



Jeremy's Memorial Foundation Against Domestic Violence

Fall 2022 Vol. 43

Message from the President

It seems unbelievable that we are almost at the end of another year. I would like to start by expressing my sincere appreciation for your help in providing aid to many women and children in need of a helping hand. Your generosity and kindness extend far and wide.

In 2022, we distributed the following: 1,370 pajamas, 80 kids backpack with school supplies, hundreds of pairs of socks, almost 200 knitted items, a multitude of stuffies, lots of kid's books and hundreds of other misc. new gifts. Thank you for making this possible.

We held our Annual General Meeting in October by Zoom. It was unanimously voted on by everyone present to increase our annual membership dues to \$25.00 (formerly \$20.00 annually) effective in January 2023. The Board of Directors all agreed to stay on for another year and were re-elected. This committed group has worked hard and conscientiously for our charity for many years. Their caring, devotion and dedication shows in our accomplishments. Thank you all for so willingly sacrificing your free time.

As promised we are including a lovely thank you letter we received from Cythera Transition House Society. They operate a transition house in Maple Ridge. More about them on page 2.

I recently received a newsletter from WINGS who have 2 transition houses - Monarch Place (New Westminster) and Azure Place (North Delta). They are celebrating their 25th Anniversary this year. Congratulations! An article in their newsletter entitled Reflections touched my heart. See page 3.

Together, we are making a difference! Thank you again.

With grateful hearts, Our Board of Directors and I wish you a joyous Holiday Season full of love and a happy, healthy 2023.

Donna

Board of Directors

Elected Oct 2022

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

NEWSLETTER

Cythera Transition House Society

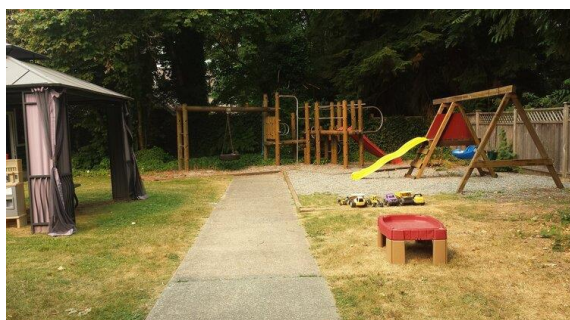
Mission – To achieve a balance of power in society which, we believe, will bring about an end to violence and abuse of women and children. Cythera strives to bring an end to domestic violence through transitional housing, counselling, education and access to additional community resources.

Our Transition House provides safe housing and basic necessities for up to 30 days to women and children impacted by domestic violence and/or abuse. Staffed 24 hours a day, residents receive emotional support in a secure, nonjudgmental and confidential environment. Practical information and referrals to service providers to support with housing, legal rights, income assistance, child-care and other community resources are provided.



When you arrive – Every individual who comes to the Transition House is greeted by our staff and given access to a secure private room and clean pajamas. Our staff strive to create a welcoming and comfortable home environment where you will find a fully stocked kitchen, toys and games for young children to enjoy, a gaming lounge for youth. Our transition house also features a beautifully landscaped yard complete with toys, playhouses, gardens and a covered deck area.

Cythera Transition House pictures from www.cytheria.ca



Fundraising

We thank you for supporting our Foundation. It comes in many forms such as membership fees, donations, supporting our fundraisers and gifts in kind. Pajamas, toys, backpacks knitted items, hygiene kits are some examples.

From Apr 2001 – Oct 2022, we have raised a total of

\$529,317

**Thanks for your
support!**

Cytheria's letter to our Foundation - September 13, 2022

On behalf of the Board of Directors, the management, and staff of Cythera Transition House Society, I would like to extend our deepest gratitude for your faithful donations to us both in June and earlier this month. The women's and children's pj's are forever an integral resource at our Transition House. The school back packs filled with supplies are also a much valued and necessary resource for many of our families.

You are a treasured donor group who continues to give sacrificially to the work we do. Your faithful remembrance inspires us and gives us strength. Without the support of people such as yourselves, our work would be that much more challenging. The work we do is most effective when it is done collaboratively and in community. You have been an integral part of this community work for many, many years. We would like to express our sincere and heartfelt appreciation for your donation and for making Cythera a charity of your choice once again. You truly make life-changing differences in the lives of so many families.

We all continue to be forever grateful and moved beyond words by your faithful, compassionate, caring, and incredible support. Thank you.

Sincerely,

Teresa Green, Executive Director

Reflections – from W.I.N.G.S Newsletter

As a result of the pandemic, we have all experienced change. For a season we adjusted to new routines, the loss of freedoms we previously enjoyed, and the lessening of the control and personal autonomy we were accustomed to. The thought, "Oh, I can't do that or I can't go there", became a familiar refrain in our consciousness. A sense of fear for our personal safety dogged our footsteps. We felt isolated and deprived. Do you realize what we all experienced was a small glimpse of what life looks like everyday for a woman in an abusive relationship? For her, not just during the pandemic but every day before the pandemic and every day now. There is no hope for her of regaining a sense of 'normal' life. That life with limited personal freedom and choice is her normal life. The spike in violent domestic incidents over the last three years just represents a new layer of oppression for her and other women, a deeper level of danger, and fewer exit points.

Abuse affects everything. At some point, you might have been stopped at a train crossing and waited for what seemed like 'forever' for the train to pass. You only saw a section of the train at any one moment in time but you had a sense of the length of the entire train. Her life is like that train, constantly moving toward a destination, adding cars that drain her capacity and weigh her down. She cannot stop that train and the challenge of getting off is both perilous and uncertain. The women and children we served this year made that courageous choice and we were there to come alongside, supporting their journey to safety.

Donor 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 do not list private donors in our newsletter.)

Donors (May – Oct 2022)

Beta Sigma Phi Sorority

Foresters Pacific Rim

Hoe!Hoe!Hoe! Gardening Services

Knitting Sisters

Maple Knitters

Return It Express

SPI Health & Safety (formerly EnviroSafety)

TELUS

The Waterford, Tsawwassen

Help us Help others

- 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 number (604-275-7234) at the kiosk and print a label to attach to each bag. Leave the bag in the designated area. A Return-It Express employee will sort and count your donation 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