



THE VICTORIA HUMAN EXCHANGE SOCIETY NEWSLETTER

April-June

Edition #69

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



Cutting the cake at our 14th Birthday Celebration are **Jo-Anne Layton**, our retiring Chairperson and **Judy Arnold** our soon-to-be-retiring Treasurer and Facilitator of Esther's House. Judy designed the cake and Thrifty Foods baked and donated it. It features the VHES Logo--*description page 2*

*We thank all those who attended the Birthday Party/AGM and all those who volunteered for a year of service as Board members: **Barbara Miller, Judith Arnold, Patricia Fitzgerald, Lois Marcoux, Macie Pring, Gillian Shirreff, Carole Poy, Joan Vezina, Don Williams, Sheila Benson.***

Very special thanks to two other long time members who have to retire: **Edith Gulland**, who has supported the Society almost since it's beginning in the early '90's, whose health has deteriorated since she entered her nineties!! we treasure you Edith! And **Cheryl Leibel** --*getting married! Congratulations Cheryl and Bill!*

Who we are:

The Victoria Human Exchange Society, was founded in 1992 to promote human solidarity by encouraging people in different circumstances of life to share and exchange life's gifts of friendship, support, shelter, material goods and spiritual gifts with those who are homeless, unemployed, in recovery from addictions, or suffering from mental and other disabilities. VHES is a federally registered totally volunteer charity. (To learn more about us, go to: www.humanx.org).

What we do:

VHES works with sympathetic landlords who lease/rent houses to our Society, allowing the Society to sub-let to persons in need. Having a family-like place to live and a telephone to make calls means that people living in poverty can solve some of the challenges facing them supported by our 'family of friends'. Then, hopefully, they can move on in their lives.

We began 2006 with nine such houses--five in Victoria; two in Sidney; and two on Salt Spring Island, but we lost one of them, Grandma's House, at the Salt Spring Branch, when the generous owner died and the family decided to sell. **We now are working with the Salt Spring Land Bank Society who are purchasing a suitable house which they have invited us to lease from them long-term and rent to homeless men on Salt Spring Island. We have to set the house up ready for occupation by July 15th at the latest.** To donate to house purchase please see the attached Gift Exchange page 1, or go to: www.humanexchange.givemeaning.com to donate to set-up costs.

Our Logo--*See front page*

The world--our world of friendship--is represented by the apple, which symbolized the early experiences of exchanging life's gifts "under the apple tree" --the Johnson St. Bridge in Victoria, BC Canada--and at our first "Apple Seed House".

Art Rosette (of loving memory) believed that a seed was planted then which would grow and give shelter to many more who otherwise might only have a tree under a bridge.

Our hope is that the spirit of the Human Exchange will spread throughout the world.....

Highlights from the Chairperson's Report:

- Thanks to **The Leon and Thea Koerner Foundation** for helping us with our **Family Unification Project - 'FUN'**. We continue to provide accommodation to men and women of varying ages, in different stages of separation / reunion with their children, and opportunity for visits both in and away from the Houses.
- Monica of **MonicaWorks** on Mayne Island donated our New Web-site www.humanx.org. Monica keeps it updated on request. And Colleen of **ALEA Design and Print** at the Mayne Island Branch has twice donated the printing of 200 VHES brochures.
- **The Knights of Columbus** and the **Sisters of St Ann** are regular supporters of *McGivney House* and *Esther's House*. The **Saanich Knights'** Annual Rummage Sale benefits all Houses.
- British Columbia's **Provincial Employees Community Services Fund** has given vital financial assistance for most of the VHES' 14 years. Their volunteer effort is so much appreciated.
- **Mr. & Mrs. P.A. Woodward's Foundation** and the **Vancouver Foundation** gave grants to upgrade technical & safety equipment; & renew broken furniture.
- Remember that you can donate to the VHES through the **United Way** by designating part of your entire **UW** donation. The **Naden Military Band** and the **Federal Superannuates** donate to VHES through the United Way.
- **Kairos** has given us help through the United Church of Canada. Many Churches, notably **St Dunstan's** Gordon Head and **Holy Trinity** Sidney give gifts of cash and goods that help us to help others. The **CWL** and **Sacred Heart Christian Charities** never forget us. The **Mustard Seed** and the **St Vincent de Paul Social Concern** office in Victoria work with us all the time.

NEW VOLUNTEERS:

If you can volunteer, please phone 361-2762 /418-9997 or email: vhesvic@victoria.tc.ca
Web-site: www.humanx.org for volunteer forms.

Things we would be glad to receive

Small freezer, comforters; cookie sheets, pots/pans, linen, towels, kitchen chairs, alarm clocks, lamps; single beds; small gifts for birthdays. Thank you!

WISDOM

"You have evolved from pure light.
You are assembled by the same divinity, powers,
and forces that laid the foundations of the Earth.
The same forces that assembled the galaxy,
the same forces that power the sun,
that raises the tides,
that brings spring rains,
the same forces that enable a butterfly to fly."

Dr. Brian Swimme

Poetry Corner:

To the Dandelions

Yellow brings sunshine
Sunshine brings health
Roses they're not,
Some regard them as filth.
Assertive they are,
They just won't go away.
Praise to the Lord
For this bountiful day.

