

vhes



**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 89

April - June 2011

**YOU are invited to join us for our 19th Birthday Celebration
and Annual General Meeting**

SATURDAY MAY 28th -1.00pm to 3.00pm

at the CENTENNIAL UNITED CHURCH on Gorge Rd.(Entrance 612 David St.)

**At this Meeting, a Motion will be made "to establish a Branch of the Society in
Nanaimo which will have powers that do not exceed the parent Society."**

**We have invited Rose Henry to speak to us again. Wendy Stewart, entertainer
from Comox, who works with people who are homeless, has kindly accepted an
invitation to sing and speak to us. Thanks for the contact Wes! And thank you
also for arranging for the 19th Birthday Cake through Broadmead Thrifty Foods.**

If possible, please bring finger food and a gift for the Gift table

**We thank all those people who have already offered to come and provide entertainment; speak
to the group; or serve as Directors. As ours is a grass-roots Society, we want several Directors
who personally know the challenges of poverty/unemployment/addiction/ mental illness.**

***Especially we need a treasurer!* If you are willing to serve, please contact us at:**

**Victoria: 250-920-5056, Patricia or 250-857-3905, Linda.
250-248-6097-Leanne in Nanaimo.**

UPDATE FROM NANAIMO

**The proposed Nanaimo Branch of the VHES is presently waiting for one of our volunteers
and (hopefully) our new Branch Chair to return to BC as he is currently on holiday. He
has recently retired and is hoping to get involved in community work.**

**The Nanaimo Human Exchange is also working on a fundraiser with the owner of a
popular local Hair Salon called – Looking Good. The owner, Len Mycock and staff will be
cutting hair for a day. The proceeds will be donated to Nanaimo Human Exchange.**

**Len has also joined the Human Exchange Branch in Nanaimo. So far, we have five people
who are committed to this initiative and several more who are considering.**

**We are also scouting about for a large (5-6) bedroom house to rent so that we can begin
our work providing transitional housing in the Nanaimo area. Leanne Salter is saving
furniture and has put out a request to let people know that she is willing to pick up
unwanted furniture in good condition. Leanne has also secured a storage unit so that the
items can be held until a suitable house is located.**

That's all for now in Nanaimo....

Leanne

250-248-8097

leannesalter@shaw.ca

ART SUPPLIES DONATED TO VHES

The request for Art supplies in our 1st Quarter newsletter was heeded by **Paul Redchurch** and a very generous group of artists known to him. We wish to thank sincerely the **Oak Bay Art Club, Oak Bay Community Artists Society and Mr and Mrs F. Bruce of Saanich.**

The supplies are already being used far and wide and in particular for some delighted children who need Art Therapy and who are very creative in spite of learning disabilities, They are having a ball of creativity and feeling so good about themselves! Thank you for this opportunity of providing art therapy for these challenged children.

Blessings on all donors.



Orcas off Vancouver Island
by Paul Redchurch!

Paul Redchurch will donate ALL revenue (less gallery fees) from the October sale of his paintings to VHES.

The theme will be, "A Sharing of life's gifts" in support of the vision of the Victoria Human Exchange Society.

The show will open with a 1:00pm reception at Goward House, 2495 Arbutus Rd (opposite Queenswood) on Sunday, October 02 and run to October 27, 2011. Mark your Calendars now and watch for further details in our third quarter newsletter!!

FRIENDS FROM OUR EARY DAYS RECONNECT

Those who have been with our Society since we opened the **Apple Seed Houses in 1992** will remember **Burt Warner** who was our volunteer maintenance man in those days and who took occupants to the Boys and Girls Club to teach them woodworking skills. There, the former Apple Tree Club members made folding tables which they sold at Moss St. Market. Burt died in 1994...

Burt's sister Shirley Stinson also became involved in sharing gifts with our grassroots Society. In March, 2011, Shirley contacted us again to offer to volunteer! She is now 82 years old and remains very independent, riding her scooter rather than Handidart.

Thank you dear Shirley—we may have persons from out of town who need a place to lay their heads when doing courses in Victoria—we will certainly take you up on your kind offer of a room.

Another much loved person has reconnected through **Facebook, Bobbie Dundas-Jenkins**, daughter of **Judy Thomas, RIP**, both of whom lived in our 2nd Apple Seed house on Haultain St. Bobbie wrote to tell us of her life in Houston TX and her girls Dakota 16 yrs, and Cheyanne, 10.

Our Sidney women's house is named in memory of Bobbie's loving mother, Judy Thomas. Thanks Stephen Glanville, Founding Director, for helping Bobbie to make the contact.

GO TO OUR WEB-SITE www.humanx.org AND CLICK ON THE LINK TO FACEBOOK—THERE YOU CAN WATCH **SHAW CABLE PROGRAMS** FILMED IN OUR VICTORIA MEN'S HOUSE and THE WOMEN'S HOUSE IN SIDNEY ABOUT OUR **TRANSITIONAL TYPE HOUSING**.

THANK YOU TO ALL THE FOLK AT SHAW CABLE FOR YOUR SUPPORT. SPECIAL THANKS TO JENNIFER, HILLARY, JAMES AND ALL OTHER SHAW STAFF INVOLVED AND TO WES FOR ORIGINAL CONTACTS

In Memory of Derrick Nash –RIP

Derrick Nash died on December 28th 2010 on Quadra Island. His body was taken home to Newfoundland where he was buried together with his beloved mother Eliizabeth who died on January 8th 2011.

