



EDUCATE
VOLUNTEER
DONATE

VICTORIA WOMEN'S
Transition House
SOCIETY

*It takes a community
to make a difference*

www.transitionhouse.net

DONATE



JORDANA DICKSON PHOTO

*Event Model and Transition House Volunteer,
Natalia Sudeyko*

HITCHCOCK AND HEMLINES Fashion Show was born on January 11, 2011, in an Arts and Technology lecture at the University of Victoria. What started out as a film study bloomed into so much more. Eleven dresses inspired by ten of Alfred Hitchcock's most influential films helped raise money on March 27 through a fashion show for Victoria Women's Transition House Society. It became about so much more than the fabric, films and fashion; it is about the community. ■

Emma Marler and Lindsay Morgan

EDUCATE

“The education and empowerment of women throughout the world cannot fail to result in a more caring, tolerant, just and peaceful life for all.”

*Aung San Suu Kyi,
Nobel Peace Prize Laureate*

WE BELIEVE an informed community is a safer community and offer community education to community groups, schools and workplaces. We have developed interactive workshops and informative presentations to raise awareness about abuse. Call Dianne 250-592-2927 ext 222 to arrange for a presentation or to register for the next scheduled workshop. ■

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead

VISION:

A community
free of
relationship violence
and abuse

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VOLUNTEER

Blog for a Cause!

EVERY MONTH Victoria Women's Transition House Society will feature a guest blogger in our Blog for a Cause Campaign. Watch our website, Facebook pages, or Black Press Newspapers to see who is blogging for a cause. To become a guest blogger, volunteer, or to donate, contact Elissa Bergman, Development Manager at elissab@vwth.bc.ca or 250-592-2927 ext 210. ■

PLEASE SHARE WITH US:

Share your insights into the importance of community supporting organizations and any creative event ideas you would like to share by commenting on our blog page at www.transitionhouse.net

“We are proud to operate in a community full of people dedicated to stopping violence and abuse.”

Carolyn Fast,
VWTH Executive Director

Scrappy Endings: Whole Beginnings

IN JUNE I was diagnosed with Stage 4 Lupus. Happy to finally get a confirmed diagnosis, I was not prepared for what it meant. There is no known cure for Lupus; it can only be put in remission with minimized flare-ups and organ damage. Two major factors preventing flare-ups are to avoid UV light and stress. The care I am given by the great doctors and nurses at VGH and RJH is extraordinary. I knew I had to give back somehow.

Until late September I was unable to do much. Mid-October I started volunteering at VGH but I still had a big void to fill. One of my friends brought me upholstery sample books and a bag of fabric scraps, knowing that I loved to sew. It all came together for me. I could have a hobby, away from UV light, while relaxing and being creative. I could save fabric scraps from the landfill while turning them into something useful and beautiful like tote bags. I would sell them and donate 100% of the proceeds to Charity.



I chose the BC Lupus Society as there is a need to create public awareness about this disease and I chose Victoria Women's Transition House Society. I love their vision and mission.

“...it is about succeeding in the face of adversity and turning a problem into an opportunity.”

This venture may not have come about if I hadn't been faced with new challenges. But this is not about illness; it is about succeeding in the face of adversity and turning a problem into an opportunity. In one month, I have designed and made 23 bags, designed a website and set the infrastructure for this venture. I am proud to report that I have donated \$1,000 to charity in this short timeframe. My goal is to have ongoing success in raising money, having fun and inspiring anyone who is faced with challenges that seem too great to overcome.

Please visit my website at www.scrappyendings.ca to purchase these beautiful bags and help provide much needed support for these charities. ■

Carolyn Converse

EDUCATE ■ VOLUNTEER ■ DONATE

“DONATE” SEEMS to be the word most associated with charities. But what does this word mean to society as a whole? From my experience, it means money. But is it not so much more?

Thinking back about all the ways our community can help Transition House the most, it became clear very quickly. There are three critical ways to help – to “Educate” others about the issue, to “Volunteer” your time, and to “Donate” your resources.



