

BEARINGS

NEWSLETTER FOR FRIENDS & ASSOCIATES OF THE QUEEN ALEXANDRA FOUNDATION FOR CHILDREN VOL. 19 NO. 1 SPRING 2005
THE FIRST QUEEN ALEXANDRA FUND WAS ESTABLISHED IN 1922 BY THE B.C. WOMEN'S INSTITUTE.



'We are able to bring a lot of hope to families ...'

Dr. Brian Sinclair of the Vancouver Island Pediatric Cardiology Clinic Pages 6-7

Heartfelt

From the Editor

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On the cover: Samuel and Nicholas Herbert

*Cover photo courtesy of Gregg Eligh Photographs
www.elighphoto.com*

The construction paper Valentine hearts I made in elementary school always ended up lopsided and no amount of glitter or googly eyes could ever make them look right. However, this past Christmas I found one of these creations neatly folded in the back of my Mom's jewellery box. The faithful standard "Roses are red, Violets are blue" was scrawled across its front in faded blue crayon. Despite rough edges and an appeal that was, at best, abstract, my mom treasured it as a symbol of love.

At the Queen Alexandra Foundation for Children, we encounter heart in many different forms, shapes and sizes every day. In fact so much so, I wanted to take the time to profile some of the "hearts" of the Foundation.

The heart of the Queen Alexandra Foundation is our people – our donors and volunteers. Read about the work of the Pioneer Club at the Teddy Town Gift Shop and the new equipment that donors have purchased for the Cleft Palate clinic, and take a minute to scan the long list of volunteers that helped out with Bear Wear 2004. These people are the driving force of the Foundation and all it is able to accomplish.

The Foundation has recently become involved in helping to provide care and treatment for kids with heart conditions. I had the privilege of sitting down with the Herbert family of Victoria to discuss how the Vancouver Island Pediatric Cardiology Clinic that is held at the Queen Alexandra Centre is impacting their lives and the lives of children, youth and families all over Vancouver Island. Read their heartfelt story on pages 6-7.



Photo courtesy of Frances Litman Photography

The accounts of children, youth and families demonstrating real heart in the face of sometimes staggering challenges – and achieving heart-warming victories – echo through the halls of the Queen Alexandra Centre every single day. Whether it's the story of kids in our Autism Program dancing with a group for the first time at the Autism Program Family Dance or of the many kids that are benefiting from the new therapy gym equipment purchased by Thrifty Foods, these accounts of heart are what the Queen Alexandra Foundation is all about.

I hope you enjoy the stories that unfold throughout this issue, and that you too will be inspired by the program staff, children and families profiled within. They are living symbols of heart for each of us at the Foundation.

~ Robin Irving, Editor

Welcome!



The Queen Alexandra Foundation is delighted to welcome June Preston, MSW to the Foundation team. June recently retired after 26 years as the leading force behind the Family Education Services at the Queen Alexandra Centre. We are fortunate that June will be the new South Island Community Advisor for the QA Foundation. Her role will ensure the Foundation is kept abreast of on-going advances in the area of child and family education as well as encouraging further collaboration and cooperation in the delivery of services. Welcome, June! June can be reached at: June.Preston@queenalexandra.org.

Youth Helping Youth

Selkirk Montessori School Kids Raise Funds for Equipment at the Queen Alexandra Centre

Contributed by Ms. Hawes and Ms. North's Grade 4/5 class and the Leadership students at Selkirk Montessori School

This year our class decided that we wanted to help out other kids. We all love to run and play, and we have seen other children who have difficulties doing some of the activities that we enjoy. We felt that we could make a difference by raising money for the Queen Alexandra Foundation. To help us reach our goal, we have sold cupcakes, created a Haunted House for our school's fun fair, had a holiday raffle, and even told peoples' fortunes. In addition, we asked our school community to consider making donations to the



The Selkirk Montessori School kids that are raising money for equipment at the Queen Alexandra Centre.

Queen Alexandra Foundation as a present to their child's teacher for the holiday season.

We were fortunate enough to visit the Queen Alexandra Centre and we saw and used some of the amazing equipment that they already have. Some of our favourite activities included the balancing boards and hooking ourselves up to the computer to watch our movements. As a class we have chosen some equipment that we would really like to buy for the Queen Alexandra Centre with the money that we have raised. We are working towards buying a Mono Trampoline, children's Exercise Trapeze and a Super Floor Bubble. We are getting very close to our goal but we still have some very exciting fundraising events left.

So far our experiences with the Queen Alexandra Foundation have taught us that not only adults can help but we can help as well. We are proud to know that we have helped out kids our age and hope other kids will one day do the same.

On behalf of the kids that will use the equipment that this group of students is working to purchase, the Queen Alexandra Foundation would like to extend a warm thank you. Your efforts will make a difference in the lives of other kids!

