

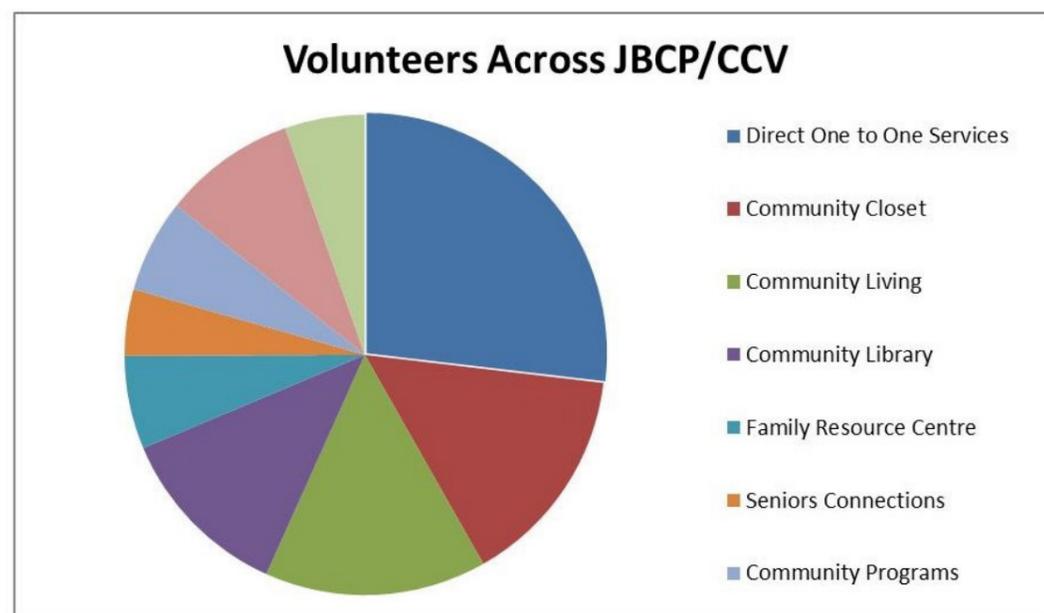
Staff Directory

Kaye Kennish ext 311
Executive Director
Paula Greene ext 309
Fundraising and Communications Manager
Bob Broughton ext 338
Book Keeper
Brian Vining ext 339
Finance Manager
David Lucas ext 340
Buildings Operations Coordinator
Marianne Boulton ext 301
Front Desk
Lisa Gleinzer ext 308
Coordinator of Volunteers and Community Programs

Susan Henderson 250.388.7810
Community Closet Thrift Store
Noriko Oka ext 318
Outreach Seniors and Adults with Disabilities
Barbara Anderson ext 312
Family Development Worker
Nikita Robinson ext 314
Youth and Family Outreach Worker
Nancy Smith ext 313
Family Centre Coordinator
Kristyn Laver ext 366
Family Centre Group Facilitator
Jen Tessier ext 334
Better at Home Program Coordinator and Group Facilitator Older Adults
Kirsten Mueller ext 310
Capital City Volunteers Outreach Worker

Appreciation Corner

Ever wonder how we end up at 350 + volunteers donating approximately 23, 000 hours of time? Here is the current breakdown:



This is your 'Connector' so if you have suggestions/articles for inclusions in future newsletters please let Paula Greene (250.388.7844/pgreene@jbcpc.bc.ca) know. You make James Bay Community Project a vibrant and worthwhile place.

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The Connector

Connecting you with the James Bay Community Project
& Capital City Volunteers



Welcome to the second edition of The Connector,

Last summer the JBCP Board of Directors set out to write a new Strategic Plan for the James Bay Community Project. This is something we do every few years. It's a chance to "review and renew" our values and ambitions, the things we do and why we do them.

Members of our community were generous with thoughts and suggestions. Many comments came from the survey in last year's Annual Report. Others came from people who take part in our programs. Management, staff, volunteers and directors read every comment and considered every suggestion, and added their own thoughts.

Along the way, we began to look at what we do in different ways. A word that came up early and often was "connections." As we thought about it, we recognized that all our activities – programs, services, outreach – involve helping people to make connections. When community members come to the building, they connect with staff and volunteers, for programs and services, advice or assistance. They connect with each other for social activities, increasing their circle of friendship and sharing. We have a telephone and computers in our lobby – another way for people to connect. When our outreach workers and volunteers go into the community, and into people's homes, they are also making connections.

