



Jeremy's Memorial Foundation Against Domestic Violence

Fall 2021 Vol. 41

MESSAGE FROM THE PRESIDENT

I'm sure we all feel the same way – sick and tired of this pandemic. 2021 was another tough year. It was very disappointing that we could not distribute our monthly planners or hold our annual spring and fall plant fundraisers again this year. We have however, thankfully, managed to complete our spring and fall distribution to the transition houses we support. This includes hundreds of pairs of ladies and kids' pajamas, knitting galore and whatever miscellaneous gifts and gift cards we have received. We also delivered backpacks with school supplies in time for school again this year. Our children's workbook, "THERE'S ONLY ONE ME!" was sent free of charge to many charities in BC upon request (4,530 to date).

This could not be accomplished without each and everyone of you supporting us. I deeply appreciate our corporate supporters who came through for us in a big way again this year (more about them in our next newsletter). It really does take a community coming together with the common goal of helping women and children who have experienced abuse. Working collaboratively, we are making a difference.

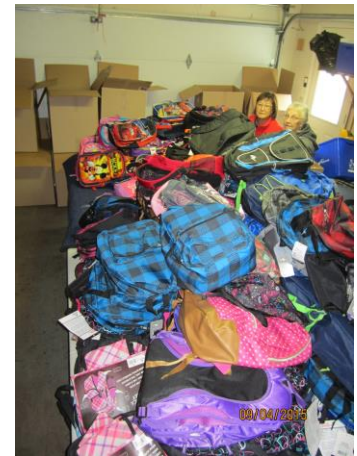
I am so grateful to our Board of Directors and volunteers for stepping up: shopping, packaging and delivering all the goods. Each pair of pajamas is tied with ribbon securing a poem with a positive message meant to comfort the recipient. We have distributed 12,300 pairs of pajamas since 2010.

There was an article in the local Richmond newspaper that I would like to share with you. It's about the courage it takes to leave an abusive relationship and the support offered at a transition house. See page 2.

Thank you for choosing to go on this journey with us. Your support and confidence in Jeremy's Memorial Foundation is truly inspiring.

Wishing you a very happy and safe new year!

Donna



Packing backpacks



Sorting pjs and other donations

NEWSLETTER

Courage needed to leave abuser by Maria Rantanen

From Richmond News – December 2, 2021

“It’s not much, but it is mine.” This is how Flora (name changed) feels about a modest rental home she lives in with her son after finally leaving an abusive relationship in Richmond.

Flora was feeling powerless with no control over her life, while being a stay-at-home mom looking after her son. Her husband worked long hours and told her the money he earned was his – not hers because she didn’t work. He would get angry when she took her son places while he was at work because he couldn’t come along. Although sometimes people say mean things when they’re fighting, Flora said, now she can see it went beyond just normal fighting.

Finally, after many fights – and trying to suppress her feelings to keep the peace, especially with a young child around – a big blowout ended with her husband taking their son and leaving. She spent four days frantically wondering where her son was – she was so desperate and afraid, her friends took her to the hospital, afraid she would hurt herself.

There she was connected to a social worker who got her into a transition house in Richmond, Nova House. This was the beginning of her journey to independence and out of an abusive relationship. At Nova House, which is run by CHIMO Community Services in Richmond, she realized she had rights.

She was finally away from the abusive situation and she started to piece together her life again. She realized how her husband had put her down and belittled her to the point she thought she was the one who was in the wrong. “It makes such a difference when someone tells you ‘you’re doing good’,” Flora said of her experience at the transition house.

She got legal help to get custody of her son – even after her husband threatened he was going to get a lawyer and defeat her in court. Nova House staff also helped her find housing, look for where to go back to school and write her resume. “I feel like I had a bunch of moms,” she said.

Flora encourages any woman who feels powerless in a relationship to seek help – reach out and talk to friends and family, she said. Many women think it’s a sign of weakness to admit that one is in an abusive relationship. Flora said, but in fact, it takes a lot of courage to ask for help.

