



HAPPY BIRTHDAY, KAY!

As reported in Street Newz, local elder and justice seeker Kay Dixon celebrated her 97th birthday on January 14th. Kay is a long-time supporter of the Human Exchange often attending our Annual General Meetings. The photo was taken at our 13th Birthday Celebration when Kay was 94. She is physically healthy and still intellectually feisty, accepting visitors at Glen-garry Hospital in Victoria.

Every Blessing Kay!



OUR AGM (Annual General Meeting)

Come **Celebrate** with us the **16th 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, June 7th, 2008 2pm -- 4 pm

....Mark your calendars now...

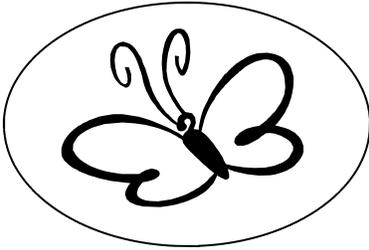
Come and share music, artwork, poetry, song and dance! This is YOUR grass-roots society. Bring along your suggestions about new initiatives; help us to plan for the next year; volunteer to serve on the Board.

LETTERBOX

Thank you — and VHES — for your thoughtfulness this Christmas.

The sweaters and the toys — two teddies and a game -- will be much enjoyed by my grandchildren.

God bless you,
Belle
(Judy Thomas House)



Thank you for sending me the newsletter with an update on what you are accomplishing with the many houses that you have, and helping people to enjoy a better lifestyle.

Enclosed is a donation of \$25.00 I hope everything continues to go well.

Yours Sincerely,

Mary B.
Victoria



NEW BOOK!

Gillian Shirreff's latest book, 'From Your Mouse-in-The-Wall Mrs. Shirreff,' is coming out February 23.

Gillian Shirreff received her education at the Emily Carr School of Art, the Victoria College of Art, and Project Literacy Victoria. Her 'struggling' characters give her a ray of hope because there was a time when she was also 'struggling,' and had few friends. Her high school days were meant to be happy, but turned out to be traumatic.

Upon launching her career as an artist, she found, later in life, she had good friends.

Although her education is in Art, she has trained herself in the English Language, and hopes one day to receive a college education.

Because Mrs. Mouse conflicted with her computer mouse, when she typed the story, there are typos and Gillian will sell her first 50 copies for a donation.



HOUSE REPORTS

On the move...at Linda Jim house, several of the gals have found permanent housing; and that has meant a lot of packing, cleaning & moving in the last couple of weeks.

Gina has found a place not far from LJH, where she can have living quarters in the back & hopefully open her own small business in the front one day. We don't know what kind of business she plans to open; but, Gina is a very strong focused gal so we are thinking it will be a success. **Jasmine** has found a basement suite that will allow her to reunite with her precious little dog "Finnegan". She is very happy because she can now nurse him back to health from his recent medical issues. **Jennifer** has acquired subsidized housing and her new apartment is down by Beacon Hill Park - so, how great a location is that? She can take her kids to the park anytime she wants now. **Erin** has moved in to share an apartment with another previous resident of LJH (Sandy) and the two are enjoying their new home in the Oak Bay area. Our other **Errin** has acquired a home thru the new collaborative housing instituted by Peers programs; and she is able to have her little girl live with her now. The new "Moms & Babes" houses will allow women the opportunity of reuniting with their little ones and re-establishing the 'family unit'. **Deirdre** has also, with the assistance of Hill House, acquired new housing and, we wish her the best in the restarting of her new life. Our longterm resident, **Diane**, is still at Linda Jim and has always been a pleasant, helpful person to all the gals who have stayed there but she also has been looking for more permanent housing.

We are taking a little time, now that the house is virtually empty, to clean, make some necessary repairs and spruce up the rooms at Linda Jims before any new residents move in. We are currently holding "intake" interviews for new residents and the house should be full again by the end of the month. **We wish all the previous residents the very best in their future endeavors!**

Spring is coming...and it can't come soon enough for the gals at Esthers house.

Our avid gardener, **Divina**, is looking forward to planting flowers and maybe a few vegetables for sharing. She has a green thumb and her free time (after the programs she attends) will be spent making the yard look nicer. **Etta** is presently visiting family in Tofino but she will be back soon and looking for permanent housing. **Rebekha** has recently moved into subsidized housing close to Beacon Hill park and will be able to have her children live with her soon. We recently had a St. Vincent de Paul volunteer call us, on one of the nastiest rainy days in Victoria, asking for our help. A lady, **Donna**, had come into their office ... cold, wet, broke, and very very Tired. She just could not spend another night out in the elements and could we help with a room for a short period of time? **Sister Joyce** drove Donna to our Edith Gulland house where she was able to dry out, have something to eat and relax a bit. **Bruce**,

a SVDP volunteer, then came and drove Donna & Linda to Esthers house where one of our residents had made up the spare bedroom with fresh linens and Donna was able to get some much needed sleep. She stayed at Esthers for a couple of days and then moved on to try and acquire housing up the Island a bit. We are always trying to help women in need and, try to follow the teachings of our supporters, the **Sisters of St. Ann**, by opening our doors and our hearts any time we can.



