



Victory Foundation

7012 Ogden Road SE

Building a heart in the heart of Calgary



Pastor Don Delaney

CHANGING FROM THE INSIDE OUT

This month the City of Calgary is featuring the Victory Manor (Ogden Hotel) in a special calendar that was sent out to every household late last year. This calendar was created to highlight heritage buildings throughout the city that are under renovation and nearing their 100th anniversary year.

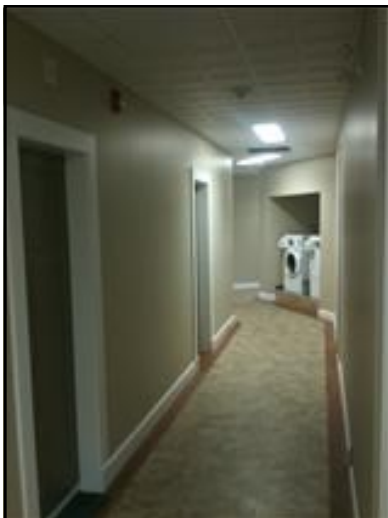


New Kitchen

What really impacted him was later that night, after he got home, he turned on the news and saw the Ogden Hotel surrounded by police cars and yellow crime tape. A resident had been stabbed eleven times over a drug deal a few hours after he had his tour. Needless to say he no longer had any hesitancy about us taking over the building.

What makes our building unique is that it is one of the few being renovated and used to house the homeless. In 2007, just prior to moving into the building, we were sharing our vision with the local residents and the Community Association in Ogden.

Since that time the transformation of the building (and the lives of individuals) has been miraculous.



Renovated Hallways

One of the Board members was a bit apprehensive and decided that he wanted to see for himself what was going on in the building. After a personal tour of the facility, he saw how important it was for the building to be renovated and upgraded to current building codes.



New Bedrooms

There was a time when this building looked worse on the inside than it did on the outside but, like many of the residents in the building, a dramatic change has taken place on the inside. It is now time to make the outside look like the inside.

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Visit our Website at www.victoryfoundation.ca



Pastor Tom Maxwell

“Happiness is a habit — cultivate it”

THE HABIT OF HAPPINESS

There is a term in aviation that talks about the “attitude” of a plane. Pilots understand that the most important thing about landing an aircraft is the attitude of the nose of the plane. If the attitude is too high, the plane will come down with a severe bounce. If the attitude is too low, the plane may go out of control because of excessive landing speed. The trick is to have the right attitude regardless of the atmospheric conditions around the plane. This is true in life also. How we land in life will also depend on us having the right “attitude” in spite of the circumstances and situations around us.

Today, the atmospheric conditions in the world are extremely tumultuous. Just pick up any newspaper or turn on the television and you will hear all about the chaos in the earth today. World economies are failing, natural disasters seem to be increasing, and personal stress levels are out of control. Having the right attitude in spite of atmospheric conditions is crucial if one is to find any semblance of peace or joy in today’s world. So! How does a person keep the right attitude in spite of the difficult circumstances around them? I believe the answer is in cultivating the habit of happiness.

It is no accident that some people are generally happy while others seem to be mostly down, negative and depressed. The truth is that we are either mostly positive or mostly negative. Two people can look at the same situation and see it from a totally different perspective. One person sees the glass as half empty while the other sees the glass as half full. Most negative people feel that they could be positive if

they had a different job, lived in a better place, made more money, had a better childhood, or married a different person. The truth is that by simply changing their perspective and thought process, a negative person can become positive. Instead of focusing on the negative aspects of a situation, a person can have a complete change of attitude by finding something positive to focus on. So! When life deals you a bunch of lemons—learn to make lemonade; and when the clouds are dark and stormy—look for the silver lining. Elbert Hubbard put it this way; **“Happiness is a habit—cultivate it.”**

The apostle Paul suffered many things just because he preached the gospel. In 2 Corinthians 11:24-28 Paul tells of how he suffered whippings and canings; shipwreck and stoning; perils and burdens continually. With all that he went through, and all that he suffered, he says in Philippians 4:11 that he had learned to be content no matter what was going on around him. Paul’s happiness and contentment was not based on the ever changing circumstances of day-to-day life; his happiness and contentment was anchored in his relationship with God. He had learned to trust God with all of his heart and to cultivate the habit of happiness.

He exhorts the Philippians to do the same by not being anxious and fearful about anything in life. He encourages them to continually cast their cares and concerns onto God so that they will be able to experience the peace of God in the middle of trying circumstances. He tells the Philippians that the key to being happy is to deliberately focus one’s thoughts on the things that are of good report. Paul was a “glass-half-full” kind of guy and he encouraged us to work at being the same. There

is no doubt that in today’s society it takes some effort to cultivate the habit of happiness.

Every Wednesday I conduct a bible study at a Care Centre in Calgary. The residents of the building are mostly seniors with physical disabilities that put them in a place of needing long-term care. Their quality of life has diminished because of their illnesses, and most are confined to life in a wheelchair. The prevailing mood in a Care Centre can be very depressing. Many of the residents become depressed because they are focused on their current situation in life. The staff do a great job in trying to keep the residents busy with different activities and they are continually encouraging them with a smile and kind words.