When she finally secured a rental apartment, a church in Richmond helped her furnish it with the basics to make it a home for herself and her son. Flora is now planning her future – she is going back to school to become a veterinarian’s assistant.

The CHIMO Crisis Line is 604-279-7070 (open 8 a.m. to midnight every day).

If you need help call:

Victims Information Line (British Columbia) 1-800-563-0808

Helpline for Children (British Columbia) 310-1234

Emergency Only! 911

Most communities also have crisis lines that will connect the caller with a transition house when needed.

Drink Container Fundraiser

ONGOING!



No sorting No counting It's that simple

You can donate the deposit on drink containers to our Foundation. Any beverage container purchased with a deposit charge in BC is acceptable. Simply put your returnable drink containers into a clear or transparent bag and tie it shut. There is no need to sort or count the containers.

Take the plastic bags filled with returnable drink containers to any of the **Return-It Express** depots. At the Return-It Express kiosk enter our phone number **(604-275-7234)** and request a label for each plastic bag. The machine prints out the labels and you stick one on each sealed bag and leave it with them. The Return-It Express employees will sort and count the containers and credit our foundation's account.

There is a 6 bag limit per visit.

You help save the environment and make a donation to our Foundation at the same time.

Please note only the Return-It **Express** depots offer this service, it is not available at all Return-It depots. For **Return-It Express** depot locations go to return-it.ca/locations.

Thank you in advance for your support.

Donors Appreciation

Your generous gifts make it possible for us to assist the victims of domestic violence. On their behalf we wish to acknowledge you and thank you. Please know that lives are forever changed and impacted in such positive ways because of you.

(Due to confidentiality, we will not be listing private donors in our newsletter).

Donors (Jan – Nov 2021)

Alberni Community & Women's Services
Estee Lauder Companies
Foresters
Knitting Sisters
Maple Knitters

SPI Health & Safety (formerly EnviroSafety)
St. David's House
TD Ins. Direct Agency Inc.
T'it'q'et First Nation
WorkSafe BC

Fundraising

Thank you to all our supporters (individuals, charities, corporate donors and volunteers) who have chosen to selflessly give. The help comes in many forms – memberships, donations, supporting a fundraiser, gifts in kind (pajamas, toys, backpacks, knitted items, hygiene kits, etc.) and more.

From Apr 2001 – Nov 2021, we have raised a total of **\$502,333**

Thanks for your support!

Board of Directors

Elected Oct 2021

Donna Gillette	President	Bob Meister	Director
Gary Menendez	Vice President	Gail Rawle	Director
Toki Menendez	Secretary	Bonnie Rumley	Director
Christine Halston	Treasurer		

We need your help

- Please make a donation.
 - Send a cheque payable to Jeremy's Memorial Foundation. To receive a tax receipt, please include your name, address, postal code and phone number with your donation.
 - Donate securely online through CanadaHelps.org by any one of the following:
Interact, Visa, MasterCard, American Express or PayPal. (Access CanadaHelps.org directly or through our website.) You will receive a tax receipt directly from CanadaHelps.
You can do a one-time donation or set up monthly contributions.
- Donate your Canadian Tire Money, it all adds up. Once we collect enough, we purchase Canadian Tire gift cards to give to the Transition Houses.
- Donate pajamas and toys (new only please)
- Donate the deposit on drink containers. Take returnable drink containers in a clear plastic bag to a Return-It Express depot. Enter our phone (604-275-7234) at their kiosk and print a label to attach to each bag. A Return-It employee will sort, count and credit our account.



Jeremy's Memorial Foundation Against Domestic Violence

30 – 9880 Parsons Road
Richmond, BC
V7E 1K9

Charity Tax# BN 87585 7813 RR0001
For more information contact 604-275-7234
visit our website: www.jeremysmemorialfoundation.com
or email jeremysfoundation2001@gmail.com