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THE VICTORIA HUMAN EXCHANGE SOCIETY NEWSLETTER

April - June 2005

Edition #65

*Welcome to our world--a world of friendship
Every meeting of persons can be an exchange of life's gifts--a Human Exchange*

*Come Celebrate with us the Thirteenth Birthday of
THE VICTORIA HUMAN EXCHANGE SOCIETY
IN CONJUNCTION WITH OUR
ANNUAL GENERAL MEETING*

Where: Fernwood Hall, 1923 Fernwood Rd.

When: Saturday, June 11, 2005 2pm -- 4 pm

mark your calendars now.

Come and share music, artwork, poetry, song and dance!

This is your grassroots society. Bring along your suggestions about new initiatives; help us to plan for the next year; volunteer to share life's gifts with others in the coming year.

David Gallant

1943-2005

All those who knew Dave Gallant, were shocked at his sudden death in March, 2005. He had received the diagnosis of lung cancer just two weeks before his untimely death. His funeral, held on March 18th, was attended by his wife, Mary Ann and her family; grateful friends from the St Andrew's Refugee association; and others, including a VHES representative, who had experienced David's devoted helpfulness over the years. He was interred at the Royal Oak Burial Grounds.

May he rest in peace.



Bicycle Project

Jay at McGivney House has offered to rebuild mountain bikes for use in our nine houses. Thanks to our landlord for making an area available to Jay as a workshop. *Any one with a mountain bike to donate please contact us at 361-2762*

Things we would be delighted to receive for the Houses:

A lawn mower; refrigerator; VCR; computer; microwave; vacuum cleaner; pots and pans; gardening tools; outdoor furniture; plants / seeds for flowers or vegetables; blankets and linen; cereal bowls; fitted queen size sheets; bathroom towels; kitchen towels; dry and tinned goods; fresh fruit/ veggies. **Thank you!**

LETTER BOX

I am writing this letter in regards to my appreciation for the VHES and the help they have given me in assisting with my fight to get my daughter back. I have struggled with a 16-year addiction and leaving an abusive relationship. I went through treatment and left my partner and got off the street.

VHES gave me a safe supportive place to live, where I was able to complete the Day Intensive Program at drug & alcohol services, the Elements program at PEERS, and a 6-week program at the Family Violence Project.

I have also been able to continue with the 'Advanced' group at Family Violence Project and am in the middle of a Parenting Group at the Pacific Center.

Thanks to the assistance from the VHES I was able to complete programs and get counseling while having a safe, stable, child-friendly place to live. Much thanks to everyone with the VHES!
K.S.

Dear friends in VHES,
Thank you for cleaning my place and my carpet. You both did much more than I asked or expected and saved me a great deal of money. I love you. You are wonderful and efficient and further more you respected my birds (They love company) Thank you again for everything.
Love G.

News from the Linda Jim House

SPRING! My favorite season of the year - after summer and fall and winter.. we have started the yard cleanup readying our little flower beds for new plantings that will hopefully flourish through the summer and bring gentle pleasure to weary bones after long days of schooling, job hunting, home hunting - whatever our occupants have on their plates. We have welcomed several new friends to our family in the last months, Ella with her wonderful Filipino cultural heritage, and Nancy, who comes with not only a green thumb, but computer expertise which is very much needed around here, have added to the strength of our home. With only one vacant room, and that not for long, we are more than holding our own. I do have to thank Ken, our endlessly patient landlord, who has responded so promptly of late to several maintenance issues that just were beyond the scope of our talents. Judy, your efforts to bring us offerings from the Mustard Seed etc. every month is never taken for granted - bless you! See you all in the summer.

**Joan, Facilitator,
Linda Jim House**

Please Note:

Many church groups and service clubs share financial and other gifts with people in need through the Human Exchange. If any group would like to have a VHES representative come and speak to their members during 2005, please phone our pager: 361-2762 or long distance: 1-800-691-9366. Thank you!

MORE VOLUNTEERS needed to share life's gifts
Phone 361-2762 or email: yhesvic@victoria.tc.ca
Web-site: www.humanx.org for volunteer forms.

