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**THE VICTORIA  
HUMAN EXCHANGE  
SOCIETY  
NEWSLETTER**

Welcome to our world, a world of  
Friendship, where every  
meeting of persons can be  
an exchange of life's gifts -  
a Human Exchange

Edition 101

April-June 2014

**YOU are reminded to join us for our 22<sup>nd</sup> Birthday Celebration and  
Annual General Meeting**



**SATURDAY MAY 31st - 1.00pm to 3.00pm  
at CHOWN PLACE HALL 3057 Harriet Rd.**

**Courtesy of the Chown Place Fellowship**

**Rose Henry will speak to us; Wendy Stewart ,  
entertainer from Comox, who works with people  
who are homeless, will share her work and dreams  
with us. (See photo left)**

**If possible, bring finger food & gift for Gift table**

**As ours is a grass-roots Society, we want several  
Directors who personally know the challenges of  
poverty/unemployment/addiction/ mental illness,  
and who have expertise to share. If you are  
willing to serve, please phone:  
Victoria: 250-857-3905; 250-920-5056; 250-668-  
6008-in Nanaimo.**

**Sadly, Linda is retiring after 07 years of service as  
Chair and as Facilitator. Hers are large shoes to fill  
but hopefully we can replace the House (Edith Gulland House) which will close when  
she leaves at the end of May.**

**Thanks to Gord and Barb Wolfe for being a good Landlords since 2007**

**Thank you to all those who helped Rose Henry raise money for her trip to El Salvador  
by purchasing *Hope in the Shadows* Calendars and buying tickets in the raffle for  
crafted silver ear-rings donated by local artist Chance Gersinghaus.**

**The winners of this raffle were Chelle Donovan and Diana (from Paul's Motor Inn).**

**Rose was warned of dangers down south at this time so she is putting her energies  
into promoting Idle no More in Canada and the States.**

**THINGS WE WOULD BE GLAD TO RECEIVE**

**-- Volunteers and financial gifts ---**

**these are the greatest needs of our totally volunteer "family of friends"  
It takes \$20,000. monthly to maintain our 8 houses.**



### **Inspirational Quote:**

Success consists of going from failure to failure without loss of enthusiasm - Winston Churchill

### **Learn to "Let Go"**

If you want to be healthy morally, mentally and physically, *just let go*. Let go of the little annoyances of everyday life, the irritations and the petty vexations that cross your path daily. Don't take them up, nurse them, pet them, and brood over them. They are not worthwhile. Let them go!

That little hurt you got from your friend. Perhaps it wasn't intended, perhaps it was, but never mind, let it go. Refuse to think about it.

Let go of that feeling of hatred you have for another, the jealousy, the envy, the malice, let go of all such thoughts. Sweep them out of your mind, and you will be surprised what a cleansing and rejuvenating effect it will have upon you, both physically and mentally. Let them all go: you house them at a deadly risk.

But the big troubles, the bitter disappointments, the deep wrongs, and the heartbreaking sorrows, tragedies of life, what about them? Why just let them go, too. Put away all regret and bitterness, and let sorrow be only a softening influence. Yes, let them go, too, and make the most of the future.

Anonymous

\* Easier said than done, often, but good for our own health!

*Submitted by Jo-Anne Layton*

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### **HOUSE REPORTS**

**McGivney House:** Under Facilitator Brian S. this Knights of Columbus sponsored House is full and thriving. Several grants have been made from Knights' Councils and Owner Ken Gibson remains supportive and attentive to maintenance needs.

**Charlie Pyott House:** The House has 6 grateful occupants who co-operate in keeping the House in good repair, much to the good Owner, Ken Gibson's satisfaction. One family of an occupant donated rug and underlay which several guys willingly put down—enough for the whole upstairs and more. Thanks again Ken for funds from the Naden Band through United Way.

**Judy Thomas House:**

Such a sad occurrence at this House. A girl who was alone in the world having come from Quebec, suddenly became ill with a growth on her kidneys. Although taken to hospital immediately she died a few days later. May she rest in peace! Our thanks to the Owners, Jeanette and Sandy Santarelli, for their immediate attendance to maintenance problems at the house

**Fran Thibeau House:**

David continues to capably facilitate the House and raises funds at the same time. Owner Aaron D'Yaeger keeps on top of maintenance. We are grateful to Clive Tanner of Saanich Peninsula Foundation who has worked with David and Ellenor, our fundraiser, to make sure we are recipients this year. Thanks also to the Town of Sidney.

**Edith Gulland House:**

Unfortunately this House will be closing at the end of May when the Facilitator, Linda, retires after 7 years of devoted service. We thank Barb and Gord Wolfe for renting the house to our Society since 2007. It is hoped that another House will open in the near future, possibly in Comox.

