

Life on the Front Line

DO YOU WORRY ABOUT TOMORROW?

Matt 6: 25-34

An ancient Chinese parable tells of Tan Chang, a small farm owner, over shadowed by a towering mountain. One day he decided to remove the mountain. With the help of his wife & sons began to hack at its base. A neighbor scoffed, "You'll never finish the job, old man! There are not enough days in the year for you to do this." Tan replied confidently, "*I'm not as foolish as you think, my friend. I may be old & feeble, but after I am gone, my sons will continue to peck away at the mountain, then their sons & their sons following, will do the same. The mountain cannot grow & someday will be level with the ground & the sun will shine upon our land.*" Many of the problems we can't eliminate instantly can be moved a piece at a time, a day at a time. Jesus shared in Scripture, two points that I want to share two points for your consideration today. **First of all, we know Christians are endowed with power stronger than their anxiety.**

Philip Brooks, a distinguished congregational Boston preacher, began keeping a diary when he was 13 years old. As one of 11 children, what spurred him to be a diarist was sitting at the dinner table one night with his parents. His mother expressed concern about how they would pay their bills & how they would live. In fact, she fully expected to go the poor house. Philip Brooks wrote that his father looked up from the dinner table & said to his wife, "*My dear, I have trusted God for 40 years. He has never forsaken me. I'm not going to distrust Him now.*" Now, let us give thanks for what we have to eat today. Augustine wrote in the 4th Century "*Hard times, troubled times; these are what people are saying. But let our lives be good and the times will be good. We make our times; such as we are, such are the times.*" Those two great Christian leaders offered the same truth; our security should be in God; we ought to trust God to supply our needs & take care of our future. No Government, no Bank, or our Company, but our trust in God as our source, our power & our strength. We live in this world & accepting that that we trust God.

The power of God's presence is available now for our journey in faith. In order to have power for today, we must wait for tomorrow to come. So what should we do? We follow the words of Jesus who said "***But seek first His kingdom and His righteousness and all these things shall be yours as well.***". Christians are saturated with a peace that outlasts their anxiety and difficulties. That is why we will endure until the end of time. This talk began with the parable of a man who was advised to quit his work in life because the mountains were too large to conquer. He could have been anxious, fearful & disillusioned, but chose to handle each new day with the power of God. That same choice is ours. Through most of our lives most of our lives we worry so much about tomorrow that we never accept that God has provided for our lives today.

My friends, in light of the worries and anxieties which life in 2018 will set before us, let us respond to the affirmations and promises that Jesus shares with us in this great Scriptural verse from Matthew's Gospel. To repeat & remember "***But seek first His kingdom and His righteousness and all those things shall be yours as well. Therefore, do not be anxious about tomorrow for tomorrow will be anxious for itself.***"

Today is the day God has called us to live. May it be so.

From the ED's Desk
Sheldon Feener
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THE SALVATION ARMY
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An inspirational Quote

Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.

Gandhi

CLIENT ACHIEVEMENTS

Life Plans & programs

On May 4th, M.T. found housing, having been accepted into the Caribbean (VIHA psycho—social rehabilitation site) & moved in on May 22nd.

Rooms

On May 3rd D.M. moved into Room #251, followed on May 8th by H.F. moving into Room #242 on May 28th. Both are now part of the Transitional Housing Program (THP), & moving forward in their lives, in the ARC.

On June 6th, C.W. moved into Room #247.

On June 11th, T.R. moved into room #254.

D.P moved into room 314 on June 15th.

On June 18th, S.R. currently working on a submarine no less, transitioned into THP & moving

into Room #319 while W.M. moved into

Room #316, same day.

Housing

On May 1st, P.H. got a room at the York. All painted & spruced up, it suits him fine. On

May 2nd while doing safety rounds, we checked S.L. 's door which was ajar. Knocking

on the door with no reply, we entered, finding most belongings removed. We later confirmed that he had moved out. Its like that

sometimes, they arrive, leave almost no trace except an intake form & a few memories,



early morning, on occasion.

In Memoriam

David (Alex) Pitblado 1958- 2018

We got the first news from Wonda "It is with sadness that we convey the news of the passing of one of our residents, David (Alex) Pitblado). Alex was looked forward to a new start & had secured housing for June 1st. He was hopeful & happy. Unfortunately, a health issue arose requiring hospitalization. While in the care of hospital staff he unexpectedly passed away on the 23rd. His sudden passing was felt by both clients & staff who knew him & will be missed".

