

Hope Is Electrifying!

Shelley Morris, CEO

“Hope itself is like a star – not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity.”
– Charles Spurgeon

I’m not sure if I completely agree with the great C.H. Spurgeon (I’ve had some happy hopes), but I certainly get the point he is making – a light, any light, shines more brightly against a dark sky than in the warmth of a lovely summer afternoon.

To further trample all over Spurgeon’s ‘star’ analogy, the photo is, instead, a rare electrical storm in Victoria. I like it because the power and majesty of the moment are, pardon the pun, electrifying!

Hope is electrifying! Hope changes everything. When we discover the light of hope in a time when our personal world (or a pandemic world) is in darkness, the light that spreads from hope brings hidden things into view. It can scare away the monsters of the night. It can reveal safe pathways, shelter from the storm and a caring hand reaching out to draw one in.

If there is hope, there is faith. If there is faith, miracles can happen. Sometimes, I can’t muster much hope myself and I’m easily led



down the path of discouragement. Yet even if I can muster, not a full hope, but even a little ‘hopelet’ (a miniature version of hope!), there is light. Did you know that a single match flame can be seen from almost two miles away? That is the image of a hopelet.

What are you hoping for? Provision? Peace? Healing? Family restoration? Abundance? Safety? Wisdom? Whatever you seek, don’t let go of hope. “Let your choices reflect your hopes, not your fears” (Nelson Mandela).

We at The Cridge Centre are in the business of hope (and we know who’s in the business of miracles). It is our very great privilege to put up some lightning rods, toss a few stars into the night sky, light some candles and keep the lights on for anyone in need.

The Messenger is published by The Cridge Centre for the Family in March, July and November.

Editors: Joanne Linka, Florence and Colin Moorman, Shelley Morris

Production: IdeaZone
Printing: ARC Document Solutions

From Hopeless to Hopeful

Joanne Linka, Manager of Communication and Fund Development



Lani is a beautiful young woman with a good job and a home and daughter. To look at her, you would never guess the difficulties she has come through. With a smile on her face, she presents herself to the world as a happy and hope-filled woman with a bright future ahead of her.

When Lani came to Canada in 2008 from the Philippines, she was expecting a happy marriage, fulfilling work and a new life. That dream didn't happen. Within a short time of her arrival, her husband became abusive, controlling and manipulative. Lani's life quickly diminished into isolation, humiliation and fear. She lived each day without hope of happiness or safety.

When Lani found out that her husband had not filed the immi-

gration papers she had so carefully filled out, and that she was about to be deported, she decided the years of abuse were over. Through the help of friends and local service providers, Lani found a safe place at The Cridge Transition House for Women. The next months and years were challenging and stressful as Lani fought for the right to stay in Canada, always supported by Marlene Goley and the staff of The Cridge Centre. "Without The Cridge Centre, I don't know where I'd be. Maybe I wouldn't be here", Lani said, with tears on her cheeks. The challenges with immigration came to a head in 2014, with regular trips to Vancouver for meetings and court appearances. While Lani and her support worker, Karen, faced the daunting process, there were a team of people praying for a miracle. A miracle was exactly what

happened. Lani was granted permanent residency and could finally build a life of hope and stability.

Today, Lani has come a long way. She completed school and is valued and respected as an Administrative Assistant for a local law firm - her dream job! Her daughter is healthy and happy and started kindergarten in the fall. They have a home and are active in their community. Lani stays in touch with the staff at The Cridge Centre who worked so closely with her through the difficult times. She knows that she will always have people here who care about her and who are ready to give a helping hand if she needs it. Lani has moved from hopelessness to a life of hope, success and gratitude. We are so very proud of Lani and thankful that we have been a part of her journey.