It's what we do. We help people make connections, and the connections make people stronger, safer, happier. They make our whole community stronger, safer, healthier. That's a main lesson we learned as we wrote a new Strategic Plan, and it became part of our new Mission Statement: "To build resilience through connections."

George Jamieson, Chair (Taken from 2015/16 Annual Report)

Love Rules for Men by Noriko Oka

'When William found himself alone in his apartment, shaky and aching all over his body, he wasn't sure what to do. He could no longer lift his arms in the air and teetered when he stood up on his feet. He knew that gorging on the deep fried chicken for dinner had likely triggered this reaction that was spiking his blood sugar and putting him in grave danger as a diabetic. His body rebelled as he was carried away on violent waves of nausea so intense that the bile burned his esophagus. Although he had loved ones in town, William did not reach out to them in this dire moment even though this was now going on three days. As a young boy, William had grown up in the prairies, the second child of a big family of nine. He felt close to his father and decided to follow in his footsteps by becoming a contractor himself. William describes his father as a strong and opinionated man, who was always full of old sayings. Every day he was reminded "to be tough" as a boy. When William became emotionally upset, he was mocked not to be "such a sucky baby calf."

You can continue reading William's story on Page 4

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askus@jbcpc.bc.ca
250.388.7844

547 Michigan St
Victoria, BC
V8V 1S5

News from your Outreach Workers

Noriko 250.388.7844 ext 318 and Kirsten (Capital City Volunteers) ext 310

(Continued from front page)

Since retirement, William's sense of himself had been fundamentally shaken. For many decades, he had successfully worked as a contractor in charge of various renovation projects. He passed the tools of the trade down to his three sons who in turn became carpenters in their own right. Several years ago when William decided to retire, he experienced a profound sense of grief over the loss of identity that primarily revolved around his career. His distress intensified as he became dependent on a fixed income and developed a chronic health condition. As a self-identified alcoholic, William knew that he also lacked the necessary coping skills in managing his emotions.

At the height of the crisis, William recalled that he had an appointment with the outreach worker that Friday afternoon. When he shared what was happening, she advised him to go to emergency immediately. He said that he could manage to get through the weekend and promised to call her on Monday. Aware the window of opportunity was closing, she searched for an opening and found one when he expressed his longing for a nutritional drink (he had not been able to drink or eat anything for the past several days).

When she arrived at his home with drink in hand, William took one sip and started to gag. Nevertheless he continued to insist that he was fine and dared to demonstrate this to her by chugging the bottle down. She told him that this was unnecessary. Instead she placed a kitchen pot in his hands for his queasiness, sat back down on the chair across from him and decided to wait it out. Eventually William gave his consent for her to call 911. Once at the hospital he fainted on the spot and was rushed for treatment by medical staff. Apparently he was not only going through a diabetic shock but had also contracted a viral infection. One nurse observed that it was the "worst case of dehydration" that she had ever seen.

After his recovery, William poignantly reflected upon how he had been impacted by the whole ordeal. He recognized that "pride and ego nearly killed me." In the hour of most need, he simply could not ask for help since that went against his masculine code of behaviour. In the end, he opted to phone the outreach worker, a virtual stranger but also noted that even this was "passive aggressive" since at the time, he had no intention to act.

From this incident, his attitude and feelings about himself have radically shifted. His "belief in human kind" has been renewed. He was surprised by all the "good people out there" who rallied to his aid-something that he had lost sight of over the years. He was grateful to the hospital staff for "cleaning me up" and respecting his dignity.

The word "miracle" also comes to mind when he gives it more thought. The doctor in emergency told William that he would not have survived the weekend without medical intervention. Having thwarted death, William shares that, "I've softened these days...all my edges are soft." Although he recognizes that being "vulnerable" is still difficult, he is allowing himself to cry these days as he gets in touch with his grief.

Nowadays when William is out in the community, he notices many lonely looking people which fills his heart with a great sense of compassion. He knows that he's fortunate to be given a second chance here. He's become motivated to take long walks, learn more about managing his diabetes and face some painful emotions that he's kept at bay. William concludes that, "Love rules..." then hesitates, shrugging his shoulders a little bit embarrassed, "to quote Ellen...be kind to one another." His face radiates as he says this and his eyes well up with tears.

(Names have been changed to protect the privacy of the person involved).

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Souper Powers:

GUMBO, WITH CHICKEN & SAUSAGE (SHRIMPS OPTIONAL)

George Jamieson (Board Chair and soup maker extraordinaire!)