Lunch time at the Community Dining Room. They'll be back for their bikes in a moment.

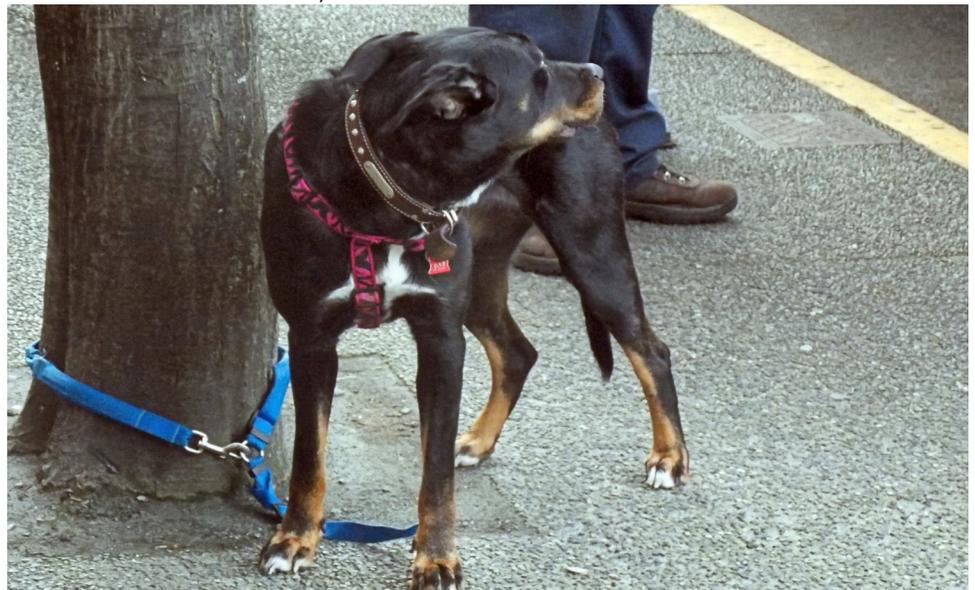
like mist in a spring breeze, hopefully having received what he needed. Maybe he will catch up later—maybe he won't. We hope that he took a part of us with him, when he left & that he's well. J.K. moved into the Ritz, on May 11th. He was allowed to access the cafeteria, the following week to help him get established. On May 14th D. F. came in the even evening to let us know he had found a place. Staying with a friend from work for 2 weeks, they then took over a lease for a 2 bedroom basement suite. A.P. moved into apartment in the community end of May. This also happened to J.M., a longstanding high needs program client who needed & got a break, now living in supportive housing.

On June 1st R.C. moved in to his new digs at Rockland Manor, semi-famous for a news story about the 99 chickens living in the back yard. Eggs all around. Really, I did not make that up. R.L. moved into Waterview apartments through Pacifica Housing, on Sunday, June 3rd. It would have been sooner, but there wasn't a fridge there yet. He dropped off the key at the desk. & accessed meals here for a week or so. J.P. secured housing in Richmond, on the BC. Main land, through VIHA & his orthopedic surgeon, moving in on June 4th. On June 9th, R.L. moved into the Waterview apartments—arranged through Pacifica Housing—on Sunday. It would have been sooner but it needed a fridge first. On June 19th, E.M. left the ARC for housing in the community. His efforts were rewarded with an early move in date. On June 20th, C.W. moved his belongings into Matson Sequoia in a beautiful 2nd floor suite close to the waterfront. Lack of furniture & food are the reasons for his delay in moving in, but that is underway. Huge win for him!!

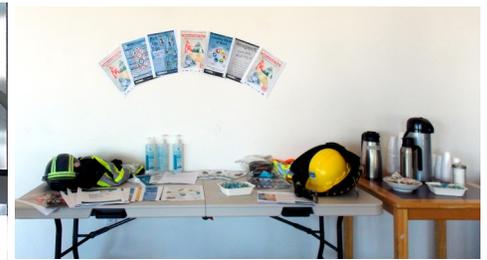
G.E. who moved into Room # 317, on June 5th having worked on getting along with others here & shown a willingness to work on outside goals, was soon after accepted into subsidized housing through GVHS, moving in to his new digs, at the end of June. As one of our best works in progress, this was an indication of how people get better & better. On June 27th, D.D. got his keys for subsidized housing at our Matson Sequoia residences in Esquimalt.