The Cridge Respite & Respitality Services: Inspiring Hope for Caregivers

Candace Stretch, Manager of Supportive Housing and Family Services

The Cridge Respite & Respitality Services are all about inspiring hope in the lives of hundreds of caregivers in our community who are raising children with diagnosed disabilities or mental health challenges. For over 25 years, these programs have focused on providing families with everything they need to take a meaningful break from the daily routine of caring for their children. Those who access our programs not only experience rest and renewal, they also experience the support of a generous community that wants to give them the gift of hope!

Inspiring hope has been all the more important in 2020. Finding ways to encourage and support our Respite & Respitality families during the isolation of the pandemic has been challenging, but we have been blessed by the innovation and commitment of our new staff members: Heather Stevens and Linda Pityn. These two fabulous team members joined us after the departure of our beloved Gyneth Turner and Mimi Davis, bringing new energy and ideas to Respite & Respitality at a time when we needed it most. Heather and Linda helped to clarify a vision for Respite and Respitality that highlights four foundational concepts:

Support - providing emotional support, resources, training and advo-



cacy to parents as they navigate the complexities of raising a child with a diagnosed disability or mental health challenge

Hospitality - giving caregivers a break through an overnight stay in a hotel, provided by our generous hotel partners

Opportunity - helping caregivers who are not able to get away for an overnight stay access other opportunities such as gift certificates, or evenings out to restaurants and other local attractions

Community - partnering with local community agencies and businesses to remove financial barriers and encourage caregivers to experience community events, recreation and the arts

This renewed vision for Respite & Respitality has allowed us to be creative in our approach to helping families through this pandemic.

During the first few months of the pandemic, Heather and Linda spent hours each week providing over-the-phone support to families; they mailed food cards, sent encouraging emails, and delivered Easter chocolate. Heather worked hard to maintain relationships with our hospitality partners, checking in regularly and assuring them of our full support when the hotels re-opened. Linda has listened care-

fully to parents' ideas of opportunities they are looking for, and has developed partnerships with local businesses that can provide these opportunities. Both Heather and Linda have been deeply committed to finding ways for caregivers to experience community connection through offering recreation and arts activities. This has been challenging during the pandemic, but in the early months of 2020 the program purchased tickets to Tourism Victoria's Be A Local Tourist initiative. Caregivers loved the chance to get out in their community and experience local art and culture.

The story of Respite & Respitality has always been a story of giving the gift of **hope** to those who care for our most precious and vulnerable. We are inspired by that hope to create a program that meets the needs of these caregivers in dynamic ways... through support, hospitality, opportunity and community!



Preventing Homelessness, One Life At A Time

It is in the news almost every day: another story about the lack of housing, the number of people on the street, another overdose victim, mental health issues that explode into violence... we hear it all the time and start to become immune to the horror of it.

For most of us, we can't imagine being without a home. It is our safe place, our sanctuary, our castle. The thought of losing it is incomprehensible.

But it can happen. When it does, community resources can make the difference between homelessness and stability.

The Cridge Centre prevents homelessness for vulnerable people, giving them hope and stability.



**Your support can prevent
homelessness today.**

**Please give today and your donation
will be matched 1:1!**



act justly
love mercy
walk humbly

Thank you to our
generous donors
who are providing
the matching funds!

Chef's Corner:

Nik Milonas, Executive Chef of The Cridge Village Seniors' Services

LENTIL SOUP

Yield: 2 litres

250 ml	diced onions
200 ml	diced carrots
200 ml	diced celery
15 ml	minced garlic
45 ml	olive oil
5 ml	salt
2.5 ml	white pepper
2.5 ml	ground fennel
270 g	red split lentils rinsed
15 ml	soy sauce
400 ml	coconut milk
1.5 L	vegetable stock
1 lime leaf if available	
Pinch of cayenne or more if you like	
5 ml	lime juice



Method: In a soup pot on medium heat add the olive oil and vegetables with salt and white pepper and cook until tender. Add minced garlic and lentils and cook for a minute or two. Add the stock, coconut milk, soy sauce, lime leaf, cayenne and fennel powder and bring to a simmer. Skim soup as needed. Cook for 30 minutes uncovered at a slow simmer, until lentils are very soft and soup has good flavour. Stir in the lime juice. Take soup off the heat and allow to cool for a few minutes. If you have an immersion blender carefully puree the soup. Garnish and serve with fresh chopped cilantro or parsley. Roasted sliced almonds make a tasty crunchy garnish too. Enjoy!

