

# **PRESS RELEASE**

September 4, 2013

**FOR IMMEDIATE RELEASE**

## **Community Support Feeds Women and Children at Victoria Women's Transition House**

**Generous volunteers step forward to prepare 12 meals for 12 days during Transition House Shelter flooring renovations; contributions welcomed year round**

Victoria Women's Transition House Society is delighted to benefit from the generosity of local community groups and a local community philanthropist this September, as they undertake flooring renovations to their shelter for women and children escaping domestic abuse and violence.

Reed Pope Law Firm, the Victoria Chapter of Soroptimists and Caring Canadian award winner Maria Manna and friends will be preparing meals for Transition House guests while renovations leave the shelter kitchen out of commission for several days. Reed Pope and the Soroptimists generously donate meals one day per month year round on an ongoing basis for the shelter. With the engagement of a team of a dozen volunteers, donations from Sysco Foods and space offered by Church of the Advent in Colwood, Maria Manna aka "Maria's Cucina" will prepare a variety of hot meals, for the remaining 10 days meals are needed for shelter residents.

"I strongly support the work of Transition House," says Manna, "and when I saw the notice seeking meals to be donated during their renovations, it took no time at all to round up a group of friends to prepare dinners for the 10 days. To sing, cook and volunteer is what I live for! I am so fortunate to have what I do, so why not try to help others get what they need? It's all about love!"

Says Shelter Manager Jessica Evans, "We are so pleased our community came out to support us during a hectic time at the shelter. Reed Pope and Soroptimists are long-time supporters and we are grateful for their ongoing contributions. We know Maria has demonstrated outstanding commitment to numerous valuable causes in Victoria and we are really pleased to work with her on this initiative."

Adds VWTH Development Director Tracy Lubick, "Our work is only possible with the generous support of the community. We must raise more than \$800,000 annually to deliver our existing services, including the tens of thousands we raise through in kind donations of goods and services. Hundreds of crisis line phone calls are answered and

hundreds of meals are served at our shelter through the generosity of community members such as Victorian Epicure and the volunteers who hosted the recent Victoria Golf Club Charity event which raised thousands for the shelter and its meal programs. We continue to be inspired by the thriving philanthropic spirit of Victoria and extend sincere gratitude to all our neighbours for their generosity!"

**About Victoria Women's Transition House**

Victoria Women's Transition House Society, working collaboratively, provides shelter, support, counselling and education to women, youth and children, so that they can live free from the effects of abuse in intimate relationships. The Society strives to prevent and eliminate abuse through education, advocacy and partnerships.

**[www.transitionhouse.net](http://www.transitionhouse.net)**

-30-

**Photo/Film/Interview opportunities with Maria Manna and volunteers are available during meal preparations.**

Date: Saturday, September 7, 2013

Time:10:00 AM

Location: Church of the Advent, 510 View Avenue MT Colwood, BC

For information or interviews regarding Victoria Women's Transition House

Contact: Tracy Lubick  
Victoria Women's Transition House  
Tel: 250-592-2927 ext. 210 (Tuesday-Friday 10-5 pm)  
Cell: 250-886-1601