heard in the sermons.

After a ‘noontime dinner’ of cold roast, both the Carr and Cridge children would attend a Sunday school class at the Cridge house. The day usually ended with a few hours of Bible study, ending at nine o’clock with the Esquimalt naval base’s booming time signal. Bible pages were then carefully closed, and the long Sunday ritual, which began at seven in the morning, was over.

Photo: City of Victoria Archives (CVA #M07165)
In our last edition of The Messenger, we introduced you to Mike Hartshorne, a Cridge donor whose commitment to The Cridge goes beyond just writing a cheque. In this edition, we would like to introduce you to a corporate donor that is making an impact in many different areas of Cridge life with caring that goes beyond business.

Megson FitzPatrick Insurance Services is a local company whose core values are: **Set the Bar High, Do the Right Thing, and Deliver Results.** With over 100 staff, their corporate identity is based on these values. Megson FitzPatrick’s commitment is to live their values out in practical ways, in the lives of clients, staff and the community at large. I had the pleasure of speaking with Luke Mills, Account Executive, and he explained that philanthropy is a big part of their business. From the hiring process to the day to day running of the business, they are determined to build their team with people who are actively involved in making our community better. The company would rather have an empty position than hire someone who is not ready to live out their corporate values.

From the most junior employee to the most senior executive, everyone gets involved in philanthropy. As an organization, Megson FitzPatrick supports a number of charities, including Power to Be, The Mustard Seed and Community Living BC. Of course, with tremendous gratitude, we are so blessed that they include The Cridge Centre for the Family in their circle of care.

Each staff member can suggest their favourite charity and come up with creative ways to fundraise. Recently several staff with culinary skills hosted an Eggs Benedict Breakfast for the staff team to enjoy. Another staff offered their photography skills and others came up with crazy and fun ways to generate support for the community. Each staff member knows that they have a voice and the opportunity to share their passion with their teammates. For the past several years, this amazing team has gone all out to support us in our annual Ride for Refuge fundraising event, with corporate donations, team member volunteers, walkers and bike riders raising money for The Cridge Centre services.

This culture of service and philanthropy has resulted in dramatic results, engaged staff members and created impact that ripples throughout our community. When asked why the leaders of Megson FitzPatrick developed this corporate identity, Luke indicated it was simply about wanting their staff to be fulfilled, both in their work and their personal lives – and what better way to find fulfillment than in giving back through their time, skills and financial support. This is the finest kind of company to have working in Victoria, demonstrating best practices, compassion and heart.

Megson FitzPatrick is celebrating their 50th birthday this year and we celebrate with them as they continue to give back to their community, to our community, to YOUR community. We are grateful to have them as part of our Cridge family!
Pay it Forward
Marcia Williams
A Resident of The Cridge Seniors’ Centre

The Pay It Forward Bursary for Indigenous Students is the dream child of various small discussion groups of Seniors at The Cridge Centre. Our discussions left us open to a series of questions regarding our history as Canadians.

Here we are, reasonably hale and hearty, blessed with adequate security and with leisure time. How lucky can we be? We realized with some astonishment that we were part of a new leisured class and definitely Canada’s best kept secret, raised as we were by the strict parentage of the Great Depression and World War II. A time of some introspection followed, particularly as we learned with greater clarity the immense paradox of our situation: we have thrived and yet at the same time have conducted ourselves with insensitivity toward the First Nations, resulting in painful consequences.

What might we do, even in a small way, to rectify these dire problems, faced as we were with our ignorance, the conviction that we cannot change history, that the blame game is unprofitable and that now is the only time we, as Seniors, might have the huge privilege of participating, even initiating, a change? From all this, Pay It Forward came to birth, with the question of what might we offer that would be both healing and empowering? We believed that raising an annual bursary of one thousand dollars per annum for a First Nations student would affirm our belief that Education is Prosperity. While it is no large sum it could indeed help in acquiring trade qualifications, paying for university text books etc.

When the idea reached the attentive ears of The Cridge Centre for the Family they generously offered to include this enterprise in their endowment fund, thus tripling our ‘value’ when it is borne in mind that those receiving such a bursary might also have the resources The Cridge Centres offers families in need. Along with that, The Cridge Centre offers to match donations up to a total of $5,000.00, and oversee the process of disbursing the funds to eligible candidates.

Now is the time when Seniors are asked to step up to the plate, reach out to their communities, friends and families to spread the news of this great opportunity for us all to contribute to the lives and education of Indigenous students.

