



Tribute to the Human Exchange

To fuse through interchange of gifts,
the spirit severed by despair
As scorned and fragile hands reach out....
That humanity may ease the pain
No solitary soul need bear.

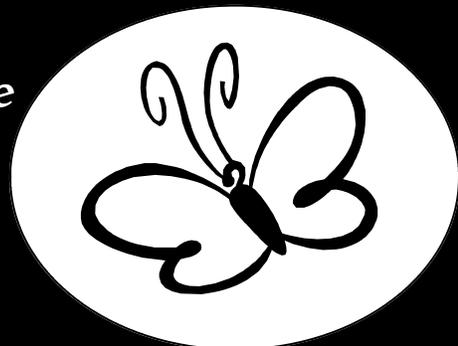


Transformation built on strong resolve
to battle isolated night.
A paradigm of connectedness....
An unyielding bond woven of respect
With the power of friendship's all inclusive might.

~ Barbara Schreck ~

one of our early volunteers who contributed art-work and poetry
at many of our early Birthday Celebrations/ AGM's

***Thousands of candles can be lit
from a single candle, and the life
of the candle will not be short-
ened. Happiness never de-
creases by being shared.***



LETTERBOX



Dear V.H.E.S.

I do believe it is now time to honour the memory of Mr. Kenneth Barnett.

Ken was a founding board member and original Treasurer of the VHES.

Already in his 80s at the time, Ken Barnett was the founding father of our Constitution. From his previous



experiences with writing such mandates and knowledge of the Societies Act, he was able to formulate and present our VHES Constitution to the Government of Canada under the Societies Act, which enabled our federal Registration as a non-profit organization.

Ken resigned from the Board of the VHES soon after this due to ill health and died a short time later.

He cared genuinely in an empowering manner for the street people who were part of our founding board members. He was well loved for his acceptance and non-judgmental approach to those less fortunate.

He has almost faded into anonymity in the records of the VHES so now is the time to bring light to his invaluable contribution in the formation of our VHES Society.

I suggest that the next (if there is one) house for men, be called "Ken Barnett House" and that his name be firmly rooted and honoured in all official records and loving memories of the Victoria Human Exchange Society.

Thank you!
Yours very sincerely,
Stephen

In late June, VHES received a donation through the Victoria Foundation, Anonymous Fund, to be used to support our client needs and to go to further furnishings of our newest house. We are very grateful for this latest gift as such generous support enables us to continue in our work of providing shelter and comfort for those that find themselves in difficult circumstances.

VICTORIA  FOUNDATION

HOUSE REPORTS

MICHAEL J. MCGIVNEY HOUSE sponsored by Knights of Columbus

The men are delighted with the new laundry machines purchased with funds from the Victoria Foundation and with the ongoing support of the Knights of Columbus. The owners, Ken and Linda Gibson, are attentive to any maintenance problems and also help with funding the houses through donations from the Naden Military Band through the United Way.

The men would appreciate a computer, but apart from that the house is serving all the needs of the six occupants. The men do an excellent job keeping up the house and yard and everyone is scheduled a job to do. Three of the men are working and the other two are on disability and get odd jobs. All men are involved in their recovery plan and

CHARLIE PYOTT HOUSE

... mirrors all the same attributes with a full compliment of six men. Unfortunately, one man had a slip last week and has five days to move his personal belongings, which he promised to do. There is someone all ready to move into this room. Two of the men work steady, three are part time and on disability and the sixth man is awaiting hip replacement surgery.

The guys are doing a great job with keeping the house clean both inside and out and are all an asset and great example for our mission and purpose, assisting individuals get their life back on track through positive support.

I am very proud and pleased with all the men and the level of commitment they have shown in complying with VHES boundaries

and guidelines. Watching both houses interact with each other also proves the commitment, support, and gratitude they have for this housing opportunity. It has made my role so much easier of which I am truly grateful. Finding another house at this time appears to be the greatest challenge and I believe I have the residents support should we get lucky. I am always keeping an eye out for an opportunity that suits us and know it will come to be when it is supposed to. I strongly believe this is going to come from someone who knows us or believes in what type of support we offer. We are grateful for the support of Marion C. who is endeavouring to raise funds through the business community for set-up of the new house.

