

# Paying it Forward...

Friesen Bain Chartered Accountants hosted the First Annual "Pay it Forward" Women's Gala Saturday, March 5<sup>th</sup> at the Richmond Ballroom in the Stonebridge Hotel.

The women were dressed to impress and impress they did. All the colours of a beautiful rainbow were represented.

The donations at the door from the guests were overwhelming. The items in highest demand at the Odyssey house were collected in numbers. It would be hard to put a value on the donated items but it filled a small part of the Odyssey House wish list.

The toy table was just big enough to handle the purchases made from the \$1,000 contribution by Dobko & Wheaton, and the board games donated by Discovery Bay Games. The toys will stock the gift



*Photos courtesy of Friesen Bain Chartered Accountants.*

room for the children residents of the Odyssey House.

Mrs. Terry Gritchen was dazzled with the Champaign raffle for our evening diamond with an estimated value of \$1,300, generously donated by Janina's Jewellery. A clever twist on the raffle was beautifully delivered by Nadine Lacroix. The raffle raised \$1,540 dollars.

The Stonebridge Hotel impressed with a plated appetizer dinner, which was accompanied by harp music played by Hannah Irwin, the perfect touch with a talent way beyond her years. Guest speaker Bonnie Deane brought the crowd

to their feet after sharing her inspiring journey.

The ladies impressed with their decorative talents during the construction of our

40 pampering baskets for the women residents of the Odyssey House. The Odyssey House was presented with 30 hope charm necklaces for their support staff as a small token of appreciation of the work they do.

The Odyssey House Executive Director, Katherine Sheppard surprised Carrie Prochner (Executive Director, SPCA) by announcing that the SPCA was their selection for next year's "Pay it Forward" Gala.

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## *Just Hers* can be found at the following locations:

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Bob Angeli of the Comedy Factory was the perfect end to a wonderful evening to send the women away laughing.

Silent Auction total \$8,035.00

Value of the baskets provided approximately \$20,000 (\$500 per basket)

General donations \$1000.00

Grand total raised through the help of community sponsors approximately \$30,575.00.

**A special thanks to all sponsors!**

The Pay It Forward event was a resounding success and Odyssey House was blessed to be the first annual charity of choice.

The evening had a focus on women, right from the attendance at the "women's gala" to the opportunity for those in attendance to put together self care baskets for residents of the shelter. This event had a female speaker who shared her own personal experience and journey from heartache to healing and everyone in the room was touched by her honesty and courage.

Next year the event will continue to "pay it forward" as the local SPCA will be the next charity of choice. From a shelter perspective we see this as an appropriate next step as research shows that family violence and animal abuse in a home can go hand in hand.



*Kathy Sheppard (Odyssey House Executive Director) and Carrie Prochner (SPCA Executive Director).*

*Photo courtesy of Friesen Bain Chartered Accountants.*

Thank you to Friesen Bain for an amazing night.

## Around the house

### What's a woman to do?

Your sink isn't draining and you have tried all the typical remedies. You will need to remove your P-trap and see if cleaning it will fix your problem or if the problem is further down the drain (if so it is a job for a plumber.)

#### Tools you will need:

Rubber gloves, bucket, a long screwdriver, and vinegar. ( You may also need pump pliers.)

First you should remove all items from under the sink. This can get messy! Next place your bucket under the P-trap and unscrew both ends. Slowly pull the trap down until completely apart. Drop it in the bucket and let any additional liquids run out of the drain and into your bucket.

Once all liquids have drained use your long screwdriver to loosen any debris left in the upper part of your drain. Take your P-trap out of the bucket and remove all debris from it. Empty your bucket into the toilet and rinse, then refill with water and vinegar enough to cover the P-trap then let it soak for a bit.

Now take your P-trap out of bucket and put bucket back under the drain. First flush the P-trap with water then flush the drain. Once clear, replace the P-trap, screw it back together firmly. Run the water and all should be well. If not, call a plumber.



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