Jobs

As of May 4th KW. started a new job working to approx. 0030hrs Thurs & Fri. He is hoping for more & better hours. As of May 11th D.H. now works graveyards. As of June 1st E.M. has started with Yellow or Victoria cab & starts early, leaving before 6am. Starting June 2nd, M.F. works graveyards in a McDonalds nearby the ARC. We see him on our way to work in the



Sooner or later we feed everybody at the Community Dining Room



without notice, going down without warning. We got a different one, built spreadsheets, choked back a sigh or two & moved on. In the nature of the way things go, better equipment came online & we're back with a new Intake program called ARCWAY.

Emergency Disaster Service (EDS)
As of May 5th EDS course graduates have been emailed with a request for participation in feeding teams, groups of 3 or 4. As we ramp up for the coming year, its another thing that matters & needs to be done

Mental Health First Aid Training
On May 24-25 29-30 from 9:00 am-4:00 pm Training took place at BCGEU Victoria Area Office, with good bus routes & a large parking lot out back., A detailed schedule of activities presented during training, in the Union Hall Auditorium. A commonly repeated part of the training was ALGEE the assessment process heavily integrated into the training.

Assess the risk of suicide &/or harm
If Overdose implement Crisis First aid



Kim Shelly & Wendy Tupling-Guest ready for Anti Bullying course

EVENTS

Spring is season of change, people come, people go & we all dig out of the winter months & prepare for the ensuing year. Recent months that saw the hiring of several bright new casual employees, also saw the departure of a long time caseworker, Marcien Hurtubise Caseworker & Julia Kubow, Front Desk Clerk & Resident Support Worker, both left for new opportunities & challenges in their respective futures. They will be missed here.

In the busy life we chose, much is context. When we aren't caring for clients there is coursing to take, walls to paint, toilets to plunge or linen to clean—part of a fairly endless list chores & challenges. If we aren't careful, the "world of the day to day" overwhelms us all. Busy fighting alligators, we forget to drain the swamp. More than usual, such was the nature of this recent time. These were perhaps the months when it was most necessary to take a breath & listen to others, our selves & the yearning of souls.

Anti-Bullying & Harassment Training
Held on June 5-6th, this course was jointly facilitated by the Wendy Tupling-Guest of the Salvation Army DHQ & Kim Shelley of the BCGEU with classes composed of all employees in the ARC. The training venue was the ARC Chapel & light refreshments were served.

Health & Safety Week
Health & Safety remains an example of the supplementary duties, tasks & functions, essential to the work we do. In our busy day it can come to be seen as busy extra work, but it all matters. May 6th to 12th this year was declared Occupational Safety & Health Week in North America. As part of building & celebrating a safe workplace, all were invited to visit a display table in the Chapel. It was open to all employees, volunteers & practicum students

on behalf of the ARC Joint Occupational Health & Safety Committee for conversation about health & safety at the workplace as well, providing refreshments, free stuff & informational materials.

Health & Safety Violence Risk assessment
WCB accepted our Violence Risk Assessment Report (VRA) submitted by Trevor and Gord. We have Zero Order currently at TSA ARC. This report will affect the way staff interact with clients & other staff, as well as integrate our Risk & Assessment needs with the general requirements of the Salvation Army generally. Its common in the "caring craft" to be so involved in the welfare of others that we don't look to our needs & risk the loss of ourselves.

Front Desk computer down
Our front desk computer took vacation



Marcien Hurtubise & Julia Kubow of Residence Department moved on to new things in May



On June 10th the Conference ended & I left with several things to take away.

- Disaster management is more layered comprehensive than I realized & more integrated into local communities.
- Indigenous People are more connected to Disaster Management than would have personally occurred to me, being usually equal partners in their areas. It was one of those obvious things, I most likely heard about this, but didn't think about.
- These events are hard on staff & volunteers as well as victims of a disaster, especially if they don't manage self care.
- This will happen again in BC.

About the most reassuring thing you can say to someone in desperate emotional need is "There, there—Let it out—You're in a safe place". Then listen. All the help, all the nurturing, all the work on the human condition starts from there. So as we end the conference & the month I suppose that's an ideal place to leave it.

WEB LINKS

Vancouver Island Preparedness Conference
Provincial Health Services Authority



- Listen Non-Judgmentally
- Give reassurance and information
- Encourage the person to get appropriate professional help
- Encourage other supports

As with most events in this town construction was a hindrance, doing things. As we have First Aid to get medical aid to people in physical need, we also now have training to get help for people in emotional need.