~ Submitted by Don Williams ~

HOUSE REPORTS, continued...

CHRISTMAS ARRIVED EARLY! We have a brand new commercial grade washer and dryer at **ESTHERS HOUSE**...and we couldn't be happier! Many thanks to the Victoria Foundation for providing us with the funding for the purchase of these much needed appliances and having them at Esthers is the perfect place. Esthers, which has always been so generously supported by the Sisters of St. Ann, remains our pivotal house for the receipt and distribution of donated items. With the installation of these appliances, we are now able to wash and dry larger items (quilts, blankets, etc.) and have them fresh & ready for sharing with the other houses. The owners of Esther's, who have been impressed with the maintenance of both the home and yard by our residents — Lesley, Shelley, Davina & Roberta — have recently put up a new fence, installed a new deadbolt on the exterior door, and are considering painting the exterior. Recently there was a tragic house fire across the street from Esther's house and, although we have always tried to follow safe fire prevention practices in all our houses, we are currently working to provide new smoke detectors, carbon monoxide detectors and fire extinguishers for the safety of our residents. Now would be a good time for everyone to reassess their own fire safety prevention and escape routes from a burning home. The gals at Esther's house are busy! They have each taken on the responsibilities of keeping the house neat and tidy, planted flowers in the yard and attending daily courses & programs at the same time. Lesley is looking forward to returning to work at VIHA once she has sufficiently healed from recent surgery. **Way to go ladies!**

LINDA JIM HOUSE has also been praised for maintaining the home and yard very nicely (although we could use some volunteer help with a truck to remove larger items for disposal). We recently purchased a new vacuum cleaner and the gals have been taking turns putting it to good use. Once again, because of the recent fire across from Esther's house, we are working with the owners here to have updated smoke detectors, carbon monoxide detectors and fire extinguishers installed. Our residents — Diane, Melanie, Lorelai, Jennifer and Erin have all been busy this summer, attending programs, upgrading employment skills, or working at part-time jobs to better prepare them for their move to more permanent independent living arrangements. **Good job girls - keep it up!**

We are still experiencing some "moving in" pangs at **EDITH GULLAND HOUSE**. Our donors have been so generous, and the house received the contents of our closed down men's house, so each time we unpack one box or bag - we have another to replace it! The residents — Linda, Chantal, Gina and Melissa who has recently moved on to other housing) — have all pitched in to get our newest VHES home organized. The Victoria Foundation, once again, was very generous with providing us funding for the purchase of furnishings. I've visited stores galore in Victoria and the surrounding areas to "price shop" for the best deals! The gals get a kick out of opening the boxes, whether it be a toaster or a garbage can, and putting it into use at Edith's.



Ever heard the phrase: **time is tight**? Well, my dear readers, that is the reason Edith's is still an ongoing "work in progress"; there always seems to be more 'places to go', 'people to see' and 'things to do' than there is 'time'; but the residents are all comfy in their rooms and are okay with the fact that we are still working together to finish setting up the rest of the home. Of course, our owners are working with us to provide safe fire prevention methods at Edith's as well. A couple of our past residents, Melissa and Frankie, have visited the home a few times since leaving us and have helped out in the garden. Our owners gave us some tomato plants from their greenhouse and we have strawberry & raspberry vines which always seem to need tending too (personally, I've proven I can kill a plastic plant!); so the help with the garden has been much appreciated. Edith's has purchased a new lawn mower and weed whacker and, thanks to our present and past residents, the yard looks nice.