Saturday Afternoon Fever

The Autism Program Family Dance

Contributed by Donna Seedorf-Harmuth, Team Coordinator of the Autism Early Intervention Program at the Queen Alexandra Centre

The parents' group of the Autism Early Intervention Program at the Queen Alexandra Centre recently hosted a family dance for the staff and children in the program and their families. Children on the autism spectrum often have difficulty tolerating highly stimulating sensory events. A dance, complete with (fairly) loud music, the Queen Alexandra Centre's disco ball and reflected light, and a crowd of people created just such an environment, but one where "our" kids could be comforted and assisted to experience such an environment at their own pace. Many watched tentatively with mom or dad from the hallway; others took advantage of the "quiet room" that was set up for kids to get away from the noise and do quiet, calming activities. By the end of the party, all children had spent *happy* time in the room,

moving to the music and playing gleefully with the other children who were there. It was a wonderful, heart-warming experience for everyone – parents, staff and kids!



Kids from the Autism Program at the QAC, their siblings and the kids of the program staff dance together at the Autism Early Intervention Program Family Dance.

Teddy Town Gift Shop Turns Four!

Volunteers and staff recently celebrated the 4th Anniversary of the Teddy Town Gift Shop located at the Queen Alexandra Centre. Cake and refreshments were enjoyed by all as volunteers from the past and present shared stories of what it takes for a group of volunteers to run a not-for-profit gift shop. It seems as though a great deal of humour and positive spirit have been essential.

The Teddy Town Gift Shop, nestled next to the reception space at the Queen Alexandra Centre on Arbutus Road, was first opened in the fall of 2000. When space became available at the Queen Alexandra Centre, a small group of volunteers recognized the opportunity to create a long-term fundraising program to support the services of the Queen Alexandra Foundation.

And over the past four years, this little shop run by volunteers has become a fixture in the general hustle and bustle of the QA Centre. Open from 10:00 am until 3:00 pm, Wednesday through Friday, the Teddy Town Gift Shop offers for sale a delightful selection of gift items, many of which are handcrafted and donated by Foundation supporters. All proceeds from the Gift Shop go directly to support the programs and services at the West Shore Child, Youth and Family Centre.

If you or your group would like to help make the Teddy Town Gift Shop a success by donating hand-made gifts or crafts, or if you have a few hours to volunteer a three hour shift in the store, please call Frances Melville at the QA Foundation office at 250-721-6843.



Bernice Evans and Irene Cake, both Teddy Town volunteers and members of the Queen Alexandra Foundation's Pioneer Club, prepare to cut the Teddy Town Gift Shop Anniversary cake.



Volunteer Spotlight: Cathy Aitken

Cathy Aitken has been a cornerstone of the volunteer group at the Queen Alexandra Foundation (QAF) for many years. In the 1960's, the mother of four healthy children, Cathy wished to provide support to kids that were challenged by disabilities. Cathy became a member of the Junior League in Victoria, an organization of women that was dedicated to raising funds for the Queen Alexandra Hospital for Crippled Children. And raise



Cathy Aitken

funds did they ever! Cathy recalls checking coats at the ballet and symphony, selling hot chocolate and hot dogs at Goldstream Park, and organizing theatre and circus shows with other Junior League ladies. "It seemed like we were always doing something for the hospital," she remembers with a smile. Their hard work and dedication often led

to donations to the hospital upwards of \$30,000 each year.

Cathy also volunteered extensively in the hospital, visiting the children that lived there. She recalls during her first visit to the hospital passing the bed of a small sleeping boy. The nurse she was with explained that he had a type of calcium deficiency leaving his bones very fragile. Cathy's quiet comment of "isn't he sweet" was met with an eruption of giggles from the bed as the little boy sat up and declared, "I sure am, babe." Cathy and little Tony became fast friends over the years as she volunteered at the hospital.

Following her husband's transfer to the East Coast, Cathy packed up her young family for a trek across the country. They lived in Dartmouth, Nova Scotia for two years and eventually returned to Victoria. It wasn't until some years later, at the suggestion of her son Harold who works at the Queen Alexandra Centre, that Cathy was able to once again get involved with the Queen Alexandra Foundation. She is the current chairperson of the QAF Pioneer Planning Committee, has volunteered extensively at the Teddy Town Gift Shop and at many of the events that benefit or support the Queen Alexandra Foundation. When asked why she continues to volunteer with the QAF, she says, "I have four grown children, eight grandchildren and three great-grandchildren ... I have much to be thankful for, and I really believe in what this organization does."

The Queen Alexandra Foundation is indebted to Cathy for her years of service. Many children, youth and families have benefited from her kind heart and tremendous community spirit.



New Equipment

Helping Kids in the Cleft Lip/Palate Clinic!

The Queen Alexandra Foundation, through the support of our donors, recently purchased two pieces of equipment – a medical grade camera for nasendoscopic assessments and an audiometer. This equipment will assist the Cleft Lip/Palate Clinical team in their assessment, treatment and follow-up of patients. Clinical team member and speech-language pathologist, Maureen O'Brien, explains how these pieces of equipment will be used to make a difference in the lives of some very special kids.

