



Hear ye! All ye Friends & Fun-seekers

Wisecracks & WiseQuacks will be serving up some fun at the Atrium for the sixth annual Tip a Fool

For the uninitiated, Tip a Fool is our annual gala fund-raiser that sees local celebrities serve up an elegant dinner while competing for tips from our good-humoured and (hopefully) generous guests. This year's event will be on Saturday, April 5th at the spectacular Atrium. Food for Thought Catering will be preparing our four-course gourmet meal and we've arranged for a seriously great line-up of Celebrity Waiters.

"We're very fortunate this year to have such a stellar line-up of Celebrity Waiters," says Tip a Fool Event Chair, Kyara Kahakauwila. "I'm hearing them plot and plan already and I'm confident that we can look-forward to an evening chock full of surprises."

This year's roster of fun-spirited stars includes waiter rookies MLA Rob Fleming, and media personality Stephen Andrew and returning

two-time champ Deanna Young, and Victoria City Councillor Shellie Gudgeon. This list goes on like a Victoria who's who to include a full array of fun-spirited entertainers and local business leaders –and– the notorious GP duo - the WiseQuacks.



WiseQuacks Dr Dave Hepburn and Dr. Rob Sealey

The WiseQuacks are Dr. Dave Hepburn and Dr. Rob Sealey. They are nationally syndicated radio and newspaper columnists, television personalities and more rare - Victoria GPs. You even can catch Dr. Dave on the Oprah Winfrey Network.

While this year's event has all the makings of the best-event-yet,

to be successful it's essential that the Centre fill the room. The past five events have brought in over \$100,000 much needed dollars and Kahakauwila's aim is to bring in more this year than ever before.

"Funds raised by this event keep the lights on, the phones manned, and the counsellors trained," says the Centre's Board President, John Gawthrop. "It has become an essential part of our budget."

Join us for a very fun evening, for a very good cause.

Tickets can be purchased on-line through Eventbrite.

www.tipafool.eventbrite.ca
info@tipafool.ca

www.tipafool.ca

**Citizens
COUNSELLING
CENTRE**



We will build capacity through state of the heart counselling.

Celebrating Aging - Women 55+

I signed up for this group because it was advertised through Citizens' Counselling and I had just completed 10 very productive sessions with one of their counsellors.

By D.B., a participant

At 63, I am officially retired. My last close friend had recently moved away to live closer to her grandchildren. I felt isolated & marginalized. I suspected it was an age thing – as a young woman I was busy doing childcare, working on romantic relationships, helping in the community and trying to define myself with some type of work. Now all that has changed. I needed to redefine "me" and my life and this group at Citizens', just for women over 55, seemed a good place to start.

I initially felt cynical about a group "celebrating aging". I feared it would be superficial, just platitudes and busy work. But I knew it would provide company, great counsellors, maybe lists of community resources. I might even make a friend.

Our group met on a sunny afternoon in late October, with winter setting in. We were 7 women, from late 50s to early 70s. I was in the midst of the pack. We were a good fit, both introverts & extraverts, all eager to explore this stage of life.

The group process was very structured, check in and discussion, a 10 minute guided meditation halfway through, then more discussion and homework for the next session.

By following the counsellors' lead, we were better able to support other members' disclosures, and to trust their support of our stories. Any especially hard life events during the group

(a death, accident or family crisis) was handled "off site" by emails and calls to our facilitators and hugs & supportive comments at breaks. They encouraged us all to stay with the group, even in crisis and with other commitments. The group energy helped!



"Don't see this as the second half of life" said one of the counsellors, "but as a whole new life!" When I spoke ("for just 5 minutes each, please...") I could feel everyone's strong support all around my edges, and I was heartened to speak of my fondest hopes and my saddest losses.

A week after group ended, I suddenly realized that I had formerly been fearful of my physical decline- some hearing loss and a bad fall last year. But since the group I have realized that physical decline & even death were a natural process, and could be dealt with gently and humanly. I trusted that our shared humanity and emotional strength would carry us through. I no longer felt isolated.

The group sessions worked really well for us, because we had trusted and worked really hard for the group.



"It supported each one of us to 'come out' as a strong older woman"

My group ended far too quickly. It supported each one of us to 'come out' as a strong older woman. We were asked to profile the many strong women who came before us, among our families and friends. We were told to "Open the gates of wisdom", to redefine ourselves and our life purpose, to become our authentic selves, not just the many roles and tasks that are put onto us as women in today's world. Aging, we learned, is not simply decline, but a going inward and a complete redefining of our lives and all our relationships. It is a chance to be who we deeply are at last.

Thank you!

Earlier this year we received a generous and unexpected gift from a local union, CUPE Local 4163. It seems that one of our amazing volunteer counsellors (who is also a sessional instructor at UVic) made what was clearly a compelling case for awarding the proceeds from the union local's semi-annual Social Justice Fund to our fine Centre.

The Centre is in good company as a recipient of this award with organizations like Our Place, The Stephen Lewis Foundation and Save the Children on the union local's roster of beneficiaries.

We'd like to send a huge Thank you to all the members of CUPE 4163 for their exemplary community spirit, and especially to Melanie for giving even more of herself as a volunteer counsellor. You are a true Friend of the Centre!

If you have an organization that you can approach for donations to the Centre, please let us know how we can help you make that happen!



friends of the centre

Introducing Linda

Monthly donors are the lifeblood of Citizens' Counselling Centre. While we love one-off donations, and the generosity of people at Christmas time and during special campaigns, the steady flow of monthly donations provides

us with a sense of security, and it's very helpful for planning the year ahead.

I met with Linda Saunders, a former Citizens' board member, and asked her why she chooses to support Citizens' as a monthly donor.