This hearty soup from Louisiana is great in warm or cold weather. You can make many versions, as spicy or mild as you prefer. The characteristic ingredient is okra, called gombo in French. That's where the soup gets its name. Don't be discouraged by people who call okra "slimy". That just means it wasn't cooked long enough. The seeds are surrounded by starch. As okra cooks the starch helps thicken the gumbo... but it takes 20 or 30 minutes to cook it all out. Okra is good in soups and stews, not stir-fries.

The "mystery ingredient" is filé, powdered leaves of the sassafras tree. It is earthy green in both colour and taste. You can make wonderful gumbo without either

ingredient. Substitute green beans for okra and thyme for filé. But do try the original ingredients if you can.

Cured sausage: Your gumbo, your choice. Andouille if you find it, or salami, garlic sausage, cured chorizo. Ham is good if you prefer a milder flavour.

Cajun seasoning: If you buy it, look for brands that contain less salt.

Or make your own. These proportions are approximate; adjust to taste. Stir together:

- Cayenne pepper, black pepper, 5 ml or ½ tsp each
- Garlic powder, 15 ml or 1 tsp
- Basil, thyme, paprika, 30 ml or 1 tbsp each
- (use smoked or sweet paprika, as you prefer)
- Oregano and parsley, 60 ml or 2 tbsp each

Now you're ready to cook. This makes 6-8 servings, approximately 2 liters.

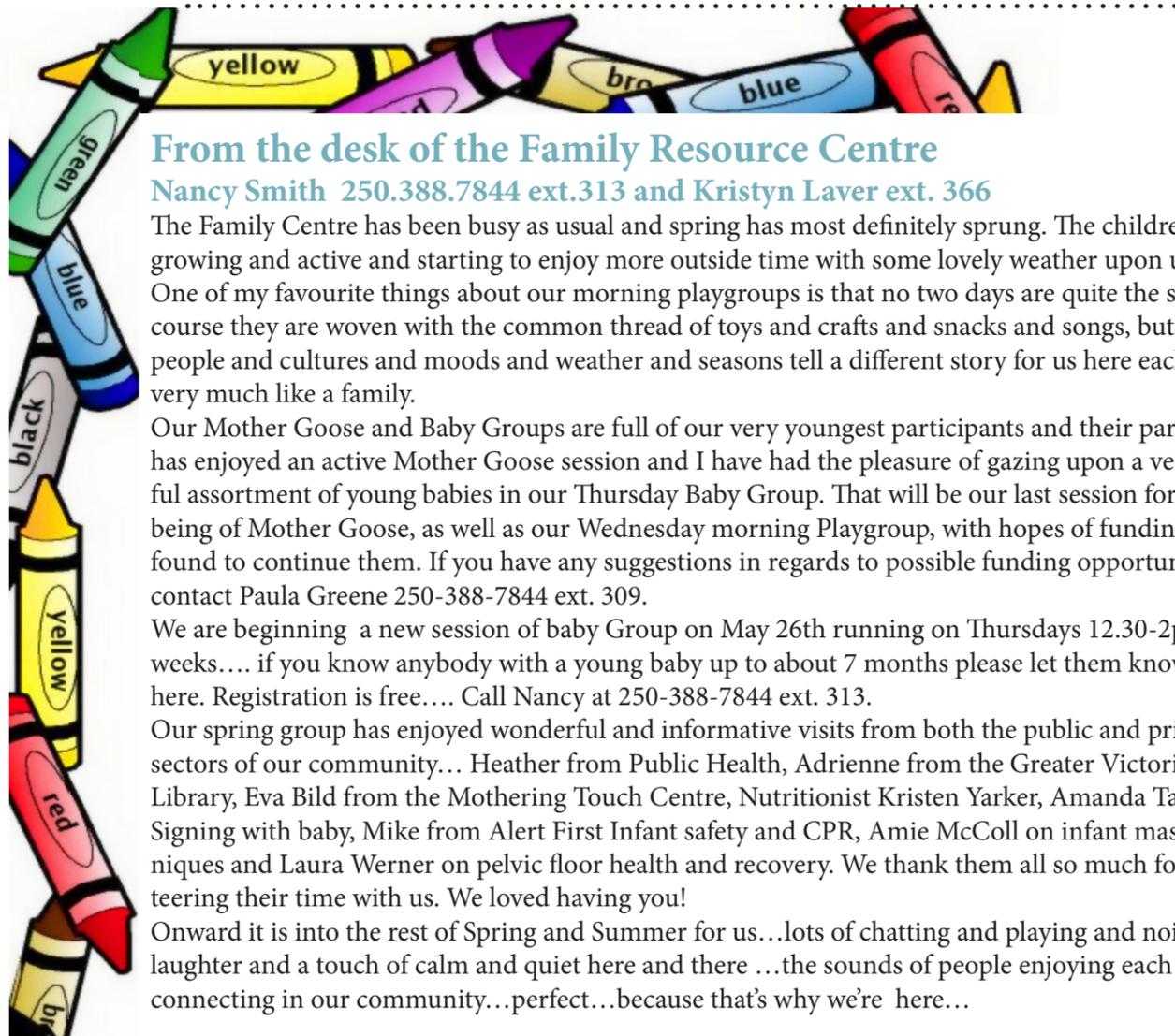
- Oil, 60 ml or ¼ cup
- Onion, green peppers, celery, minced, 80 ml or 1/3 cup each
- Chicken and cured sausage, diced, 125 ml or ½ cup each
- Shrimps (optional), 125 ml or ½ cup
- (If not using shrimp, increase chicken & sausage to 180 ml or ¾ cup each)
- Cajun seasoning, 15 ml or 1 tbsp, plus to taste
- Garlic, 2 cloves fresh minced or 1 tsp powder
- Okra, sliced, 180 ml or ¾ cup
- Gumbo filé, 15 ml or 1 tbsp,
- (Substitute thyme, 30 ml or 2 tbsp for filé)
- Flour or commercial gravy thickener, 60 ml or ¼ cup
- Stock, chicken, pork, or veggie, 1.5 liters or 6 cups
- Cooked rice (optional), 60 ml or ¼ cup per bowl