## **Poetry Corner:**

### **Thank You Jesus For Today**

Thank you Jesus for today  
you meet my needs in every way.  
abundant life, abundant gifts  
my friends around to give me lifts

My garden cures my blues away  
I thank you Jesus for today;  
food on the table, clothes and more  
your healing when my heart is sore.

My birds to listen to my woes  
my work to keep me on my toes  
wisdom learned from books I read  
I thank you God for every need.

Shoes & clothes, abundant food  
happy music for my mood  
your unseen presence, blinding light  
your loving arms to hold me tight.  
You meet My needs in every way,  
Thank You Jesus, for today.

for VHES by Gillian Shirreff (Oct.2005)

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### **And I laugh**

you were born into this world  
innocent and fresh  
family that loves you  
every day was for growing  
for learning  
for loving  
your first day of school  
they laughed at you  
made fun of the ribbons you wore in your  
hair  
it made you feel like wishing you were not  
there  
maybe they were jealous  
cause your mom put them there  
then the years pass  
and people keep laughing and they stare  
you reach junior high school  
and on the first day  
they laughed at your clothes you chose to  
wear  
they couldn't know your sister chose them

with care  
they made you wish you could run away  
then the years pass  
it's your graduation  
your dress is blue  
your hair and makeup are perfect too  
you walk through the doors  
looking perfect and proud that night  
they laugh  
for upon your wrist is a a single flower  
a gift  
they laugh  
cause it was from a boyfriend you never  
had  
they did not know it was a gift from your  
dad  
the years pass  
then a man comes into your life  
he loves you  
asks you to be his wife  
the years pass  
a beautiful child is born  
your promise  
her life will not be forlorn  
years pass  
now she is on her own  
and her choices are her own  
and the years pass  
and you realize  
life did not pass you by  
and the years pass  
you look back  
and wish you would have been more  
outspoken  
more bold...  
and let those laughing people know  
that you would never let a second go  
for these were gifts and memories too  
and the years pass  
and i look ahead  
and i smile  
and the years pass  
i have the greatest life  
i have done it with grace and class  
the laughing people through the years  
have caused me heartache  
and many tears  
but i must thank them  
for helping me overcome my fears.....  
and I laugh  
[Roxanne Kidson](#)

## SINCERE THANKS TO:

- ^ **Knights—Gary Skebakis of St Joseph the Worker Council** for delivering a cheque; **Paul Redchurch of St Patrick's** for ongoing support.
- ^ **Sisters of St Ann, especially Sr Marina S.** for promoting our request for a grant from **Esther's Dream Foundation.**
- ^ **Roxanne Kidson** for allowing us to share her talented writings (pg 3) and for a generous donation through Canada Helps. Erin for putting us in contact with her.
- ^ **Jo-Anne L.** for endless work behind the scenes doing Minutes and printing Agendas; also for sending a poem by dear Gillian Shirreff, RIP. (pg 3) and the article on Letting Go on page 2.
- ^ **Jill C.** for staying on as treasurer until the AGM.. You are invaluable Jill and so generous!
- ^ **Ellenor S.** for joining the Board to be our Fundraiser; **Wendy S** of Comox for working on establishing a new House in that area.
- ^ **David of Fran Thibeau House** for working with **Clive Tanner** of Boland Books and the **Saanich Peninsula Foundation** on gaining a grant for our Sidney Houses.
- ^ **Erin B.** for kindly sharing her wonderful marmalade! What a gift!
- ^ Financial gifts from: **Brian and Amy P** for ongoing matching funds with **Telus** and for offer of truck when needed., **Lois M.**, for post dated cheques; **Susan D.,and Kathy T.** for funds through **Canada Helps**; **Anonymous.** in memory of **Viola Hafner RIP.;** **Frank and Mary P.;**
- ^ **Town of Sidney** for generous Grant in Aid. **District of Central Saanich** for promise of Grant
- ^ **Family of Chris C** for donated rug and underlay to Charlie Pyott House.
- ^ **All Facilitators and all Landlords** for generously sharing life's gifts so that other may have a roof over their heads.

***We acknowledge the financial assistance of the Province of British Columbia.***

The Human Exchange now has a presence on Facebook and at time of printing we had

**facebook**

164 likes as we print. If you do Facebook please support us and tell others about it.

Go to our Homepage on our web-site [www.humanx.org](http://www.humanx.org) and sign in

**DONATIONS** to **Victoria Human Exchange Society** : \_ Box 8534 - Victoria BC - V8W 3S1

Pager # **GREATER VICTORIA** : 361-2762 *Anywhere else in North America: 1-800-691-9366*

**Cell phones** *Linda 250-857-3905 Patricia: 250-920-5056* Web-site: [www.humanx.org](http://www.humanx.org)

*Please note that anyone who wishes to donate to our Society on line may do so through the*



**Canada Helps button** on the Home page of our Web-site.