Children born with a cleft lip and/or palate or hypernasal speech are referred to the Cleft Lip/Palate Clinic team for assessment and treatment planning. The Clinics are held monthly at the Queen Alexandra Centre. The clinical team consists of a pediatrician, plastic surgeon, pediatric dental specialist, otolaryngologist (ENT), speech-language pathologist, and clinic nurse. If a secondary palatal surgery is being considered to improve speech, the Clinic ENT or pediatrician will look in the child's nose to view palate motion with the nasendoscope. The images are recorded using the new medical grade camera purchased by the Queen Alexandra Foundation. The videotape is then viewed by the plastic surgeon and speech-language pathologist before a treatment decision is made (see below). The image quality with the

new camera is significantly improved from the previous equipment in the clinic.

Children born with cleft palate have a higher risk of developing middle ear difficulties and conductive hearing loss. Hearing loss will have a significant impact



Dylan practices being a pilot as Maureen O'Brien conducts a hearing assessment with the new audiometer.

on development of speech, language and learning skills. Ongoing monitoring and assessment of hearing is part of the Cleft Lip/Palate team's responsibilities. The Clinic speech-language pathologist uses the

audiometer at the monthly clinics to assess the children's hearing (see above). The new digital audiometer/tympa-nometer replaces equipment that is out-dated and the results are much more reliable. The Cleft Lip/Palate team would like to thank the Queen Alexandra Foundation and its generous donors for assistance in purchasing these much needed pieces of equipment.



Savannah giggles as Maureen O'Brien demonstrates how the new camera for nasendoscopic assessments works.

New Cridge Village Child Care Centre Opens for Kids

The Queen Alexandra Foundation for Children is pleased to be a part of the official opening of the new Cridge Village Child Care Centre in Victoria. This beautiful new facility, located on Hillside Avenue, was funded in large part by \$1,000,000 contributions from both the Queen Alexandra Foundation and the Harland Sanders Foundation.



The new Cridge Village Child Care Centre.

The building comprises 16,400 square feet of space built on three levels and connects onto a playground/adventure area at the rear of the building. It features nursery, daycare, preschool, and school age care programs, and in association with the Elizabeth Buckley School for hearing and hearing-impaired children, accommodates a Kindergarten and grades one to four.

The Queen Alexandra Foundation is honoured to partner with The Cridge Centre for the Family and the Harland Sanders Foundation in the service of children, youth and families.

The Heart



By Robin Irving

One baby in every one hundred is born with heart disease.

This year in British Columbia another 500 families will receive the news that their child has a heart defect. Half of those children will require medical intervention.

With innovative medical and surgical techniques, most children with heart disease have every opportunity to lead full and productive lives.



Samuel and Nicholas Herbert look and sound like most pre-schoolers. They're busy and happy - and just about as charming as can be.

Samuel, 4, loves Smarties, and says, with enthusiasm, that he likes to go skating with his family - especially when he gets to ride in a little car on the ice and his Dad pushes him. Nicholas, 2, brings



Steve, Caroline, Samuel and Nicholas Herbert

me a book about animals; as we turn through the pages he makes the sound of each one. When I get my chicken and turkey sounds mixed up, he kindly corrects me with a patient little smile. There is no way to tell, at first glance, that these two boys are "heart kids" - ordinary kids challenged by heart conditions.

Pediatric cardiology became a frighteningly familiar term for Steve and Caroline Herbert on May 14, 2001 when their first child Samuel was born. Samuel struggled through his first hours of life and was quickly diagnosed with *coarctation*. His aorta was partially blocked, limiting blood flow from his heart, which led to irregular development of his heart muscle. Just four days old, Samuel underwent surgery at BC Children's Hospital in Vancouver to correct the defect in his tiny heart. Steve and Caroline practically lived at the Children's Hospital while they

watched and waited for Samuel to heal. He did, and three weeks later, Samuel arrived home in Victoria. While follow-up appointments were required every six months, Samuel developed into a healthy toddler.

In the fall of 2002, Dr. Brian Sinclair arrived in Victoria to establish a full-time pediatric cardiology practice on Vancouver Island - and little Samuel became one of his first patients. Caroline and Steve were expecting their second child, and Dr. Sinclair suggested a test to ensure that this baby's heart was healthy. Caroline remembers Dr. Sinclair growing quiet as he received the results of the test. There was a problem.

The valves in the baby's heart were switched. The condition's technical name was *congenitally corrected transposition of the great arteries*, which meant that instead of the smallest chamber of the heart pumping clean blood to the lungs, it was pumping blood to the whole body while the larger chamber pumped to the lungs. Nicholas was born on April 2, 2003. Dr. Sinclair closely monitored Nicholas for signs that his heart wouldn't be able to cope with its unusual structure - but his heart did cope. And just three days later, Steve and Caroline were able to take their young family home.

Samuel and Nicholas have grown into active kids. And while neither of the boys have required further intervention, the good health that they enjoy is monitored carefully by Dr. Sinclair at the new Vancouver Island Pediatric Cardiology Clinic.

In the fall of 2004, Dr. Sinclair's pediatric cardiology practice expanded to offer the Vancouver Island Pediatric Cardiology Clinic. The clinic is held at the Queen Alexandra Centre in a specialized clinical area renovated and equipped by the Queen Alexandra Foundation.

