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THE VICTORIA HUMAN EXCHANGE SOCIETY NEWSLETTER

January-March

Edition #68

*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 **Fourteenth Birthday** of
THE VICTORIA HUMAN EXCHANGE SOCIETY*

IN CONJUNCTION WITH OUR ANNUAL GENERAL MEETING

Where: Fernwood Hall, 1923 Fernwood Rd. VICTORIA
Opposite the Belfry Theatre

When: Saturday, May 27, 2006 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 serve on the Board.



Before our 13th Birthday Celebration/AGM , in May 2005, Lois, Viola and Hennie assist with newsletters

NEW VOLUNTEERS:

Thank you to the following for sharing life's gifts:

**Don W., Leonard R., Father Michael O'C.,
Connie, Barbara, and Cornelia.**

If you can volunteer, please phone 361-2762

or email: vhesvic@victoria.tc.ca

Web-site: www.humanx.org for volunteer forms.

Things we would be glad to receive

Small freezer, comforters; mattresses; cookie sheets

linen, towels; kitchen chairs, alarm clocks; lamps; single beds; small gifts for birthdays. *Thank you!*

News from the Linda Jim House

We had a very lovely Christmas and want to thank all those who donated items toward making this possible. Linda Jim House has had a lot of turnover in the last few months, and each time someone moves out we lose *towels, alarm clocks, bedside lamps and dirty clothes hampers*. We would greatly appreciate donations of these for our house. Those that do live here all suffer from depression and other ailments that give us a common thread and so we are all looking for a healthy, healing environment, which is what we have for the most part.

Most occupants are attending various therapy groups to help them deal with their issues and are trying to get back on their feet bit by bit. They are very conscientious about keeping the house clean and appreciate all of the many donations that come our way.

News from the Sidney Houses

Frances Thibeau House for men is full at the moment with a possible vacancy coming up in mid-April. There is one vacancy at **Judy Thomas House**. The women are most grateful to Arthur M. for a computer with components and FAX machine, which he and Francois B. are donating. Both Houses have benefited from the generosity of the Holy Trinity Church where last October was declared "Human Exchange month." Thank you also to all those who made Christmas special for the occupants. Our undying gratitude always to our generous Owners, the Santarellis, always ready to work with us in providing these houses for the Sidney area. Finally, many thanks to the **Town of Sidney** for its warm support; to Anna C. for presenting our cause to the Council Meeting this year; to Sidney businesses for gifts and to the **Mr and Mrs P.A. Woodward Foundation** for much needed equipment.

HOPE HOUSE: Per Connie, New Facilitator.

The 'New' Hope house, bustling with energy, love & caring; arts/crafts: beadwork, felt art, knitting,

drawing and printing! Laughter of the hardest kind, inducing tears and shortness of breath ... either from a movie or a simple one-liner!

Pam & Rick (Landlords) brought in a brand new shining refrigerator - Oh! So-o-o nice! And a new dishwasher was funded by the **Woodwards Foundation**- just in time to catch the bronchial bug from making its second go round. Thank you!

All in the house are sharing of themselves and their material goods. From sharing of a computer with touch typing, learning software with thoughts of upgrading skills ... to video movies, popcorn & hot chocolate. This is a household of 'Haves' and not 'Have-nots!' A warm thank-you to all. Christmas of 2005 was full of gifts from the *Victoria Zonta* afghan group - fabulous, colourful, traditional and non-traditional patterns - afghans for all! There's something nostalgic about wrapping oneself in a handmade knitted/ crocheted afghan, knowing that it has been created stitch-by-stitch with love and care. And, a Santa Sock of goodies for every daily need ... **Thank you Zonta Club!!**

Food donations from the *Mustard Seed* and the local *Salvation Army* help to make meals more healthy and filling, warding off despair and hunger. Needs: Cookie sheets, dish cloths to bath towels, comforters; mattresses.

Note: 3 Occupants have back problems; 2 await surgery.