A couple of repairs are needed at Esthers and we are hoping that they can be effected very soon as we are currently holding "intake" interviews and hope to have a full house again before the end of the month

Submitted by Linda

Charlie Pyott House and McGivney House are full. One gentleman with worsening MS was able to obtain permanent supportive housing. Every good wish Wayne. Fran Thibideau house is running smoothly with one vacancy soon to be filled. Derrick, who has done many great things while with us, is planning to move on with his life by the end of March — we wish him every happiness. I am watching the paper and checking the net for suitable housing, and with me being back in Victoria I hope to step up the opportunity of securing another men's house. I did go check one out on Thursday night but it is not ready at this time but I will keep working with the landlord regarding possible possession once he finishes repairs. It has five bedrooms. I will keep you updated as I get info.

Submitted by Don

Residents at Judy Tomas House celebrated before Christmas with a girls' pizza night in, and then in January, thanks to Deborah, the turkey got cooked and we all sat down to a traditional Christmas meal with dressing and cranberry.

It's been a busy number of months, not only for the residents but also with repairs around the house. Our landlord added down spouts at the back of the house to help with drainage; the furnace received an overhaul with some new pipe put in; the hot water tank was given an expansion tank. January also saw some repairs to the kitchen plumbing, and we are ever grateful to Sandy and Jeanette for their always prompt and generous attention to any problems that crop up.

Deborah has continued to keep us well supplied with cookies and cakes, while adjusting to a new job, and Belle is hoping to find suitable accommodation soon in the Sidney area since she works nearby. A new resident joined us in December so we continue to have a full house. All four of us continue to benefit from the generosity of the church and the community who donate food, clothing and many necessities from bathroom tissue to laundry soap. Special thanks to Mona and Daphne who often bring extra special treats, from fresh fruit to cinnamon buns. Thank you to all those who continue to extend their support to keep Judy Thomas House in such good operation.



Submitted by Anna

THANK-YOU!

Sincere thanks to:

Knights of Columbus Councils for regular funding to the **Father Michael J. McGivney House** in Victoria.
The St. Vincent de Paul Conferences, for monthly vouchers for each of our houses—and for considering the houses on Salt Spring Island. Also for helping to get a fifth room finished at Edith Gulland House.

Provincial Employees Community Services Fund for continued partnership and regular funds from the pay packages of PECSF members.

Direct Access Grant from the Ministry of the Attorney General. Paul R. for suggestion to apply years ago.

The Sisters of St. Ann for continued encouragement and support for Esther's House. Sr. Frieda for offer of furniture and for much loving support.

The Victoria Foundation for funds for the new House and for client's needs in the other 8 houses. Volunteer/ Board member **Carole P.** for doing the Report on use of funds.

Doug B. of Mark's Work Wearhouse, Sidney for another generous gift of a waterproof jacket to a person in our Men's House.

Mona, Daphne and friends through **VOTF** for very generous assistance for the Sidney houses.

All those who use the Smile Cards for obtaining a monthly dividend for the Society. Thanks to **Thrifty Foods.**

Isabel, of the Association for Consumer Empowerment for emailing so more helpful information.

Mustard Seed for continued deliveries which are divided amongst the 3 women's Houses.

The United Way for designated funds from the **Naden Military Band** (courtesy Ken Gibson) and other groups.

Ria B. for entertainment cabinet in excellent condition. **Katherine W.** for linens and household goods.

Catherine C. for gifts of TV, VCR, bedding; small kitchen appliances.

Jordan C. for offering his services as a volunteer. Welcome Jordan!

Sleep Country Canada Warehouse staff for your speedy response to our requests for beds.

Mona M. and Daphne B for clothing delivered to the houses and for so many kindnesses.

The **Town of Sidney** for a Grant to support our two Sidney Houses. Thanks **Derrick** and **George** for attending the meeting and speaking about our service to the people of Sidney.

Financial Gifts from **Aideen L.; Rex Pendril B.; Shirley B.; Corinne T.; Leon M.; Elizabeth O.; Rose E.; Mary B.; Sid T.; Ian and Catherine C.; Gillian H. and Patrick S.** for generous donations; **Patrick L., and Lois M.** for monthly post dated cheques that help with rents/expenses.

Students of Camosun College for finishing the 5th bedroom at Edith Gulland House and to St Vincent de Paul and the Oddfellows for supplying funds.

St Michael's University School students for coming to Edith Gulland House to interview and including us in a bid to win financial help for our Society.

Sacred Heart Christian Charities for very generous contribution.

Cobs Bread-- bread and baked goods. **Don W. and other willing volunteers** for pick up and drop off. **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/Addenchase Foundations for assistance for individuals in need and for wonderful Christmas gifts of jackets and beautiful knitted articles.

Marilyn G. 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.

And if we've missed you, or if you did something for us anonymously, THANK YOU TOO!

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