The Vancouver Island Pediatric Cardiology Clinic is the first of its kind on Vancouver Island that focuses specifically on children and youth with cardiac issues. It has a direct link to the nearest children's surgery and cardiac intervention facility, BC Children's Hospital in

of the Matter

The Vancouver Island Pediatric Cardiology Clinic
– Bringing Health to the Hearts of Vancouver Island

Vancouver. Dr. Sinclair is a member of the pediatric cardiology team at BC Children's that includes cardiac surgeons, pediatric cardiologists and clinical cardiac nurses. He travels to Vancouver or connects with the team by videoconference to discuss treatment and intervention for young Vancouver Island patients.

Kids and youth with cardiac issues, such as structural and muscular abnormalities of the heart and improper heart rhythm, used to have to travel from their communities on Vancouver Island to Vancouver to receive the specialized assessments, treatment and follow-up that they required. And while trips to BC Children's are required for surgery and other major interventions, the majority of care can now be offered on the Island, a little closer to home.

Colleen Corder works with the Children's Heart Network, a non-profit organization dedicated to awareness and education of children's heart disease on Vancouver Island. "Those of us in the heart community are so excited about the establishment of this clinic," she said. "Where families used to have to leave their communities and networks of support to travel to Vancouver for a child's assessment, treatment and follow-up, today they are able to do much more of this from the comfort of their own community."

Dr. Brian Sinclair is a man passionate about pediatric cardiology. His hopes for this fledgling clinic include eventual outreach to communities up island and the integration of an ambulatory nurse to guide families through the entire process of assessment, treatment and follow-up. He also sees great opportunities to develop specialty training ties with the new Island Medical Program at the University of Victoria. "There certainly are tough times in this job, but the outcomes for cardiac patients keep getting better. Twenty or 30 years ago we'd have had much less to offer patients...the advancements in surgical interventions and treatments have made it so that today we can offer a lot of hope," he said.

Dr. Sinclair has spent much of his life

on the West Coast. Raised in Vancouver, he attended UBC for his undergraduate studies and medical school in Calgary, and completed his residency at BC Children's Hospital. After several years of general practice, he was the recipient of



Dr. Brian Sinclair

a cardiology fellowship at BC Children's Hospital. Advanced ultrasound training in Portland, Oregon, led to a move to Ottawa where Dr. Sinclair held the position of Director of Ultrasound for seven years at the Children's Hospital of Eastern Ontario. In 2002, when the opportunity to take over a cardiology practice in Victoria along with an academic and professional role at BC Children's became available, Dr. Sinclair and his family returned to the coast, bringing new hope to families through the Vancouver Island Pediatric Cardiology Clinic.

Back at the Herbert home, Samuel and Nicholas play with their Dad as Caroline talks about what the new clinic on Vancouver Island means to her family. "In Vancouver, we'd never know which specialist we would see," she said. "Having this clinic in Victoria has meant being able to develop a relationship with one doctor that knows our family and our situation."

One of the priorities of the Queen Alexandra Foundation is to support new and innovative programs on behalf of kids and families in need. The Foundation is very pleased to be able to partner with Dr. Sinclair to provide services that are changing the lives of children and families on Vancouver Island.

Children's Heart Network

The Children's Heart Network is a provincial, non-profit organization offering support, information and education to families, children and youth dealing with congenital or acquired heart disease.

Resources include a network of families whose children have heart defects and who are trained to support other families.

Upcoming events include the "5th Growing Up With Heart Disease" conference, co-hosted with the Cardiac Sciences program at BC Children's Hospital, May 28 - 29, 2005.

For more information, check out their website at www.childrensheartnetwork.org, or call 1-877-833-1773.



The Queen Alexandra Foundation would like to extend its heartfelt appreciation to the Herbert family for sharing their story with us, and for providing such compelling reasons to support clinics and services on Vancouver Island.

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Bear Wear

Thank you Bear-y Much!

On behalf of the children, youth and families who will benefit from the new West Shore Child, Youth and Family Centre, the Queen Alexandra Foundation thanks the community for supporting Bear Wear 2004. We are pleased to announce that we raised in excess of \$25,000 and received extensive media coverage that raised awareness of children's needs. We thank the Times Colonist and Shaw for their wonderful coverage of this event.

Bear Wear 2004 could not have happened without our bear sponsors and in-kind contributors listed at the left. Many thanks to our event donors including Auntie Winnie Entertainment, Raffi Cavoukian, Tony Gray, the Juan de Fuca Kinsmen, Price's Lock & Safe and Par-T-Perfect. Thanks also to everyone who viewed the bears, placed a bid or attended the Teddy Bear Party for the Kids.

I would like to extend special thanks to our founding sponsor, the Hotel Grand Pacific, General Manager Reid James and the hotel's outstanding staff who provided incredible support to the Foundation and children through Bear Wear 2004. Thank you again from the children.

