



ourplace

THE ALLIANCE OF

THE OPEN DOOR AND THE UPPER ROOM

919 Pandora Ave., Victoria, B.C. V8V 3P4

VOLUNTEER'S NEWSLETTER

#2 - March 15, 2006 Bruce More - Editor

What an exciting time it is to be part of this evolving organization. Much has happened this past month; most of our work has been in the administration and kitchen area. With the help of a wonderful team: Gail, Fran, Cheryl, Dvora and Ned, actual results will soon be visible. Look for the Kitchen to receive clear definitions with standardized operating procedures allowing for more consistent actions. We are witnessing the act of passing from one state or phase to another. Change can be difficult, but it does not need to be a fearful thing. Sometimes fear is just not knowing. Change can be growth, both in the physical and spiritual sense.....change has come.... we can embrace it, mold it, not fight it but accept and use its energy to better not only ourselves the volunteers, but those we serve: our inner city family.

The treasures you offer our family, the value you provide to our organization, for these we thank you, thank you all so much for your service.

Bob Frank, Volunteer Coordinator

The "deconstruction" of the Open Door - the beginnings of *ourplace*



Volunteer Help Line

Volunteers wishing information about any aspect of their work at *ourplace* are encouraged to call **385-2454 or 388-7112**. An experienced member of the staff will be happy to call back and help in whatever way possible.

The "parts" of *ourplace*

Drop in centre - 713 Johnson

- Office
- Kitchen & food distribution
- Drop-in staff
- Clothing & toiletries room
- Outreach programme
- Individual assistance:
 - advocacy, referrals, emergency medical aid, transportation to detox, housing, employment, resume preparation, visitations to home, hospital or jail.

ourplace - 919 Pandora

- Administrative Office
- Soup kitchen 2 meals a day, 6 days a week
- Rooms: 22 short term furnished rooms for men
- Small clothing room & toiletries
- Counselling services

Safety Corner

A reminder to all volunteers of the real danger with needle pricks: hands should not go into any pocket or bag. Picking up any clothing articles should be done with care and concern for personal safety. If you have any doubts, notify staff immediately.

"Unconditional love given in a non-judgemental way."

Calendar of Events

- Fri. March 31st staff retreat
- April 5 drop-in centre closed (TBA)
- April 14 and 17 closed Easter weekend
- April 14 Good Friday dinner at Upper Room
- April 15 Bruce & Connie's annual dinner St. Aidan's (watch for posters at *ourplace*).
- April 28 Staff retreat

Workshops and Courses

15 volunteers signed up for the food safe course in February. Well done to those who participated. One volunteer is currently participating in the pastoral training course.

Watch for the following course announcements: AIDS 101; First aid; Verbal Management of Aggressive Behavior in the Workplace.

Profile:

Rosemary

Clothing Room Volunteer

I felt moved to come to *ourplace*. When I came in the door I was in fear. I took a deep breath and came in anyway. I was shocked and overwhelmed emotionally. Later I realized that I had become an 8 year old (abused) child again. I got through that hour and on my return Wednesday morning I came as a healing adult. Thank you *ourplace*.



Profile:

Anita

Kitchen Volunteer

Anita is a long time volunteer at the Upper Room whose specialty is prepping for the evening meals. Anita always has the coffee and tea ready to go! We truly appreciate Anita and her dedication.



DONATIONS

Our space is limited and we can no longer accept all the donations we used to. (Please, no household items, large or small.)

We Need:

Clothing- seasonal garments, socks, trousers, shirts, under garments, footwear, belts.

Bedding- blankets, sleeping bags, ground mats

Toiletries- feminine hygiene products, razors, toothbrushes, tooth paste, deodorant, brushes & combs
Knapsacks, Backpacks, small tents, towels

Non-perishable foods: Canned or other dry packaged foods, coffee.

Welcome to new volunteers:

Real, Foster, Jeff, Jeannie, Elton, Carol, Margaret, Lynda, John, Heather, Will, Raymond, Teresa, Rosemarie, Francine, Deborah, Michelle, Devora & Ned.

Volunteers needed in the soup kitchen

	Lunch	Dinner
Mon	none	n one
Tues	1-2	none
Wed	2	none
Thurs	2-3	none
Fri	3-4	2-3
Sat	2-3	3-4

- Special Thanks to Guy, Bruce, Gerald, Gail, Ed and Charles who pick up the bread. We deeply appreciate the often unseen service and hard work involved. So many are fed by your efforts.

Goodbye and thank you:

Renate

served in the clothing room and managed the transition of that space to the new location. Her talents, compassion and her ability to serve the family will be missed.

Losses to our Family during the past month:

Tracee (Spike) Ann Riches
Brian Fuller
Alexa Mcolouat

How do I volunteer?

Please call either 385-2454 or 388-7112 and ask for an appointment for volunteering.

Volunteer Shifts

7am-10am 10am-1pm 1pm-4pm