



## In loving memory of Edith Gulland



I first met Edith while attending sessions at The Healing Exchange in Victoria in the 1980's. The Healing Exchange was dedicated to spiritual growth and healing, and the intelligent contributions of the little woman with the shining eyes and obvious hunger for knowledge and wisdom fascinated me. As I got to know Edith, she introduced me to writers in the realm of quantum physics and whole earth spirituality. I owe so much to her in the area of my own spiritual growth and understanding of "the finer energies".

When a number of people saw the need to get away from the top-down model of serving human need and develop a model based on "exchanging life's gifts", Edith became an enthusiastic member and supporter.

It was perhaps natural that the name we chose held an echo of the place we had met: we named our new Society: The HUMAN EXCHANGE. As a board member Edith was eager to promote the growth of people who had been no more than statistics on the street. We had to bring them back into the human community and develop their gifts. She got to know them personally and they loved her.

As a Board member, Edith introduced us to her friend, Gwendolyn Maydan. Gwen also served on the Board and when her dear husband died, she gifted the Society with a Chevy Impala, which served our needs for many years until it expired. Edith contributed generously to the operational costs of the society and to any special need she discovered. Every AGM she would order a platter of healthy sandwiches from Thrifty Foods and examine it carefully for quality.

In gratitude for this wonderful woman's inspiring example and generous loving care for those less materially fortunate, we named our latest Women's house after her: *The Edith Gulland House* has for it's able facilitator, Linda Mayo. She and the girls sent a card to Edith while she was in Palliative Care expressing their gratitude for the home which honours her gifts to the whole Society.

In the words of Catherine Chisholm, another Founding Director of the Human Exchange:

*"I believe Edith's life energy would have danced and embraced the Source of all Light and her journey will be full of peace."*

Thank you Edith!  
Patricia Fitzgerald



**ON BEHALF OF THE BOARD OF DIRECTORS OF VHES,  
MAY ALL THE BEST OF THE HOLIDAY SEASON BE  
YOURS THIS YEAR, AND ALL THE BEST IN  
THE NEW YEAR, TOO!**

## LETTERBOX



*(NOTE: This is a copy of a letter sent from VHES to the St. Vincent de Paul)*

Dear Friends

As a grateful member of the VHES family, I would like to take this opportunity to express our heartfelt thanks to the Saint Vincente de Paul Society of Greater Victoria for all the wonderful support and encouragement that they have given us and our people in need over the past year.

- For allowing us to come to their conference and to inform the different parishes on who we are and what our cause is.
- For food vouchers to aide some of our more marginalized friends who are in need of extra help with nutrition while recovering from any number of medical, emotional and spiritual issues.
- For assistance with beds and other furniture to aide in the opening of our newest house for women, Edith Gul-land House.
- For offering to give aide to our friends that have moved on into more stable, independent living.

Please accept our gratitude and we look forward to working with you in the months and years to come.

On Behalf of the VHES,  
Derrick N.

Dear VHES ~

Ken and I would like to thank VHES for mentioning about the scooter that became available to us. Thank you to Mr. Cushing for that lovely purchase.

The VHES is a terrific society that helps the less fortunate which brings smiles upon our faces, which helps with our self-esteem when feeling 'out of sorts.'

Ken and I are thankful every day to members of the VHES.

To Patricia and all of the VHES .... Every-day cares and shares!

From Louise and Ken,  
"Thanks again!"



Dear VHES ~

Thank you for keeping me on the mailing list even when I moved to Calgary. I remember well the first few meetings we had to do visioning and dreaming - I believe it was in the fall 16 years ago. We seemed to enjoy being possibility thinkers and it was very exciting.

So many individuals and groups have responded over the years that in our wildest imagination we could not have believed that human exchange could accomplish so much. So many lives have been touched and enriched.

May God bless and help you to continue the human exchange.

Sincerely  
Lawrence Moon

**Submitted by Stephen ...**

***Salt Spring's Sally Sunshine, one of the Founding Members of the V.H.E.S., is high above the clouds these days due to the birth of her first grandchild. Sasha, her son and Sondra his partner have presented Sally with a baby girl named Jazella Tiger-Lily, born Sept 15th, and weighing in at 7lbs 2 oz.***



***Sally says: "She was born looking Tibetan and has the spirit of a wild radical Elven Princess".***

***Stephen says: "A chip off the old block".***

## HOUSE REPORTS, continued...

The comings and goings at the **Edith Gulland house** keeps every new day interesting. We have had several donations of clothing, food; as well as, some household items dropped off to be shared amongst the houses. **Grace** has moved on to her new place; and, we wish her all the best. **Karen** has recently moved in; and, is studying hard to become a registered nurse. **Heather** and **Hazel** will be joining us very soon; and, we look forward to sharing our home with them. We are still crossing all our fingers that we will be able to (with the help of St. Vincent de Paul) have the room downstairs finished; hopefully before Christmas and then we can welcome in another resident. What a great Christmas present that would be!