Gratitude:

Special thanks to a special person in Sidney who came up with a novel way to 'share life's gifts'. Since she has high pharmacy bills she accumulated many points on her Optimum card. So she thoughtfully purchased bathroom and kitchen supplies for the Sidney Houses with those points. Many thanks! And maybe others would like to copy her example!

DUST IF YOU MUST

Remember, a layer of dust protects the Wood beneath it.

"A house becomes a home when you can write "I love you" on the furniture."

I can't tell you how many countless hours that I have spent CLEANING! I used to spend at least 8 hours every weekend making sure things were just perfect - "in case someone came over". Then I realized one day that no-one came over; they were all out living life and having fun!

Now, when people visit, I find no need to explain the "condition" of my home. They are more interested in hearing about the things I've been doing while I was away living life and having fun. If you haven't figured this out yet, please heed this advice.

Life is short. Enjoy it! Dust if you must, but wouldn't it be better to paint a picture or write a letter, bake a cake or plant a seed, ponder the difference between want and need?

Dust if you must, but there's not much time, with rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead.

Dust if you must, but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain. This day will not come around again.

Dust if you must, but bear in mind, old age will come and it's not kind. And when you go - and go you must - you, yourself will make more dust!

It's not what you gather, but what you scatter that tells what kind of life you have lived.

Submitted by Rhoda



POETRY CORNER

A Song for Me Crows

A symphony of crows
Who loves them? Heaven knows!
They sing in every tongue
That was since time begun

A Stony silence then
They're all in tune again
Their concert travels far
To lands upon this star

They bomb the neighbor's head
Who watches them with dread
Not once they dive-bombed me
They sing because they're free

Thank you crows indeed
For you are not a weed
Please sing + sing all day
And drive my blues away

Gillian Shirreff copyright

WHY

Why ~~walketh~~ in the wilderness
When you can walk in the light
Why suffer any longer
When your life could be so bright

He shows you things you know not!
Says the bible every day
Yet you turn aside the wonderment
With Anger + dismay

Anything I'll do for you
He says "Just ask of me"
"I in Jesus name I'll do it"
"And of Fetters set you free"

He died for us upon the cross
Forgetting every sin
At that the heavens opened wide
And let his chosen in

Why suffer in the wilderness
When ye could walk in lights
Prepare ye for the great white throne
When Jesus Will be rights

God's judgment we must all endure
An angry God is he
When judgment is tormented
By Satan's angry sea

Why walk ye in wilderness
When ye could walk in light
An angry God we'll worship
When judgment is in sight

Gillian Shirreff copyright



HUMOUR CORNER

There are more churches in Las Vegas than casinos. During Sunday services, some worshipers give casino chips instead of cash. Since there are so many casinos, the Catholic churches send all the chips into the diocese for sorting. Once sorted for the respective casino the chips belong to, one junior priest takes the chips and makes the rounds to the casinos turning chips into cash.

And he is known as the chipmonk.

Contributed by Wanda

21st Century Proverb:

A clean house is a sign of a broken computer.

Fight control Funnies

A DC-10 had come in a little fast and thus had an exceedingly long roll out after touching down. San Jose Tower Noted: "American 751, make a hard right turn at the end of the runway, if you are able. If you are not able, take the Guadalupe exit off Highway 101, make a right at the lights and return to the airport."

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Tower: "Delta 351, you have traffic at 10 o'clock, 6 miles."

Delta 351: "Give us another hint! We have digital watches!"

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"TWA 2341, for noise abatement turn right 45 Degrees."

"Center, we are at 35,000 feet. How much noise can we make up here?"

"Sir, have you ever heard the noise a 747 makes when it hits a 727?"

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Our thanks to all contributors.