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Sauté the onion, peppers, and celery in the oil until soft and fragrant.
 Add chicken and cured sausage. Continue sautéing until chicken is cooked through.
 Add about half the Cajun seasoning and all the garlic. Cook until fragrant.
 Add the okra and cook until it begins to soften.
 Add the filé, or extra thyme.
 Stir in the flour or commercial gravy thickener and stir to combine well.
 Add the stock slowly. Simmer for 10-15 minutes, stirring frequently.
 Taste for flavour. Add more Cajun seasoning or filé if you like.
 Simmer another 15 minutes, or until okra is soft and well-cooked.
 IF you're adding shrimp, put them in the pot for the last 3-5 minutes. Cook until shrimp are pink and tender. Serve with crusty bread and extra hot sauce for the pepperistas in your home. Add cooked rice to the serving bowls to make this even more hearty.

VARIATIONS: Use your favourite meats or seafood, different from season to season.
 For a vegetarian gumbo, use the vegetables you'd put into a hearty casserole. Diced peppers, carrots, squash, diced tomatoes, artichoke hearts, pitted olives. Vegetable stock, of course. The gumbo pot welcomes all, and your taste buds will be your guide. Laissez les bon temps rouler!



From the desk of the Family Resource Centre

Nancy Smith 250.388.7844 ext.313 and Kristyn Laver ext. 366

The Family Centre has been busy as usual and spring has most definitely sprung. The children are growing and active and starting to enjoy more outside time with some lovely weather upon us. One of my favourite things about our morning playgroups is that no two days are quite the same. Of course they are woven with the common thread of toys and crafts and snacks and songs, but different people and cultures and moods and weather and seasons tell a different story for us here each day ... very much like a family.

Our Mother Goose and Baby Groups are full of our very youngest participants and their parents. Nancy has enjoyed an active Mother Goose session and I have had the pleasure of gazing upon a very delightful assortment of young babies in our Thursday Baby Group. That will be our last session for the time being of Mother Goose, as well as our Wednesday morning Playgroup, with hopes of funding to be found to continue them. If you have any suggestions in regards to possible funding opportunities please contact Paula Greene 250-388-7844 ext. 309.

We are beginning a new session of baby Group on May 26th running on Thursdays 12.30-2pm for 10 weeks.... if you know anybody with a young baby up to about 7 months please let them know we are here. Registration is free.... Call Nancy at 250-388-7844 ext. 313.

Our spring group has enjoyed wonderful and informative visits from both the public and private sectors of our community... Heather from Public Health, Adrienne from the Greater Victoria Public Library, Eva Bild from the Mothering Touch Centre, Nutritionist Kristen Yarker, Amanda Tarling on Signing with baby, Mike from Alert First Infant safety and CPR, Amie McColl on infant massage techniques and Laura Werner on pelvic floor health and recovery. We thank them all so much for volunteering their time with us. We loved having you!

Onward it is into the rest of Spring and Summer for us...lots of chatting and playing and noise and laughter and a touch of calm and quiet here and there ...the sounds of people enjoying each other and connecting in our community...perfect...because that's why we're here...