Inquiry Middle School at The Cridge Centre

Janelle Jenstad, Vancouver Island School of Innovation and Inquiry (VISII)

“The Cridge Centre is delighted to warmly welcome VISII to The Cridge property. We count you now as a part of our family.”
– Shelley Morris

The Vancouver Island School of Innovation and Inquiry (VISII) opened in September in the bright, open space of the lower level of The Cridge Childcare building. The story of VISII started when a group of parents found themselves without a school for their middle-school-aged children in April 2020. They rallied their

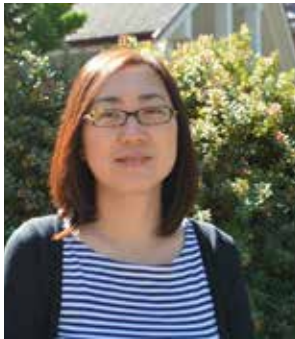
skills and pooled their resources to co-teach their children via Zoom. They wanted to ensure that inquiry-based learning continued to be available for Grades 6, 7, and 8 students in Victoria. Five parents from three families formed the Epiphyte Educational Society (EES), convened a Board of Directors, and founded VISII. This new middle school is modelled on the local inquiry high school, the Pacific School of Innovation and Inquiry (PSII), with mentorship from PSII Principal Jeff Hopkins. The inquiry model puts learners

and their questions at the heart of the learning experience. There are no bells and no desks. The learners “uncover” the curriculum through their own questions, with teachers, parents, and community members providing guidance, expertise, and opportunities. VISII is a school where questions matter. With a maker space, kitchen, music room, library, technology, and the Garry Oak meadows – all within arm’s reach, learners can explore their passions in multiple ways. For more information, see <https://visii.ca>.

The Cridge Centre News

PLAYGROUND

This summer a part of our childcare playground underwent a transformation. We are very grateful to Abstract Developments, Peter and Ali Gustavson, Ron and Sharon Doersam, Robert and Devi Jawl Foundation for creating a new and safe place for our children to play at The Cridge Centre!



Vivian



Sharon

WELCOME

We are thrilled to introduce you to new faces on our team. Welcome to Vivian, our new Accounting Clerk, and Sharon, Fundraising Database Specialist & Admin Assistant.

SUNFUN 2020

Every year feels special and we can't believe that SunFun is over for another year. We had a fantastic summer with our kids even though COVID changed some of our activities. Thank you for your support for our childcare program!






Bike Rodeo at Childcare

Circle of Care

2020 - 11

 **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: _____

Mr Mrs Ms Other _____

Match my gift 1:1 to prevent homelessness

First Name: _____ Middle Initial: _____ Last Name: _____

Address: _____ PC: _____

Phone: _____ Email: _____

With credit card and identity fraud on the rise, we have measures in place to keep your information safe. Please choose from one of the following options: • Donate online at cridge.org/give1 • Call 250-995-6427 to speak with our Donor Specialist
• **OR fill in your credit card information below:**

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 Linka, Manager of Communication & Fund Development
250.995.6419 Email: jlinka@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 certified by the Canadian Council of Christian Charities and is accredited by the Imagine Canada Standards program.



Upcoming Events

STUFF THE STOCKING

Saturday, November 28, 2020

9am - 12pm

New day + new format!

Drive-through, with fun stations,
treats, and prizes!

For more information visit our FB
event or email hstevens@cridge.org



NOTE: Please double check the accuracy of your name and address and notify Sharon Crozier of any changes via email to scrozier@cridge.org or by phone at 250-995-6427.

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