McGivney House & Charlie Pyott House

Don W. and his 'crew' have created a marvellous make-over in the McGivney house basement - walls spackled and sanded, then painted ... accumulated clutter of things left behind driven away in three truckloads! A Herculean effort, THANKS FELLOWS!

The Knights of Columbus' Most Generous Christmas gifting left the men truly amazed and GRATEFUL ... they looked like little boys once again, eyes bedazzled with wonder at the great variety of gifts. Suddenly they felt as though they were the 'haves' and not the 'have-nots'.

The men at neighbouring VHES house - Charlie Pyott House, were astounded also, upon word of McGivney House's largesse. Thankfully, a large turkey turned up for them, and some warm and colorful Zonta afghans & Santa's socks with goodies in'em!! We also had a recent donation of electric hospital type beds - wonderfully soft and homey, which Gail & Wilf are thrilled to be using! Leonard R. has also joined ranks with us, and has had his client-occupant living at McGivney House for several months now. A warm welcome to both of you!

Esther's House

This House, facilitated by the versatile and always busy Judy, has the **Sisters of St. Ann** to thank for its existence as the hub of all five Victoria Houses. Judy's team includes Liz, Don, Maureen and the gals in the House. Thanks to the Owners for

Humour Corner

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$1.99. "Sounds good," my wife said. "But I don't want the eggs."
"Then I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte," the waitress warned her.
"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously. "I'll take the special."
"How do you want your eggs?"
"Raw and in the shell," my wife replied.
She took the two eggs home. And baked a cake.
DON'T MESS WITH SENIORS!



A college class was told they had to write a short story in as few words as possible. The instructions were:
The short story had to contain the following three things:

- (1) Religion
- (2) Sexuality
- (3) Mystery

Below is the only A+ short story in the entire class.

"Good God, I'm pregnant; I wonder who did it."

Two tourists were driving through Louisiana. As they were approaching *Natchitoches*, they started arguing about the pronunciation of the town. They argued back and forth until they stopped for lunch. As they stood at the counter, one tourist asked the employee, "Before we order, could you please settle an argument for us?
Would you please pronounce where we are... very slowly?"
The girl leaned over the counter and said,
"Burrrrrrrr, gerrrrrrr, Kiiiiing."

Laughter makes the world go round!

Poetry Corner

HOME

My home's a pleasant place to stay
A comfort zone where kinfolk pray
My room becomes a tower of prayer
And wears the robe of Jesus there.
God is alive, he's not just luck
In this sweet place where angels tuck
Us into beds with gentle kiss.
For me there's no such place as this.

Is it by grace that I live here
In this warm room devoid of fear?
Do friends who gather at my door
Respect the Holy Spirit more?
And do they sit and smile and stay
And count their blessings every day?

From **Gillian' Shirreff's** new book: "*When I met Jesus and the Crows*" available from West Coast Literary Productions: www.wclpproductions.com

Truth is one; sages call it by various names,
it is one sun which reflects in all ponds.
It is the one water which slakes the thirst of
all;

It is the one air which sustains all life.
It is the one fire which shines in all houses.
Colours of the cow may be different, but
milk is white.

Flowers and bees may be different, but
honey is the same.

Systems of faith may be different, but God is
one.

As the rain dropping from the sky wends its
way toward the ocean,
So the prayers offered in all faiths reach the
one God, who is supreme.

From the Hindu scriptures

Quoted by Dr. Wayne Dyer. Submitted by Maureen O

LETTER BOX

We are happy to enclose a cheque towards the wonderful work that you do. These funds were raised by the **Needs of Victorians Society** through volunteering at the **Langford Drop-In Bingo** located in Goldstream Ave. Without their support we would be unable to send you these funds. We would therefore appreciate any opportunity for one of our members to attend one of your fundraising events at which we might be able to acknowledge and thank the Langford Drop-in Bingo.