From the desk of the Coordinator of Volunteers and Community Programs

Lisa Gleinzer 250.388.7844 ext.308

News from Community Programs:

We have expanded our Reiki program by adding a second volunteer on Tuesdays so this means we can offer 8 appointments on Tuesdays. \$5 per session, free for volunteers. Thursday appointments are also available.

Yoga for Stress Relief has moved to Tuesdays from 12 – 1 pm.

Did you know we changed the name of Nourishing Life to Exploring Ancient Chinese Wisdom? Exercises based on Taiji, Qi Gong, Neigong and Dao Yin combined with discussion about ancient Chinese health perspectives. Fridays 1 – 2:30 pm in the board room.

Community Library – the next GVPL book exchange will be in July – a whole new batch of 500 books will be on loan to us for 6 months.

New Programs:

Postural Stretching the Quest for Alignment: Improve your posture and strengthen body core! Check it out Mondays from 10:30 – 11:45 am in the Board Room. \$3 drop in or free for volunteers.

Facial Reflexology or Hand Massage: Using acupuncture points in a safe, gentle and relaxing treatment. Free ½ appointments by a Certified Complimentary Therapist. Book through reception at 250 388 7844 x 0.

We would like to offer a Chronic Disease Self-Management Program here in the fall, but need 10 registrants - so far we have 4! If you are interested in attending please contact lgleinzer@jbcpc.bc.ca or 250 388 7844 x. 308. Date and time will be arranged once we get to 10 registrants.

More community programs:

Qi Gong - Basic Foot Care - Macular Degeneration and Low Vision Support Group
 Meditation & Self Knowledge - Blood Pressure Clinic

Volunteer Opportunities

Please phone 250 388 7844 ext. 308/lgleinzer@jbcpc.bc.ca
 for information about volunteering or any of the above programs

Drive your Community

Volunteer Drivers

Baking/Cooking/Kitchen

Food Safety Instructor

Community Closet:

Shop Assistants (on call)

Family Resource Centre:

Mother Goose Program

Toy Washing

Direct Services – One to one volunteer support for Seniors:

Foot Care Providers (RN's, LPN's)

Transportation

Yard Work and gardening

Social companions – walk, visit, games, reading

Decluttering and downsizing

Errands and minor home repair

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Program in Focus

Food Skills Program for Newcomers to Canada @ James Bay Community Project

Mondays 4:30 – 7:30 pm. Free.

To teach and encourage healthy cooking in a fun relaxed atmosphere while helping those new to Canada learn about Canadian meals and the food system. The supportive setting encourages participants to discuss challenges faced in a new country. Participants learn to cook tasty Canadian favourites and have an opportunity to make friends, learn new skills and share good food.

Register at 250 388 7844 x. 308 or email lgleinzer@jbcp.bc.ca

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From the desk of your Development and Communications Worker Paula Greene 250.388.7844 ext. 309/pgreene@jbcp.bc.ca

There are so many ways to donate these days with new and creative methods of giving so there is something for everyone. Below are the ways you can support James Bay Community Project and make a difference to Seniors, Adults with Disabilities, Children, Families and Youth.

- Make a donation online: make a one time donation or become a monthly donor
- You can donate by cheque. Or donations forms are available at reception or online
- Leave a legacy: A gift in your will keeps giving into the future
- UsedEverywhere/BeGiving: When you sell something on UsedEverywhere you can donate a portion of the proceeds to JBCP
- In-kind: Donate non-perishable food stuffs such as soup to stock our community food cupboard
- Sponsorship: If you are a business owner consider sponsoring JBCP
- Thrifty Foods Smile Card: Pick up your Smile Card at JBCP reception
- Memorial Gift: Remember your loved ones with a memorial gift

With gratitude to our funders

Thank you to our funders and community partners - your support helps keep the community connected.



8k walk/run clinic

A partnership between
James Bay Community Project
&
Victoria Athletic Club



We'll get you to the starting line and over the finish line at the
GoodLife Fitness Victoria Marathon 8k - October 9, 2016

For just \$75.00 you receive a package worth \$550.00 that includes:

- 14 week walk/run clinic: Thursdays starting July 7th @ 6.30pm
- 14 week yoga for runners: Tuesdays starting July 12th @ 6.45pm
- Access to Victoria Athletic Club on clinic day
- Pride that every step helps build a healthier community

Victoria Athletic Club are generously donating \$45.00 dollars of every registration back to JBCP to support programs for vulnerable members of the community



To register or for more information visit www.jbcp.bc.ca/
Contact Paula Greene: 250-388-7844 ext 309/pgreene@jbcp.bc.ca