EXCHANGE OF GIFTS

Sincere thanks to:

- Financial gifts from the **Knights of Columbus Council at St Patrick's Church; the Dr Briggs Council; Langford Council and Courtney Council**
- Much gratitude to the **Town of Sidney** for a Grant of \$1000.00 in support of our Sidney Houses.
- Financial support also from **Sacred Heart CWL and the United Way**--directed donation; **Edith G.; Jean W.; Marion C; Patricia F.; St. Dunstan's Gordon Head.**
- Monthly Financial donations: **Mark S.; Lois M.; Pat L.;** and Salt Spring Branch donors (see Gift Exchange)
- **Rod M.** for generous offer to maintain our Web-site . Thank you **Gillian** for putting us in touch with Rod. Thank you **Monica H.** for all you do for our Society--we appreciate your free and discount services and especially for the link and updates you give us on your Mayne Island site: www.mayneisland.com.
- **Ted and Josie N.** and the folk at **St. Dunstan's** for gifts of food and many useful items.
- **Father Joe K.** of Comox for clothing; linen; pots and pans and for delivery of these gifts to Esther's House.
- **Doreen and Jim D.** for clothing and **Doreen** for using her Shoppers Drug Mart points to purchase household supplies for the Sidney Houses. *What a great gesture for others to follow!*
- **Voice of the Faithful** members for groceries collected at meeting. **Terry R.** for your kind, overnight hospitality.
- **Mona M.** and **Daphne** for the gift of an much needed iron to Frances Thibeau House.
- **Donna R.** for your ongoing work on a scrapbook on the life dear Frances Thibeau, your sister and our friend and benefactor of loving memory. We look forward to sharing this scrapbook at our next Birthday/AGM Celebration.
- **Mark L.** and **Barbara M.** for generous advice whenever needed and practical help with computers. **Barb** for all the work you do behind the scenes on Minutes and email.
- **Kelly,** for involvement at the 'grass roots level' in assisting with many different house needs.
- **Jay & Ray,** for being co-facilitators of McGivney House.
- **Bill & Steve,** for being co-facilitators of Charlie Pyott House.
- **Des** for 'stepping up to bat' as new facilitator at Fran Thibeau House in Sidney!
- **Woltraud H.** for gifts of paper and bedding; **Charlotte C.** for goods and furniture
- The **Sisters of St. Ann.** through **Sr. Frieda ssa** for providing furniture and goods for our Houses.
- The **Victoria Chaplaincy,** through **Pastor Marv** for transporting goods for us.
- The **Woodwards Foundation** for encouragement to apply for funds for needed equipment and furniture.
- The **Leon and Thea Koerner Foundation** and **Kairos** for receiving our Applications for funding.
- **Tom W.** of **PLENTEUS** See www.plenteus.com
- **Lina B** for much support and encouragement (as well as very capable accounting services)
- **Joan V.** for ably facilitating **Linda Jim House** and for your volunteer services to the occupants.
- **Lizz O** for assisting Judy with cartage of goods--We are so sorry to hear of your accident!.
- The **Social Planning Office** for facilitating the bus ticket program, through which Societies can buy half price tickets for persons in need. Thanks **BC Transit!**
- **Margaret W.** and friends at Oscar St for always looking out for items that might be useful.
- **Marcia W** of Faith in Action for net-working with us.
- **Janine Bandcroft** for including the VHES in low cost monthly rentals in the *Street Newz* and for printing an article about the Human Exchange in the *Streetnewz*.
- **Ken and Linda G.** for accepting a tax receipt in exchange for materials for work done in Houses. And for patience and support in the many challenges faced in the houses.
- **Robin's Donuts** for treats for occupants and for meetings held by members.
- **Marj and Dave** for further updating the newsletter lists and envelopes and for many thoughtful gifts.
- **Cheryl** and **Bill** for generously assisting the VHES with challenges and **Cheryl** for services to many Houses.
- **Mustard Seed** for generous sharing of gifts. **Judy** for wearing so many hats!
- **All new volunteers** becoming *sharers of life's gifts* in the '*family of friends*' called **The Human Exchange.**
- **Pacificcoast.net** for discount on our Web-site account.
- **Victoria Free Net** for generous service. (society email address)
- **Pat and Marnie** for regular mention of our projects in the ICN.
- **All the occupants** who take such good care of the houses and grounds..
 - **All our landlords** and their maintenance persons (*especially Wayne A. and son*)
 - **All sharers of life's gifts** who are not mentioned above. We thank you!

Donations to support the work of the Victoria Human Exchange Society may be sent to:
Box 8534 Victoria BC, V8W 3S1

Our Pager number **IN GREATER VICTORIA** is: 361-2762.

Elsewhere: 1-800-691-9366