Maria Dominelli
Chair, Bear Wear 2004 Committee

*Catrina Gordon
sponsored by
Children's Ra*

*The Hudson's
Bear award*



Winners of the Bear Wear Team Spirit Award - Rachael Brown and Sara Wilhelm, with the help of their leaders Rhonda Brown and Kyla Sanderson from the Millstream Boys and Girls Club, set up their PJ Sleepover Bear at the Bear Wear 2004 Sponsor Reception.

*Cath
with*

2004



Don-Poag with the Bella Dancerella bear, sponsored by Access Records, that she dressed for the event.



Jackson the Sommelier bear, sponsored by Angel Foods Restaurant Management.



The Bay Gallery bears - winners of the Best Dressed and the Peoples Choice Award.



Sir Winston, sponsored by ScotiaBank, was handmade by Miriam Krahn.



Cathy Aitken and Tisha Richards, of the Scarlet Brimmers, with their bear Lady Emily.



Shaw's DB the Digital Bear

Our Volunteers:

All events require a contingent of dedicated and hard-working volunteers to be successful, and our Bear Wear 2004 volunteers are among the very best. Thanks to all these volunteers for giving your hearts and time to the children:

Bear Wear Committee

Maria Dominelli (Chair)
Cheryl Brown
Heather Jeliaskov
Robin Irving
Jennifer Jasechko
Sharon Miller
Joy Spencer-Barry

Esteemed Judges

Reid James - Hotel Grand Pacific
Bruce Bondar - Shaw
Jack Knox - Times Colonist

Bearonesses of Ceremonies

Kathy Baan - Times Colonist
Daphne Goode - Shaw

Volunteers

Cathy Aitken
Donna Atkinson
Que Banh
Erica Barss
Faith Blenkin
Cheryl and Gary Brown
Annie Cox-Mildare
Rebecca Dean-Mann
Stephanie Dixon
Evan Fryer
Kim Hilchie
Ken Hurn
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Jiv and Sofia Jeliaskov
Patti Linklater
Frances Melville
Rachel Middelton
Dan Parker
Ingrid Phillion
June Preston
Anne Simmons
Teresa Sims
Tom Spencer
Marg Weber

Special thanks to all those that so creatively dressed the bears of 2004!

2005 – The International Year of Microcredit

The International Year of what? Microcredit sounds like it might be a way of buying your computer software using fancy financing options. But in fact, it is an important tool to help developing economies flourish, hence its designation as a special year under the United Nations banner.

Microcredit is the ability for small business people to access financing so they can get their businesses up and running. It is essential to developing countries. But how will the International Year of Microcredit affect Vancouver Islanders?

Financial problems are some of the biggest challenges faced by families today. Studies have shown that many families with the greatest financial need do not have basic financial knowledge.

The International Year of Microcredit offers those with financial expertise the perfect opportunity to teach young or struggling families how to stretch a budget and stick to it. As families gain more control over their financial situation, a great source of stress will be alleviated, resulting in happier homes for kids.

For more information on the International Year of Microcredit, visit www.un.org/events/microcredit.

Correction:

Our sincere apologies to Kathryn Belton whose name was listed incorrectly on the QA Donor Roll in the last issue of Bearings. We are so grateful for your support.

Serving Children, Youth and Families in their Own Communities

What's New in the West Shore and Sooke?

A Child, Youth and Family Centre in Sooke and another in the West Shore are the two key objectives of what is fondly known as the "Western Communities Project." In the fall of 2000, the Queen Alexandra Foundation for Children invited all of the non-profit, youth and family-serving agencies in the Western Communities, west of Victoria, to a meeting to discuss the possibility of building a new facility for child, youth and family services. Four years later, the project's accomplishments include one extraordinary facility open in Sooke and another in the early stages of construction in Colwood, an innovative local and regional governance model based on cooperative principles, a continuum of care and services, and a number of practice innovations based on collaboration between agencies.

The Sooke Child, Youth and Family Centre opened in the summer of 2004 and is in full operation. Filled with children, youth and families from morning until night, the nine agencies housed in the Centre are adjusting well to their new living arrangements. From pre-school programs to mental health consultation, the Centre is a true example of the continuum of care.

Construction of the 38,000 square foot West Shore Child, Youth and Family Centre began in the fall of 2004 and is progressing well. The foundation and superstructure of the Centre are in place, and fabrication of the roof and walls is now under-

way. The Centre's opening is planned for late 2005 when 11 agencies will begin to provide support to families from within the Centre's walls.

The Queen Alexandra Foundation is delighted to announce the establishment of a Leadership Council to focus on raising the remaining funds needed to build the West Shore Child, Youth and Family Centre. We are indebted to the following community leaders who have stepped forward to work to improve the lives of children, youth and families:

- Donna Atkinson, QAF Board of Directors
- Carmela Cooper, businesswoman
- Maria Dominelli, QAF Board of Directors
- Dan Parker, Parker Johnston Ltd.
- Dave Paterson, Chartered Accountant

Joy Spencer-Barry and Jennifer Jasechko staff the Council, and look forward to working with such a community-minded group. Many funding and naming opportunities are available within the new West Shore Centre for gifts of \$1,000 and above. There is no doubt that this Centre will become a valued resource in the West Shore with over 18,000 children, youth and families expected to benefit annually from the services offered there.