I decided to do some research into definitions of “Donation or Gift” (aside from the official Canada Revenue Agency definition). The one I found, which most accurately defines our philosophy at Transition House is:

To make a donation; to give away something of value to support or contribute towards a cause or for the benefit of another.

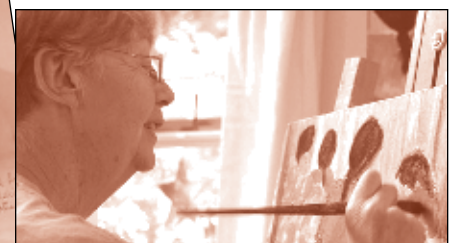
This was it, the definition that unequivocally included all the ways our supporters donate to Transition House. They educate youth, parents and other community members, they volunteer their time, and they give what they can financially.

Did you know?

- Over 80 volunteers donate their time every two weeks at the Community Office or the Shelter to cook for residents, take crisis line calls, and help our clients and residents with their needs? In addition, more than 150 volunteers give their time to plan fundraisers to increase awareness and revenue for Transition House. Can you imagine the amount of money our volunteers help bring to our programs?
- Our counselling staff does nearly 100 presentations each year in schools and for community groups.
- Our Facebook page receives over 200 hits each week linking to educational sources, and our website gets countless more.
- Fundraised dollars amount to 40% of our budget, which this year will be over \$700,000.
- And the fact that you have taken the time to read this, also makes you a valued supporter!

We cannot thank you enough! ■

*Elissa Bergman
Development Manager*





News and Events

Volunteer Week April 10-16

Often it is the small things that make a woman staying at our shelter feel valued and connected – a warm conversation, cooking a meal, playing a game with a child. Our volunteers make a difference with their contribution of time, skill and kindness. A big Thank You to each of our volunteers! ■



Seeking a Community Group

who will lead our **Mission: Transition** team in the **GoodLife Fitness Victoria Marathon** October 9, 2011

Is your high school class, youth group, walking or running club, service club or association, or friends and colleagues looking for a way to make a difference? For the past several years Victoria Women's Transition House Society has been involved in raising money for Transition House through the marathon charity pledge program. Team members walk or run in the kids, 8K, half or full marathon to raise pledges. It takes a community to make the differences that happen at Transition House, and we would like to offer the leadership of this team to the community. If interested in leading and recruiting for this team, please contact Elissa Bergman, Development Manager at 250-592-2927 ext 210 or elissab@vwth.bc.ca. ■



We Joined The 2nd Decade of the 21st Century

To follow us in real time, please "Like Us" on Facebook.

To find us search for Victoria Women's Transition House.

When "news" happens, you will know. ■

Soup Sisters

Soup Sisters is pleased to announce that in partnership with The London Chef they will be supporting Victoria Women's Transition House with our nurturing and nourishing soups each month beginning late March. Go to www.soupsisters.org to learn more about how the Soup Sisters are warming one community at a time across Canada. ■



Esquimalt High School's Cycle for Change

On May 13, 2011 7:00 am to 7:00 pm, students from Esquimalt High School will cycle for twelve hours around the high school's track

to raise money and awareness for Victoria Women's Transition House Society (VWTHS). This is their third year hosting the event for VWTHS. They welcome the public to drop by.

- 7:30 am – Start riding
- 10:52–11:43 am – BBQ lunch and bake sale
- 6:00 pm – BBQ dinner
- 7:30 pm – Finish riding ■



Victoria Golf Club Charity Event 2011

The Victoria Golf Club will be holding its 16th Annual Charity Tournament on June 23, 2011. The tournament is BC's premier women's charity golf event and the money raised will be donated to the Club's charity, Victoria Women's Transition House Society, an organization that provides educational programs and services to assist women and children who are experiencing abuse in intimate relationships. Over the last ten years we have raised over \$500,000 for Transition House and in the last two years have provided the largest annual gift for the Shelter. To support this event as an auction donor or partner, please visit the "Charity" tab of www.victoriagolf.com. ■



**VICTORIA GOLF CLUB
CHARITY TOURNAMENT**
BC's Premier Women's Charity Golf Event