**Autumn is here...**and the gals at Linda Jims are doing a fall cleanup. Sandy, Diane, Erin, Jasmine, Errin, and Jennifer have been busy getting the house ready for the holidays. They already have put up the Christmas trees in the living room and the tv room! Shelves and closets have been cleared out; and, a truck (thanks to Sandys Dad) is coming to pick up & dispose of all the unwanted items for us. The rugs are being cleaned and the girls have gone out of their way to rearrange their rooms so everyone is comfy and cozy. **Keep up the good work girls and I'm sure Santa will visit you.**

We are saying "Good bye" to one of our residents here, and wish **Roberta** all the best in her new place. We will be saying "Hello" to **Amanda** very soon though and welcome her to the house. The girls at Esther's (Divina, Etta, Rebekha) have been making good use of the new washer & dryer; and, they have rearranged their living room and bedrooms so everyone is comfortable. The gals at Esthers always keep the house & yard in good shape; and, that is much appreciated! Thank you gals; and, don't stop now! We all continue to be grateful to the Sisters of St Ann for their support in the form of a new grant from the Esther's Dream Foundation. This money will be used to support

the women at Esther's and also for outreach to others in need.

~ Submitted by Linda ~



As always, we are working at full capacity here at **Judy Thomas House**. It was a productive summer around the house with some kitchen cupboard painting and various repairs made by our generous landlords, Sandy and Jeanette. Deborah, one of our residents at Judy Thomas made big contributions in cleaning and scrubbing the garage and basement. We did all the windows, finally, but November rains are back to ruin all our clean and clear window efforts. Belle, another resident, is new to Sidney and enjoying the community while she is getting settled in employment. Erin is back in the house for a short stay after doing some excellent personal development and we are all proud of how far she has come.

As Facilitator, my own life continues to move forward with employment, and all four of us are great supports to each other. Many donations have made our lives a little easier, from fruit and other food stuffs, to those very necessary items like bathroom tissue and laundry soap. Lots of gratitude to all those who give so generously, and to all VHES volunteers.

~ Submitted by Anna ~

We have had two residents move out of McGivney in October and One at Charlie Pyott and of course filled right away. The Houses are doing well and still receive support from St Vincent for some of their household needs which is a great assistance. Not much else I can say except we really need a third men's house in Victoria due the number of requests we receive each month but struggle to find either a willing landlord or suitable location.

~ Submitted by Don ~

### The Peaceful Warrior

Memoirs of a Damaged Mind and Soul

This is a rare view of the inside of a damaged mind. It was written during episodes of delirium, psychosis, disassociation, depression, mania and rage. The book is unique for it enlightens the reader of what it is like to have a mental illness and an addiction..

**30% of the profit from each book sold will be donated to VHES.**

**\$20.00 plus \$5.00 shipping and handling**

Available online at: <http://www.wclpbooks.com/reviews>



## *THANK-YOU!*

### Sincere thanks to:

- **The St. Vincent de Paul Conferences**, for monthly vouchers for each of our houses—a wonderful help for people scraping through each month on a very basic diet. Also for helping to get a fifth room finished at Edith Gulland House.
- **The Sisters of St. Ann Esthers Dream Foundation** for a generous Grant to assist the women at Esther's House and for Outreach to other Houses.
- **The Victoria Foundation** for being the channel through which anonymous donors have given assistance to the people in our houses. Volunteer **Carole P.** for dealing with the application; and all those involved in purchasing.
- **Mona, Daphne and friends** (especially **Debbie**) for further loving assistance for men and women at the Sidney houses.
- **Gillian** for gift of beautiful note cards and financial donations. **Patrick S.** for supporting many people through the mentorship program and by generous donations.
- **Isabel**, of the Association for Consumer Empowerment for emailing so much helpful information.
- Volunteers, **Yvette B. and Sister Joyce** for assisting Linda with the 3 women's Houses
- **Alice G. and Ann C. and her daughter Sharon** for furniture and Erin for picking it up and distributing.
- **Pat G** for a microwave. **Colleen B** for offer of TV.
- **Mustard Seed** for continued deliveries which are divided amongst the 3 women's Houses.
- **Erin B.**, for use of her vehicle to do cartage for the Society
- **Frank C.**, husband of dear **Jean C.** of loving memory for gifting us with her electric scooter, gratefully accepted by Louise and Ken—for Ken's use..
- **The United Way** for designated funds from the **Naden Military Band** (courtesy Ken Gibson) and other groups.
- **Provincial Employees Community Services Fund** for continued partnership and regular funds from the pay packages of PECSF members.
- **St Dunstan's Gordon Head** for promise of further assistance with food and supplies..
- **Knights of Columbus Councils** for regular funding to the **Father Michael J. McGivney House** in Victoria.
- **Financial Gifts** from **Holy Trinity Church, Sidney; Catherine C., Gillian H., Patrick S.** and
- **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). **The Sidney Lions Club Food Bank** for all the support to our Sidney residents.
- **Maureen Brady of Birchwood/Adden Chase Foundations** for always being ready to assist people.
- **Marilyn** for publishing our newsletter and saving us postage through email delivery.
- **All the Occupants of the Houses** for looking after houses and grounds so well. All our good Owners for keeping the Houses well maintained.
- **Ministry of Attorney General, Gaming branch** for a Direct Access Grant.
- **Aideen L.** for small appliances from a friend who is an electrician.
- **Al C.** for men's clothes from his neighbour kindly delivered to Frances Thibeau House. Thanks **Mona and Daphne** for your networking and for reaching out to so many people in need.
- **Liz O.** of Sacred Heart Church for assisting Ken and Louise in their battle against the bed bugs.
- **Rex Pendril B.** for very generous annual donation. **Sacred House Christian Charities** for increasing their annual donation to our Houses.

**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](http://www.humanx.org)