For information about the Sooke and West Shore Centres, or to have one of the Leadership Council members contact you, please call Jennifer Jasechko at 250-721-6890.



The superstructure of the West Shore Child, Youth and Family Centre begins to take shape in Colwood.

From Port Hardy to Ladysmith...

The QAF Up Island

By Laurie Fisher, QAF North Island Community Relations



The change of seasons finds me having explored more granting opportunities with communities around the Island and I would like to take this opportunity to reflect on the impact that youth are having in this process.

Recently I presented a QAF Youth Council Grant to the Connections Youth Resource Centre for the Wild Carrot Ecological Initiative. As the project's coordinator Abby Rolston described the project to me, I was impressed with her determination to use this project to bridge youth involvement across many organizations in addition to her own. This included the Comox Valley Boys and Girls Club, where I recently visited the youth leaders that are busy running Kids in the Kitchen, a program that the QAF sponsors to support the nutritional needs of children through cooking classes and community dinners. During this visit, I was reconnected with one of the youth leaders from the Comox Valley Youth In Philanthropy Program where I have spoken on behalf of the Foundation to youth who are working to create a granting program for the needs of local youth. And I can't turn on my television, radio or read a local newspaper lately without information about the Youth and Ecological Restoration Project, funded by the QAF with a Strategic Investment Initiative Grant. This

project is successfully engaging youth by bridging restorative justice initiatives and ecological restoration.

At the heart of these experiences are the emerging habits of youth, community-wide, who are learning about responsibility, compassion and leadership. It occurs



Laurie Fisher presents Abby Rolston of the Connections Youth Resource Centre with a Youth Council Grant in support of The Wild Carrot Ecological Initiative. This organic and native plant focused gardening project for youth begins in the Spring of 2005.

to me that these "habits of the heart" are a win-win situation for youth and their communities – a wonderful opportunity made possible by the vision of the Foundation.

Vancouver Island-opoly Raises Funds for the Foundation

The Board game whiz kids at Outset Media have come up with a winner – Vancouver Island-opoly. If you're looking for a fun game - or a wonderful souvenir of our Island – this is it. You can take a ride on any of the ferries – including those between Crofton and Vesuvius or Port Hardy and Prince Rupert. Or, purchase the Empress Hotel or the Chemainus Murals. Picking a card could cost you money if you end up lost in the Horne Lake Caves or stuck in snow on the Malahat. But choosing a card can bring good luck, too – if you pick the one that says "Good karma for donating to the Queen Alexandra Foundation," you'll get to roll again. Vancouver Island-opoly is available at local, independent retailers throughout the Island – call toll-free 877-592-7374 for a retailer nearest you.

\$2 from the sale of each game will be donated to the Foundation.



Queen Alexandra Rose Tribute & Memorial

A way to remember ...

Often it can be difficult to choose that special gift to celebrate a birthday or anniversary or just to say thanks. Did you know that you can recognize special people in your life by making a donation to the Queen Alexandra Foundation in their honour? They will be notified of your gift in their honour and will be remembered throughout the following year on our Queen Alexandra Rose tribute plaque in our main lobby.

A special and lasting tribute can also be made through donations made in memory of a friend or relative. Notification is sent to the bereaved family acknowledging all memorial gifts. All of our memorials are remembered throughout the following year on our Queen Alexandra Rose Memorial plaque at the Queen Alexandra Centre.

By making a donation in honour or in memory of a person, you can recognize these important individuals in a special way that will improve the lives of children and youth on Vancouver Island.

Please include the following information when giving your gift:

- Your name and address
- Who the gift is in honour or memory of
- An address where the Acknowledgement/Memorial Card can be sent

Send your Honour/Memorial gift to the Queen Alexandra Foundation for Children.

2400 Arbutus Road, Victoria BC V8N 1V7 or call (250) 721-6723

Thank you!



thank you!

*"Kindness is love planted in the heart...
Love that deepens and grows...
Ever unfolding new sweetness...
As the blossoming of a rose."*

- Mabel Agar
- Tamar Aloni
- Jack Ambert
- John Anderson
- Dorothy J. Baird
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- Joyce Basham
- Don Binney
- Frank Bruce
- Wilfred Burton
- Arlene Cameron
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- Megan A. Gauld
- Dorothy Genge
- Doug Genn
- Florence Genn
- Helen Haines
- Betty Handford
- Pearl Hendren
- Peter Higgins
- Desmond Higgs
- Grace Hill-Tout
- Susanna Hinde
- Toni Hoen
- Ellen Holmwood
- Betty Hoover
- Bernadette Houle
- Betty Hughes
- John F. Ingram
- Frank S. Kirby
- Al Krawetz
- Isobel Lennon

RIGHT: Jennifer Jasechko, Chief of Development of the QAF, accepts 60 teddies for the children that use the services at the Queen Alexandra Centre from **Gypsy Halasz** of **Telus Community Connections**.