Web links

- Canadian Mental Health**
- Canadian Psychological Association**
- Livingworks Education Inc**

VANCOUVER ISLAND EMERGENCY PREPAREDNESS(VIEP) CONFERENCE

Wonda Seeboyer & I attended this Conference June 8-10, at the University of Victoria in the Strong Building this year. The proceedings were officially opened/closed by Door Gibson, President of VIEP. While it was all interesting, the 2 most insightful events were, the Psychological First Aid Workshop (Mental Health for people in a disaster for Clients & staff) on Friday & "Floods to Fires – From a first responder & personal perspective" on Sunday.

The Mental Health Course by Health Emergency Management on Friday—actually before the opening of the conference—

presented by Irene Champagne, primarily diagnosis & mitigates mental health issues for people in a disaster setting, while helping them get professional help to avoid lasting emotional damage, going forward from a disaster.

The other panels & lectures sandwiched between these 2 presentations dwelt on the nature of disasters, interactions between various groups & the pattern of response to events & the ones I saw were all good. They were varied including a tour of the First Peoples House, lectures on the potential of disasters in BC, introductions to members of Emergency Preparedness community & various stakeholders in the this community.

The "Floods to Fires" presentation by Fire Chief Travis Whiting of Kelowna, detailed the specific issues in 2017 in the Kelowna Floods & Fires, integrating them into a larger world view of general issues such as global warming & environmental cost, relating the specific to the general issues. All the statistics & diagrams enhanced the presentation & were informative. It ended with an explanation of how procedures & resource management changes would need to change & improve, to meet the likely greater environmental events that will happen in the near future.





Congratulations to Margaret Susan Halabura, a Front Desk casual who got her Psychology degree from UVIC this June.

PRINCESS & SUPERHERO PARTY

There will be: Crafts for Kids & Tom Thumb Race Track... Bouncy Castle & Photo Booth with Your Favorite Princess and Superhero!

FUNDRAISER to send kids to Camp Sunrise!

Saturday, June 9, 10am - 1pm
Salvation Army High Point Church
949 Fullerton Ave

Tons of door prizes!
BBQ lunch included!
Costumes are encouraged!

Ticket prices: adult \$10, children (ages 4-12) \$6, children (age 3 and under) free.
Tickets available at: www.eventbrite.ca/s/princess-superhero-party-tickets-4544098531

Silent auction will be held for a child-sized Audi Spyder.
Sponsors include: Enchanted Fables, Superheroes of Victoria and more!



Photos: Yin-Yee Yip



Staff meeting & events at Beacon Hill Park

The Princess & Superhero Party

The Princess & Superhero Party was held on Sat. June 9th at Highpoint Church to raise over a \$1000 to send children to Camp Sunrise & was supported by all 6 Salvation Army ministry units in Victoria. There were crafts, a bouncy castle, story time, with princesses, Tom Thumb Racetrack & a photo booth to take pictures with your favourite princess & super heroes. There were too many door prizes to list & a silent auction for a child-sized Audi Spyder!! not to mention a BBQ Lunch & costumes encouraged. We had four princesses show up, Elsa, Anna, Aurora & Rapunzel as well as the Joker, Harley Quinn & Violet from the Incredibles who made their appearances. Fun was had by all & the community is already asking for an invite to next year's party. It was generously sponsored by Oh La La Cupcakes, Sysco Foods, Fairway Markets, Enchanted Fables, Superheroes & BC Hazmat.

ARC Multi-Departmental Staff Meeting

On June 26th ARC had a major staff meeting with workers from the Residential (ARC & Hope House) & CRF departments, taking place in Beacon Hill Park near the petting zoo & parking lots from 11:00-2:30 am. It was reserved for team development. Food was served at 11:30 by the ARC Kitchen & as per usual was very good.



Story Time & Tom Thumb Race Track



SALVATION ARMY/ ARC PROGRAMS

Games Night

Tuesday Night 7:00 pm.

Chapel Bible Study

Sundays at 3.00 pm. in
Tuesday, Wednesday & Thursday at 10:00

Recovery Groups

Tuesday—Life Ring — 06:30 pm

Wednesday—Celebrate Recovery—ARC

Chapel—06:30

Friday—Celebrate Recovery at 1st Baptist
Church—05:45 pm

AA Meeting—Friday and Saturday evening at
07:30 pm in the Community Dining Room.