In 2007, Derrick wrote this testimonial:

The first time I felt that I was without a home was in 1968; I was five. My father returned from working on a hydro electric project in the north and all of a sudden our peaceful home was turned into a nightmare. What once was a home full of love, respect and just being a kid, was now a house full of drunkenness, violence and fear. I have been homeless, literally and figuratively, ever since. I am now forty-four. I have survived physical, sexual, mental and emotional abuse, with thirty years of intense addiction and almost half that time living on the street. Never really able to find a safe place to rest my head or to comfort my soul.

I now suffer from chronic pain in my arms and legs due to a broken neck over twenty years ago, lungs that have less than fifty percent of normal capacity, chronic fatigue and a wounded spirit. But now thanks to the Victoria Human Exchange Society, I am now starting to deal with these issues.

A little over eighteen months ago I entered treatment for my addictions, I had spent the last four years living in tents and a mold-filled shack with no running water, no insulation and numerous leaks. I was dying. I had turned to crystal meth to cope and was quickly losing what little bit of sanity that I had left. Losing weight and touch with reality, I was blessed enough to know some people who worked in a homeless shelter on the lower mainland and they cornered me one day and told me they loved me and that I should get help. They arranged a treatment center for that day and drove me there, never letting me out of their sight until I was fully booked into treatment. They saved my life.

Treatment went well. I stayed for four months and made great progress. But it was time to move on and my options were

none. I did not want to be around any drugs or alcohol but the only places I could afford were hotel rooms on the downtown east side of Vancouver. Again, a friend stepped in, and allowed me to use her sewing room as a place to sleep until I could find something safe. Then one day while checking the internet for affordable housing, I found the VHES website. A NEW START is what the Victoria Human Exchange Society has provided for me. A safe place to live and an opportunity to get some help. I see a counsellor once a week for my emotional--mental well being and addictions. I have also found a family doctor who has referred me to a couple of specialists to help me deal with my physical problems. I have found a part time job to help me feel productive. But most of all the VHES has given me the chance to be there for others who are struggling with life. It hasn't been easy, not everyone who applies to live here is sincere, but as Patricia F. has taught methey deserve a chance....I am so grateful that the Victoria Human Exchange Society gave me a chance. I am a better man today because of it. THANK YOU, Derrick N.

Our loving sympathy and prayers go out to all who mourn Derrick. May he now have the peace that eluded him in this life.



Those who know Founding Director, **Mary Gordon**, who is now living near her family in London Ontario, will be sad to hear that Mary has serious health problems. Please pray for her.

Typically, Mary has asked not to have treatment for a tumour as she does not want to go through invasive medical treatment. Mary gave us our motto from the writings of Thomas Merton: ***"Every meeting of persons can be an exchange of life's gifts"*** from which we coined the name: **the Human Exchange**
Thank you Mary! We all love you!

SINCERE THANKS TO:

- **Paul R.** and **Oak Bay Art Club, Oak Bay Community Artists Society and Mr and Mrs F. Bruce of Saanich** for large amount of Art supplies. Paul for generous fundraising offer (see page 2) and for all your advocacy Paul.
- **Leanne S.** and friends for spearheading the **Nanaimo Branch of VHES.**
- **Shirley S.** sister of **Burt Warner** of happy memory, for offering to volunteer. See page 2.
- **COBS Bread** for very generous weekly donations.
- **Wes** for delivering the Bread to the Victoria Houses and to Chown Place
- **Patrick S.** for generously offering to print addresses on newsletter envelopes and for many other services and generous donations to the Society, *especially offer of loan of a digital camera, digital movie camera, and digital audio recorder.*
- **Monica H.** for lots of assistance with web-site and newsletters and for free hosting.
- **Town of Sidney** for a Grant to assist the men and women in our Sidney Houses.
Jeanette H. for being our contact and **David S.** for all your networking.
- **The Knights of Columbus of St Patrick's** for donation to the needs of Men at the Father Michael J. McGivney House. **Sean McE.** and **Wayne D.** for care for safety of their house.
- Financial support also from the **John T.; Sue H.; Lois M.; Unitarian Church.**
- **Thrifty Foods** for all the different ways they support people in the community and in particular for always being generous to people in our houses through **Smile Cards funds.**
- Designated funds through the **United Way** from the **Naden Military band** and **Federal Superannuates.** **PECSF** for designated funds.
- **Our Landlords and all the Facilitators** without whom people could not receive the blessing of housing. **Linda M.** and family for all their many gifts to the Society
- **St Dunstan's Church parishioner's** for your kind donations at Christmas and Easter.
- **Jim B and Larry** for their computer project which helps low income persons obtain working computers. **Phone: Jim: 250-474-3446 / Larry: 250-382-1266**
- **We acknowledge the financial assistance of the Province of British Columbia.**

THINGS WE WOULD BE GLAD TO RECEIVE:

~ Financial help ~ Beds ~ Lawn Mower ~ Large Storage space for donated goods ~

SINCERE THANKS TO ALL DONORS

The Human Exchange now has a presence on Facebook and at time of printing we had 22 friends signed up. If you do Facebook please support us and tell others about it.

facebook

Go to our Homepage on our web-site 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 250-920-5056 250-857-3905 Web-site: 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.