Melissa has given birth to a bouncing baby boy and moved directly from the hospital to new housing — we wish her all the best! Frankie is sailing the rest of the summer away with friends in Desolation Sound and will be starting work upon her return. The current occupants at Edith's are keeping busy with programs, upgrading employment skills; and, of course - unpacking boxes! We will update you in our next newsletter; but, until then...**enjoy the rest of your summer!**

~ Submitted by Linda M~

By living in VHES housing, the quality of people's lives is improved. In the words of two occupants:

"At this House I have my own room and enjoy relative privacy; can wash and dry my own clothes easily; prepare my own meals; receive telephone calls to obtain work; and especially sleep in a warm safe environment." FM (male)

"I lived outside for 3 and a half years before moving into this House. In less than 3 months I have been able to progress from one shift a week as a dishwasher (while living outside) to full time work as a cook. Having secure safe housing made this possible." TK (female)



THANK-YOU!

- **The Victoria Foundation** for being the channel through which anonymous donors have assisted the people in our houses. Volunteer **Carole P.** for dealing with the application; and all those involved in purchasing.
- **Mona, Daphne and friends** for good quality women's clothing, and for further assistance for the Sidney houses, including fruits, vegetables and peanut butter cookies and for those at Edith Gulland House, particularly a new baby to whom they lovingly gave a crib and clothing.
- **Marian C.** for donating \$1000 to the proposed new Men's House and challenging the Chamber of Commerce or Victoria businesses to match her donation.
- **Marilyn** for publishing our newsletter and saving us postage through email delivery.
- **Erin B., Dan T. and Monica's Hauling** for use of their vehicles to transport people and items donated.
- **The United Way** for designated funds from the **Naden Military Band** (courtesy Ken Gibson) & other groups.
- **Provincial Employees Community Services Fund** for continued partnership and regular funds from the pay packages of PECSF members.
- **The Knights of Columbus Saanich** for another generous donation and other Councils for regular help for Father Michael J. McGivney House.
- **St Dunstan's Gordon Head** for promise of further assistance with food and supplies..
- **The Sisters of St. Ann** through **Sr. Frieda** for considering our newest request for their continued help.
- Financial Gifts from **Rex and Elizabeth B.; Marnie R.; Marie R.** of the Sidney by the Sea Rotary Club.
- **Patrick L., and Lois M.** for monthly post dated cheques that help with rents/expenses.
- **Cobs Bread** for excellent bread and baked goods donated by their Oak Bay store.
- **Don W. and other willing volunteers** for pick up and drop off of bread and baked goods .
- **Beacon Community Services** for a monthly food box (fruits and veggies), and the Sidney Lions Club Food Bank for all the support to our Sidney residents.
- **Maureen Brady of the Birchwood/Addenchase Foundations** for wireless router needed by volunteers at Frances Thibeau House.
- **The First Unitarian Church of Victoria** for food vouchers and Blood Pressure Monitor for Occupant.
- **St. Joseph's The Worker Conference of the St Vincent DePaul Society** and the **Sidney Conference of the St. Vincent DePaul Society** for food vouchers.
- **Linda H** for gifts for the women at Judy Thomas house—including towels, detergent, foods and popcorn.
- **Karon J.** for groceries and household items to Fran Thibideau House; **Carol** - rocking chairs, vacuum cleaner and household items to Sidney Houses; **Jane D** for an end table.
- The **cruise ships** for linens, and **Mustard Seed** for deliveries.
- **Debbie**, friend of **Mona**, for a stacking washer and dryer to a poor family at our Mayne Island Branch.
- **Wendy K. of Copyprint, Sidney** for a discount on printing of our bookmark to honour our partnership with the PECSF.
- **Dave and Marj L.** for their continued generosity in updating our contact lists; donating envelopes for newsletter mail-out; and also for an excellent pair of men's shoes.
- **All the Occupants of the Houses** for looking after houses and grounds so well. All our good Owners for doing your bit to keep the Houses well maintained. *Special thanks to **Deborah** for spring cleaning par excellence!*

TO CONTACT OR SEND DONATIONS TO SUPPORT THE VICTORIA HUMAN EXCHANGE SOCIETY
Box 8534, Victoria BC V8W 3S1

Pager numbers:

Greater Victoria and SIDNEY : 361-2762

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

FIND US ONLINE www.humanx.org