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

Humour Corner

Finally! A Smart Blond Joke
Submitted by Jeanette S.

A blonde walks into a bank in Toronto and tells the Loans Officer that she is going on a business trip to Europe for two weeks and needs to borrow \$5,000.00. The Loans Officer says that the bank will need some kind of security for the loan, so the blonde hands over the keys to a new Rolls Royce. The bank agrees to accept the car as collateral for the loan. The Loans Officer and the bank employees all enjoy a good laugh at the blonde for using a \$250,000 Rolls Royce as collateral against a \$5,000 loan. The Rolls is driven into the bank's underground parking garage and parked there. Two weeks later, the blond returns, repays the \$5,000 and interest, which comes to \$15.41. The Loans Officer says, "Miss, we are a little puzzled. We realize that you are a multi-millionaire. Why would you bother to borrow \$5,000 ?" The blonde replies..."Where else in Toronto can I park my car for two weeks for only \$15.41 and expect it still to be there when I return?"

FINALLY A SMART BLONDE JOKE.....

LETTER BOX

"In referring to the VHES, I am consistently met with a friendly, compassionate and prompt response. More importantly, the feedback I have received from my clients tells me that I can depend on the VHES to provide a welcoming and compassionate service to those in need. The array of services provided by the VHES play a critical role in meeting the needs of the homeless and those at risk of homelessness in Victoria."

Melanie Hope, Pacifica Housing Services



Gillian Shirreff reads her poetry at the AGM

REMINDER OF A SERVICE

We are very grateful to **Sid Tukeman** for reminding us about the
Greater Victoria Citizen's Counselling Centre
941 Kings Rd, Victoria
Hours: 10am-2pm. Mon-Fri.
24hr answering machine
Phone 384-9934
E-Mail gvccc@pacificcoast.net
Web <http://www.citizenscounselling.org>

"Be very careful if you make a woman cry, because God counts her tears. The woman came out of a man's rib. Not from his feet to be walked on. Not from his head to be superior, but from the side to be equal. Under the arm to be protected, and next to the heart to be loved."

Author unknown--submitted by Rhoda

EXCHANGE OF GIFTS

Sincere Thanks To:

- **The Mr. and Mrs. P.A. Woodward's Foundation** for much needed equipment and furniture.
- **The Koerner Foundation** for funding our efforts to support single parents and to reunify families.
- **The Provincial Employees Community Services Fund** for encouragement and continued funding.
- **Knights of Columbus, Saanich Peninsula** for gifting us with valuable goods after their May Rummage sale at St Elizabeth's Sidney.
- Many thanks to **Anna, Audrey, Mike** and others who assisted with picking out appropriate furniture and other items from the Rummage sale and delivering them to where they are needed.
- **Burnside Gorge Housing Outreach** for sending **Kelly V.** to help us at Hope House.
- **Margaret W. /Louise C.** for another 'treasure trove' including coffee decanter, tupperware, Christmas decorations, pillows, comforter, blankets and towels; **David and Jane** for offer of dressers. **Jo-Anne** for cartage of goods to Houses; **Kelly V.** for helping.
- Financial Gifts: from **Knights of Columbus: Father Bill Mudge Council, Cobble Hill, Doctor Briggs Council, Courtney; St Patrick's Council, Victoria.**
- Financial gifts also from **Sid T.; Ivor R.; Marion C.; Yvette B.; Roger S.**
- Monthly \$ Donations: **Mark S.; Lois M.; Pat L.; and Margaret B.** on SSI.
- **The Sisters of St. Ann** and **Esther's Dream Foundation** for continued support for Esther's House.
- **Rex Pendril B.** for 2 runners and underlay through **Catherine C.**
- Those who have volunteered to be **Members of our grassroots Board of Directors.**
- **Anna M. at Givemeaning Foundation** for her support in getting our appeal listed on their site. See: www.humanexchange@givemeaning.com
- **Judith A. and Jo-Anne L.** who are leaving us after so many years of service to the society.
- **Andrew T.** who gave beautiful 'diamond' tiara for Cheryl's wedding, towels, cookware; clothing, and the opportunity to pick up more when he gets closer to leaving.
- **Jim and Terry D.** for 600 sq. feet of carpet and for men's clothes for Frances Thibeau House.
- **Clare C.** for furniture; **Amy C.** for linens; **Gail** for furniture; **Pat W.** for furniture for Judy Thomas House--from the Estate of **Kay A.. Rosemary N.** for 8 towels.
- **Thea** and parishioners of Holy Trinity Church, Sidney, for Easter gifts to the men's House.
- **Thrifty Foods** for the half slab cake designed again by Judith, for our 14th Birthday Celebration. And also for regular donations to the Houses during the year.
- **Arthur M.** for willingness to troubleshoot Judy Thomas House printer/ and looking out for a new one.
- **Liz O.; Maureen O.; Don W.** for helping Judy with cartage of goods; **Rhoda** for help with her move
- **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.
- **Anna** for capable facilitation of the Judy Thomas House in Sidney.
- **Derrick** and **Sean** of Fran Thibeau House for lawn and garden work at Judy Thomas House.
- **All the Facilitators and occupants** who take 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