Linda became involved with Citizens' in late 2010. She helped us adapt to the new reality of fund-raising and the role that staff, volunteers

and board members could play in ensuring the financial viability of Citizens.' Linda spearheaded the Face-to-Face Campaign, which raised \$42,000 for Citizens.'

" Being a monthly donor makes me feel good – I highly recommend it."

So why, having done all that for Citizens', does she choose to stay involved as a monthly donor? "That's easy to answer," she says. "It's because I see the clear benefits Citizens' brings to the community, and I love the pas-

sion and commitment of everyone involved, from the volunteer counsellors, to the staff, and the board. I know that finances are well managed."



Linda Saunders

"It works for me financially, too. I'm not scrambling at the end of the year to figure out how much to donate, or to come up with a lump sum. And being a monthly donor makes me feel good – I highly recommend it."

"Citizens' Counselling Centre reaches way beyond the walls of the building and touches people's lives"

~Derek Collins,
Centre Volunteer and donor

Connecting with Community

When Brenda Wilson, the Centre's amazing ED, asked if I would consider coming on board as their community liaison it seemed like a natural fit.

I have been a fan of the Centre since I first found out about it in 2001. Our relationship was solidified when I had the privilege of taking the volunteer counsellor's training in 2001/2002. Since that time I have been a volunteer lay counsellor, a founding member of the Tip a Fool volunteer event committee, a member of the Centre's Marketing Committee, and the Revenue Development committee, and a contractor providing communication and social media support. My background is in marketing and communications.

As community liaison (which is just a small slice of what Brenda

has been doing for years), I hope to connect the Centre with the community in a new way.

I know first-hand how the Centre contributes to the well-being of our community. The work that happens here results in families staying together, youth staying alive, seniors that feel more vital and connected and workers that are better able to take part in the workforce.

Miracles happen in these walls and while we can't share the details, we can share the

amazing results. That will be my role, connecting the incredible contribution the Centre makes to our community with you, and people like you, so we can work together to ensure the Centre continues to facilitate miracles in our community for years to come.



Michele Murphy

Look for us on



We acknowledge the financial support of



United Way
OF GREATER VICTORIA
COMMUNITY PARTNER

The Province
of British
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Commission

**THRIFTY
FOODS™**


**VICTORIA
FOUNDATION**

And caring
community
members,
like you

Friends of the
Centre
is published
twice per year



Your donation grows a long way!

IN THIS PAST YEAR:

- over 9,000 hours of counselling
- over 1,200 clients served
- over 100 volunteer counsellors

THE AVERAGE:

wait time: 21 days

number of sessions: 7.3

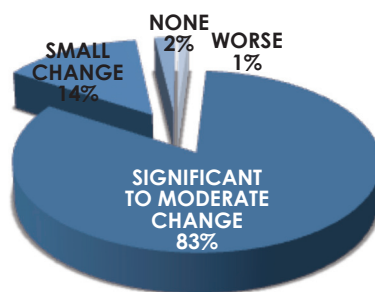
DID YOU KNOW?

100% of direct service to clients is provided by our trained volunteer counsellors.

\$1,000,000 is the market value of counselling services provided by trained volunteers

34% of our clients are between the ages of 18 and 29

CLIENT REPORTED CHANGES AS A RESULT OF COUNSELLING



Please consider becoming a monthly donor to the Centre. www.citizenscounselling.com

"Keep up the great work!
You changed my life so it's time for me to pay it forward."

~Past client,
Current monthly donor

Citizens' Counselling Centre's Board Members

- Chair: John Gawthrop
- Vice-Chair: Chris Hoyer
- Treasurer: Lisa Underdown
- Secretary: Sara Comish
- Special Advisor: Eliza Bates-Smith
- Andy Wachtel
- Arla Sinclair
- Derek Collins
- Carla Smart
- David Hume
- Katharine McKeen
- Michelle Brown
- Raman Kapil

Counsellor Reps

- Maria Stella
- Melanie Siebert
- Nabihah Rawdah

Who are these foolish celebrities?

The celebrity waiter roster for Tip a Fool has always been a pride of the Tip a Fool event committee. There's no fools on this list.

Past years' rosters have seen both Victoria and Oak Bay's Mayors duking it out for tips, local television media personalities, Jack Knox, Hudson Mack, Meribeth Burton, Bruce Williams, and Chek's Jennifer Crosby go up against the likes of liquor store baron (turned wine slinger) Randy Wilson and film commissioner - movie-bit-part-flogger Rod Hardy. We had Timothy Vernon tickling the ivories and Susan Musgrave sharing pillow-talk tales and trophies from a popular Canadian Prime Minister.

And - Tip a Fool 2014 will prove to be no exception. You'll find a complete list of the who's who on the Tip a Fool website. It's an impressive bunch. Check it out at tipafool.ca and on [Facebook.com/tipafool](https://www.facebook.com/tipafool) and [Twitter.com/tipafool](https://twitter.com/tipafool).



Tony Joe & Deanna Young



Maria Manna



Mike Russell, Vic PD



Brenda Wilson & Rob Fleming

We're very grateful for what is a generous amount of time, energy, and resources that our waiters donate to us. It makes the entire event possible, and helps in a very real way to make the Centre possible.

2014 Tip a Fool Celebrity Waiter roster:

Dave Ganong, Colliers
Deanna Young, Food for Thought
Graham Black, Manulife
John Vickers, Busker Festival
Maria Manna, entertainer
Mike Russell, VicPD
Paul Nursey, Tourism Victoria
Rob Fleming, MLA
Shellie Gudgeon, Victoria City Council
Stephanie Greaves, entertainer
Stephen Andrew, journalist
Tony Joe, Remax
WiseQuacks

Greater Victoria Citizens' Counselling Centre

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