Sincerely,
Eleni Kasapi
Corresponding Secretary. NOVS

EXCHANGE OF GIFTS

|Sincere Thanks To:

- **The Mr. and Mrs. P.A. Woodward's Foundation** for advancing funds for equipment / furniture.
- **Knights of Columbus, and Columbus Foundation** for *further generous donations* to McGivney House. **Paul R.** for Christmas gifts from **St Patrick's parish**.
- **Holy Trinity Church, Sidney** for generous funding for our Sidney houses.
- **St. Dunstan's Anglican Church, Gordon Head** for their ongoing wonderful gifts!
- **The Sisters of St. Ann and Esther's Dream Foundation** for continued support for Esther's House.
- **The Provincial Employees Community Services Fund** for continuing to support us regularly.
- **The Leon and Thea Koerner Foundation** for supporting our efforts to reunite families.
- **The Needs of Victorians Society** and the **Langford Drop-In Bingo** for generous support.
- Financial Gifts: from **Mike O'C; Paul R.; Sid. T.; Catherine C.; Yvette B.; Joan McD.; Holy Trinity Church; Sacred Heart CWL; The Knights of Columbus-St Patrick's;**
- Monthly \$ Donations: **Mark S.; Lois M.; Pat L. and Margaret B.** on SSI.
- **Monica H.** for donating our Web-site: www.humanx.org
- **Father Joe K** of Comox and friends for gifts of clothing for men and woman and bedding.
- **Rita J.** friend of Liz. for microwave, pillows, pots and a jacket.
- **Margaret W. and friends at Oscar St.** for ongoing loving support and lots of gifts..
- **Thrifty Foods and Safeway** for Christmas gifts of vouchers and goods.
- **Doug B. at Mark's Work Warehouse, Sidney** for gift of work pants to under-employed man.
- **Art M. and Francois B** for very generous gift of computer to the women's house in Sidney.
- **Art** for instructing men and women in computer use and for 2 months free email for women.
- **Mona M., Daphne; Jim and Doreen D.** and many others for gifts for children at Christmas.
- **Mary B, daughter of Jim and Doreen** for excellent bed for Fran Thibeau House.
- **Diana C.** for dresser with mirror to Judy Thomas House. **Dale B** for chair to Fran Thibeau House.
- **Sidney Super Foods** for gifts of food--much appreciated. Thanks **Ted** (manager) and **Mr O.**
- **Liz O and Maureen O. and Don W.** for helping Judy with cartage of goods to five Victoria Houses.
- **Cornelia D.** for interest in the VHES, especially in the Gulf Islands.
- **Mustard Seed** for generous sharing of gifts and delivery to Esther's House for distribution.
- **Marj & Dave L.** for regular updating of the newsletter lists and envelopes.
- **Pacificcoast.net** and **Victoria Free Net** for generous service.
- **Peter** referred by **Burnside Gorge Community Centre** for pots and pans and other gifts.
- **Peter McC** and **Susan M** for the gift of two electrically operated beds in excellent condition.
- Thank you **Jo-Anne** for pick-up of donated items and transporting people when you had your van.
- **St. Michael's University School** for the opportunity to speak on the issue of Homelessness.
- **Don W., Leonard R.** for assisting greatly with the Victoria mens' houses!
- **ZONTA, Victoria - Via Cecile T.** for 'A Baker's Dozen' of Absolutely Beautiful Afghans to keep our Occupants warm! They add dramatic colour to our houses, and comfort to our Occupants.
- **Janine Bandcroft**, for keeping us posted re: Events, through her Left Coast & StreetNews, and for including our Notice re Saving Grandma's House on Salt Spring Island.
- **Derrick** of Fran Thibeau House for being willing to help with maintenance tasks at Sidney Houses.
- **All the occupants** who take such good care of the houses and grounds.

★ **All our Landlords and their Maintenance persons .**

★ **All sharers of life's gifts** ~ mentioned above or not ~ **We Truly Thank You!**

DONATIONS to support the work of the **Victoria Human Exchange Soc.** may be sent to

Box 8534 - Victoria BC - V8W 3S1

Pager numbers **GREATER VICTORIA: 418-9997** or **361-2762** for Sidney and Gulf Islands

From Gulf Islands and from anywhere else in North America: 1-800-691-9366