LEFT: Andrea McGhee and Carolyn Taylor, with the help of their daughters **Caleigh** and **Madeleine**, hosted the first annual **Victoria Toy Tea** in December. Many fortunate charities – including the Queen Alexandra Foundation for Children – received the new toys that the tea guests brought to the event. Thank you to all the volunteers and contributors to the Toy Tea – you made Christmas much happier for many of the children that use the services of the Queen Alexandra Foundation.

RIGHT: You don't usually see snowmen in grocery stores, but **Thrifty Foods** was inundated with them over Christmas. Shivers the Snowman was on display in all 18 Thrifty Foods locations, charming shoppers with his adorable, cuddly demeanor and raising over \$14,800 for the Queen Alexandra Foundation for Children. Thrifty Foods donated all proceeds from every Shivers sold on the Island to help children with special needs in each community where Thrifty's stores are located. In Greater Victoria, the Shivers proceeds have been used to purchase a set of therapeutic mats for the new sensory motor gym at the QA Centre. These mats allow children with pervasive developmental disorders to strengthen their muscles and enhance their mobility while having lots of fun. Above: Sarah Gurney, her brother Wilson and QA Occupational Therapist Ellie Wray gratefully accept the cheque from Thrifty Foods' Manager of Sponsorship and Events, Vivian Chenard. Funds will be distributed to other Island agencies in the following months. Many thanks, Thrifty Foods, for warming so many hearts with Shivers!



RIGHT: Peter Lee and staff from the **Guru Restaurant** on Fort Street donated proceeds from their CrabFest event to help build the West Shore Child, Youth and Family Centre.



LEFT: Throughout the holiday season, **Ben Moss Jewellers** stores in Victoria sold Hope the Angel Bear with \$5 from each sale going to the Queen Alexandra Foundation for Children. The funds raised will be used to purchase equipment for the kids that use the programs and services at the Queen Alexandra Centre. Thank you, Ben Moss, from the kids!

RIGHT: Mairi Chester, age 9, uses the orthotics services at the QA Fisher Building. When she learned the program was supported through donations to the Queen Alexandra Foundation for Children, she resolved to help. Her goal was to raise \$100 by Christmas. She printed out requests on her computer and put a notice in her school newsletter. Many people helped including her family, friends and even the school crossing guard. In total, Mairi collected over \$170 in donations that will be used to support the orthotics program and help children and youth admitted to Ledger House. Right: Mairi Chester presents Willie the Rabbit, artwork and the donations she collected to Pat Whitby-Bailey, Orthotist at the Queen Alexandra Centre. Thank you, Mairi – you are a wonderful example of kids helping kids.



Gideon Louw
Joan B. Mayer
Graham McCleery
Ray McKinnon
Albert McMinn
Eileen Moran
Margaret Morton
F.H.A. Norton
Edgar Oakman
Helena Palasz
Hans Paulsen
Ruby Pettigrew
Patricia Pyper
Dorothy M. Reich
Diana Rigby
M. Ringheim
Alan Roper
Maria Scandale
Matthew Simpson
Lil Smith
Lyle Snedden
Edith Sobie
Russell Spence
Archie Van Buskirk
Beryl R. Waters
Barry Westwood
Doris C. Wheeler
Garry Winters



Each year, gifts are given to the Queen Alexandra Foundation to honour specific individuals and these individuals form the Queen Alexandra Rose Tribute. Whether the donation was made to help celebrate a birthday, anniversary, or other occasion, each gift in honour of a loved one is a special tribute to them and we want to recognize them by listing the following individuals for 2004.

Mr. and Mrs. B. Boomer
Mary Jill and Michael Cochran
Joel Fagan
Brandon Fleenor
Kagney Fleenor
Caleb Fox
Adala Gardner
Katie Jackson
Katie Kube
Norma Selwood
Malone Smith
Genevieve Tamosiunas
Brenda and Dick Taylor
Isabel Wan

There's a New Way to Give to the QA

If you earn HBC Rewards Points from shopping at the Bay, Zellers, Home Outfitters or DealsOutlet.ca, there is a new way that you can make a difference in the lives of children on Vancouver Island. You can now donate your HBC points to the Queen Alexandra Foundation! The Foundation will be able to redeem the points for much needed equipment, toys and appliances to furnish our two Child, Youth and Family Centres in the Western Communities.

It's easy to donate HBC points - you can do it online by going to www.hbc rewards.com/community or you can do it in person at any Bay, Zellers or Home Outfitters store. Just remember to mention the Queen Alexandra Foundation's HBC Public ID number (3995427) when making a HBC points donation. For more information, contact Robin Irving at 250-721-6722.

Thank you from the kids!

Cut this card out and keep it in your wallet for easy reference.



HBC Rewards
for the
Queen Alexandra
Foundation

Public ID# 3995427

Donate at any
Bay, Zellers or
Home Outfitters store.

South Vancouver Island District Women's Institute

A History of Heart

Frequently, Women's Institute members are asked "but what is it that the Women's Institute does?" This is a query that can be responded to in many ways:

- We work within our communities to help better them,
- We work with children through 4-H, at schools and however we can to help them develop,
- We address issues of local, provincial, national and international concern to promote better understanding and world peace,
- We support the endeavours of women and families in developing countries as they struggle to establish businesses and raise their children, and
- We raise money to support local needy families, hospitals and in many cases, special needs that may only apply to our own communities, and so on ...