Let’s go for it and Pay It Forward together. Call Joanne (250 995 6419) to contribute to Pay It Forward today.

From Syria to SunFun
(cont’d from page 1)

This development was supported by an ESL instructor coming in several times a week to meet with them at the end of the day in the Childcare building. Whereas at the start of the summer the children would often act out in frustration instead of asking for help or mediation, by the end they were comfortable enough and confident enough to approach the leaders with their needs, wants, and problems. Perhaps most important, the children and their families increasingly came to see Canada as home. One leader recalls playing catch with one of the girls and looking up to see her father at the top of the hill laughing with joy at the spectacle! Another remembers one of the older boys on the drive up to Youbou staring wistfully out the window at sprawling green farmland and stating: ‘One day, I will live here.’ Those leaders who have been lucky enough to be responsible for pickups and drop-offs at Quadra Elementary this school year have been greeted not just with hellos, smiles, and hugs from all the cousins but with the sight of the children continuing to realize they are not just welcome here, they belong here.

In the midst of the horror the headlines out of Syria inundate us with, and our seeming helplessness in the face of the terrible human cost of the ongoing conflict, we can take heart in the fact that The Cridge Centre for the Family quietly goes about making a difference in the lives of some of the most vulnerable victims of that conflagration. Truly, The Cridge community is a place of security, hospitality and care for those who need it most, a place where children and adults alike are encouraged to flourish. It is a place where the love of Jesus Christ is indeed manifest, and seeds of hope are sown in a broken world.
**HUMMUS**

Yield: 250 ml approximately

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 540 ml canned chickpeas</td>
<td>rinsed</td>
<td>dry soaked overnight &amp; cooked</td>
</tr>
<tr>
<td>25 ml tahini</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 ml minced garlic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 ml salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.5 ml black pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ bunch fresh parsley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ bunch chopped green onions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 ml toasted cumin ground</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.5 ml coriander ground</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 ml lemon juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40 ml extra virgin olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50 ml water</td>
<td></td>
<td>preferably the cooking liquid from chickpeas</td>
</tr>
</tbody>
</table>

Method: Combine all ingredients in a food processor with the blade attachment and process to a coarse or smooth consistency as desired.

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**GREEK SALAD**

Greek salad is made up of tomato wedges, diced cucumbers and sweet assorted colour bell peppers, with red or sweet white onion. Use red onion if you like the stronger flavor. Use a ratio of equal amounts of each vegetable except for the onions, as they should be more of a highlight than making up the substance of the salad, however more of a preferential vegetable is quite acceptable. I like more tomatoes than anything else. Kalamata olives and Goat feta makes for a tasty salad, however using cow feta is also very good. Combine all the vegetables and toss, then crumble the feta on top and decorate with the olives. Sprinkle with a little dry oregano and drizzle with the dressing. Enjoy!

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**GREEK DRESSING**

Yield: 250 ml

<table>
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<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>175 ml Extra virgin olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 ml Oregano (preferably Greek) fresh rubbed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 ml Fresh black pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 ml Salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 ml Minced garlic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 ml White wine vinegar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 ml Lemon juice</td>
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</tr>
</tbody>
</table>

Method: Combine all ingredients in a bowl using a whisk.
Our New Patron

We are honoured and delighted to announce that Her Honour, Janet Austin, the Lieutenant Governor of BC, will be our patron. Ms. Austin has served vulnerable populations in BC for many years and brings vast experience in the social sector to her new position, including 15 years with the YWCA in Vancouver. Under Her Honour’s leadership, the reach and scope of services offered by the YWCA increased significantly and flourished under the social enterprise model she championed. Using solutions-oriented and collaborative advocacy, she positioned the YWCA as a leading voice on women’s equality. She fostered relationships with non-profits, business communities and all levels of government to contribute to policy changes at the federal and provincial levels to improve the lives of women, children and families. We are thrilled to welcome her to our Cridge family!

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: ______________________________

First Name: ___________________________________ Middle Initial: _________ Last Name:__________________________________________

Address: ________________________________________________________________________________  PC: __________________________

Phone: ________________________________  Email: _________________________________________________________________________

[ ] VISA   [ ] Mastercard   Name on card: _______________________________________________________________________________

Card Number: _____________________________________________________________________  Expiry Date: _______________/_________

Signature: ________________________________________________________   Date: _______________________________________________

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.

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.