COOL AID UP COMING EVENTS

Monday

Foot care – 10 am to Noon - Hygiene

Downtown Story Collective – 6-8 pm– Chapel

Tuesday

Doctor in the house – 7-8:30 am – Medical
Room

St. John Ambulance – 10 am–Noon – Medical
Room

Art Club – 1 - 3 pm – Chapel * New Time

Mental Health Counselling – 1–3 pm –
Counselling Office

Doctor in the House – 1–3 pm – Medical
Room *No prescriptions

Reflexologist – 1–3 pm – Care Corner

Wednesday

Doctor in the house – 9–11 am – Medical
Room

Reiki – 1–3 pm – Care Corner * New program

Thursday

R.N. Cathy – 8 -10 am – Medical Room

Foot care – 9 am- Noon – Hygiene * new time

Acupressure – 10 am to 3 pm – Care Corner

Therapy Dog Rudy – 10:30- 11:30 am –
Computer Room

Bingo – 6 - 7:30 pm - Chapel

Friday

Barbers – 10 am to Noon – Care Corner

Mental Health Counselling – 10 am-Noon –
Counselling Office

Nurse – 10 am-Noon – Medical Room

50+ Club – 1- 3 pm – Chapel

R.N. – 1-3 pm – Medical Room

Hearing Clinic – 2– 4 pm – Admin office
meeting space

Saturday

Beading and Arts & Crafts – 1 pm to 3 pm –
Drop in Centre

Sunday

Doctor in the house – Noon– 1 pm – Medical
Room

Haircuts – 1–3 pm – Care Corner

Knitting – 1–3 pm – Drop in Centre

Therapy Dog Scout – 4–5 pm – Computer

Lab

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POETRY CORNER

Untitled

I found myself without morals
where it all began, booking on the place
we all want to live

I stop to see forever, not wanting to see
wrong. I stopped, I continued:

Not rightly to clear my head

I travelled for 3 weeks

On the 3rd week I looked to my heart to see
love but found the home of the beast to
know my enemy.

I have done wrong through the land of the
the heartless.

I can do no wrong no more.

I fought pain in my left hand with my right
extended out.

I see the devil & he binds me but aren't devils
merely angels carrying away your guilt?

I stopped on the last day, of the last month
of the last year:

Again looked to my heart to find love.

My life must be righteous, in a place
unknown, so I can rest my soul, where it all
began.... Anon

Graduation

What do I have to say about this program, well
you just sit there if you can, while I tell you
about this lady, this man & what they've taught
me, not only about myself but patience & a
wealth of knowledge that I can apply directly to
my life, even when my arrogant words cut like a
knife, to the core of who you are. You remained
calm & let the bomb detonate taking the shrap-
nel, fallout leaving you wounded, so thank you
for that.

I also really enjoyed the outings & the free

coffee, climbing mountains, walking through
parks with fountains. I finally got the chance
to prove that white men can jump, even if it
left me with a bump on my bicep where the
tendon kept things in line, making a plane
out of cards, being able to be transparent,
when one normally guards their hearts,
writing poetry with a hip older lady was fun.

Keep listening, because I'm not close
to being done, holding back tears, watching
movies about 2nd chances, not being judged
for the circumstances leading me here,
numerous convictions, becoming aware of
the fictions of my life, these subtle sly habits
that take us down paths made by rabbits, we
learned how to rewire our brain.

Even I learned how to change course in life,
by meditation, better communication, a
more honest interpretation of life's events,
has left me better equipped to deal with the
ladies & gents in my life, so I feel a lot less
anxiety now that I'm out in society, unless
I'm in the van with Eugene driving, or
thriving, running through traffic, even
getting needles in my ears. Releasing the
trauma from years ago somehow didn't
seem like a bad idea, from freezing cold
classrooms, to sketchy bathrooms, it was all
endured to ensure that I would be walking
away with a sense of achievement, not
bereavement because I couldn't follow
through with a tough situation, I get to leave
with the sensation of a completed task.

Don't ask me how this is possible. Is it
because of her or him, yoga with Kim, which
would normally be quite grim. Somehow it
became fun, the race has been won, I had
fun, so I can run forward in life without fear,
my focus clear stepping out of the rat, & not
like a terry tough nut. Now where's the
donuts?

s.d.