But at the heart of all these actions by Women's Institute members lies our primary and on-going concern – the welfare of our homes, families and communities. In this area, one of the Women's Institute's early concerns was for the health and well-being of British Columbia's children, and this resolved itself through the establishment, by the Women's Institute, of the Queen Alexandra Solarium in Mill Bay and the Crippled Children's Hospital in Vancouver, both in 1927.

We do and will continue our work for children and families, for at the heart of our concerns lie our children, grandchildren, families and homes.

Yours for Home and Country,

Ruth Fenner, President,

South Vancouver Island District Women's Institute



Children enjoy the waterfront at the original Queen Alexandra Solarium in Mill Bay.

The Queen Alexandra Foundation recognizes the tremendous impact that the Women's Institute of the South Vancouver Island District has played in the history of the Foundation and in the service of children, youth and families on Vancouver Island. Through the establishment of the original Queen Alexandra Solarium and the Foundation that would follow years later, the Women's Institute's legacy of heart continues to affect lives across Vancouver Island. The Queen Alexandra Foundation is proud of its historic connection with the Women's Institute and looks forward to continued partnership in the years to come.

QAF Youth Advisory Council

Working for a Better World for Children and Youth

By Rachel Middleton,
YAC Journalist

The Queen Alexandra Foundation Youth Advisory Council (YAC) was established in 1999 to provide learning opportunities for youth, encourage youth involvement within their communities, promote leadership in youth and attempt to advance knowledge, appreciation and respect for the diversity of Canadian society. The 15 youth on the YAC, aged 14-19, meet every two weeks to discuss upcoming projects, goals, and volunteer opportunities for, by and with youth.

"It is uplifting to work with a group of young people who all care about the community," says Shannon O'Brien-Lepp, a member of the Youth Advisory Council for two years. Nikki Windjack, who has been a member of the Youth Advisory Council for three years, joined the council because she wanted to be able to help her community in a way that reflected her beliefs and values. "The programs we give grants to and the events we volunteer at model and promote the rights described in the United Nations Convention on the Rights of the Child. These rights mirror my moral principles, and as a result, the work I do with the Youth Advisory Council is more rewarding," says Nikki.

The Queen Alexandra Youth Advisory Council has made and continues to make an impact on youth in the community. This year we have had an effect on the

youth of Vancouver Island through a variety of projects.

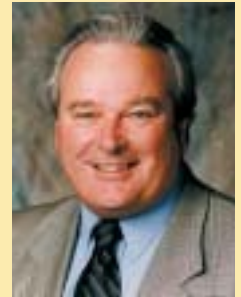
The YAC has just completed "Streams", a project that began in the summer. It is a directory of youth organizations across Vancouver Island and is accessible on the QA Foundation's website (www.queenalexandra.org/youth_council_Streams.htm).

Through the distribution of grants, the YAC has been able to support three youth organizations this season: The Ladysmith Youth Council Youth Resource Room, Project Respect and the Comox Valley Youth Resource Society Garden Project. In addition to supporting programs through grants, we also continue to volunteer for various events to support the Queen Alexandra Foundation's fundraising projects. This fall these have included the Santa Light Parade, Bear Wear Donor's Reception and the Teddy Bear Party for Kids.

For many years, the Queen Alexandra Foundation has worked to make a difference by helping children, youth and families on Vancouver Island. Throughout its history, the heart of this organization has been people – from the donors, the medical staff and other professionals, and the volunteers to the Youth Advisory Council. These people are the heart of the Queen Alexandra Foundation and have all shown that through becoming involved the world can become a better place for youth.

Caring Canadian Award Bestowed on David Paterson

David Paterson, a member of the Queen Alexandra Foundation's Leadership Council and former member of the Board of



Directors, was recognized nationally as a Caring Canadian for his substantial community service. Her Excellency the Right Honourable Adrienne Clarkson bestowed the award on Mr. Paterson at a ceremony in the fall. Mr. Paterson is renowned for his caring nature, extensive volunteerism, and wonderful sense of humour. Congratulations, Dave – your award is well deserved!

Maria Dominelli Named Honorary Citizen of Victoria



Maria Dominelli, a strong supporter of the QA Foundation and member of the Board of Directors, was named

an Honorary Citizen of the City of Victoria for 2004. Maria's community involvement is extensive.

In addition to her work on many of the QA Foundation's committees and the Board, she is also involved with the Juvenile Diabetes Research Foundation, Victoria Dragon Boat Festival and Invis' Angels in the Night Program. Congratulations, Maria – this is a well-deserved honour!



The 2004/05 Queen Alexandra Foundation's Youth Advisory Council



Chicks for Charity in Market Square

\$10 plus taxes. Available only at all Market Square retailers
(560 Johnson Street) from March 7 to 27, 2005.

\$5 from the sale of each chick will go to the Queen Alexandra Foundation
for Children to help build the new West Shore Child, Youth and Family Centre.



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