In the midst of all of this is one woman who stands out among all of the other residents. Her name is Diana. She is in her forties and is confined to a wheelchair. Yet, in spite of her circumstance, she continues to be happy and upbeat on a daily basis. I always see her smiling and talking with the other residents of the building. Her attitude is infectious and people love to be around her. She is a ray of sunshine in a normally gloomy place. When people ask her why she is so happy, she tells them that she gets her joy from her personal relationship with God, and that she chooses to be thankful every day for what she has instead of focusing on what she does not have. Diana has learned to have the right attitude in spite of the atmospheric conditions around her. She has learned to make happiness a habit and cultivates it every day. We should try to do the same.

SCOTT'S STORY

I was born in Lacombe, Alberta on July 18, 1954 and grew up with an older sister and a younger brother. My memories of my childhood are mostly pleasant although I do remember that my parents fought quite a bit for reasons unknown to me. The turmoil between my parents was a big reason my sister eventually moved to Saskatchewan to live with one of my aunts. Dad was a salesman and, in 1958, we moved into Calgary. I remember that 1966 was an extremely difficult year for me. That year, at age twelve, I was hit by a car while riding my bike and ended up losing the lower half of my left leg. Later, in that same year, my parents finally ended up getting divorced. These two incidents made that year one to forget. I was never very good at academics and found school extremely challenging. Sports was more of my thing. Just before I lost my leg, I was the 'all-star' pitcher and had just won a junior golf championship. My athletic success made it all the harder to cope with my loss of limb. Later, in my thirties, I had a seven handicap in golf and participated in many of the sporting competitions through the Alberta Amputee Sports and Recreation Association. I ended up dropping out of school at age sixteen and did not complete my GED until I was nineteen.

I worked at a variety of jobs until I was twenty-five. At that time I was given the opportunity to become a welder's assistant with Nova Corporation. I soon discovered that I really enjoyed the work and I began working toward my welding ticket as an apprentice. I felt that I had finally discovered my calling in life. I found that being a welder not only paid really well, but it garnered a certain amount of respect from the other trades on the job sites. In 1985 I was in my early thirties and decided to take the step to start my own portable welding business. At that time I felt that life was good because the money was great. It would not be unusual for me to make up to nine hundred dollars a day. I was on top of the world. I felt that I was "King of the Hill" and nothing could knock me off. This is what I thought, but I thought wrong. Working

in the welding business put me in touch with a group of people who drank and smoked drugs continually. Eventually it became my lifestyle also. My downward slide began when I started using crack cocaine. The reason I started to smoke crack was because I could no longer snort cocaine. Years of drug abuse had ruined my nasal passages. I quickly became addicted to the crack and my life began to spin out of control. After awhile, the only important thing in my day was getting my next fix.

By 2002 I had a drug habit of six hundred dollars per day. By 2003 I had lost all of my welding equipment to pay back the drug dealers I owed money to. Not paying these drug debts was not an option. Eventually I lost everything. I then began to deal drugs in order to support my habit. I never felt good about dealing drugs, but I was trapped and did not know what else to do. My life was out of control and I was hurting myself and all of those around me. My family tried to help me in different ways but the addiction was so strong that I could never seem to break its' grip. In 2004 I entered a one month rehabilitation program in Lethbridge. Shortly after completing the program, my brother hired me to work with him. It was a chance to get back on track and I was thankful for the opportunity he gave me. However, once I got my first paycheque, I found myself running back to the crack. The lure was too great and the temptation was too strong. After a few months of working, I lost my job with my brother. Not only had I lost my brother's respect, I also had lost respect for myself. I hated what I was doing but found myself powerless to stop the cravings and lure of crack.

I went to in Fort McMurray in 2005 and once again had an opportunity to move ahead in life. Fort McMurray was probably the worst place for me to try and start over again. The drug and party culture was everywhere and there was no way that I had the fortitude to resist it. Life for me was so frustrating. Every time I tried to spread my wings and take off, the crack would be the thing that would bring me crashing back down. By 2008, I was back in Calgary and once again working as a welder. I was renting a room in a

house for six hundred dollars a month. I was now staying away from the crack and feeling cautiously optimistic that things would get better. Then the economy took a turn for the worse and I was laid off. I could no longer afford to pay my rent and ended up losing my place. There was nowhere to go except to the Mustard Seed homeless shelter in the Foothills Industrial Park. From there I moved downtown to the Salvation Army Center of Hope. It was here that I was told about the Victory Manor in Ogden and the transitional housing program they offered to individuals who were looking for help to get back on their feet.

I moved into the Victory Manor in June, 2009 and managed to live on the fifteen hundred dollars I was receiving each month through employment insurance. I stayed at the Victory Manor for two years and, during that time I found support through the group meetings, counselling, and friendships I developed in the building. It was a safe place for me to get settled, refocus, and begin once again to set some goals for my future.

Today I am working full-time as a welder with a great company. In fact, it was the staff at the Victory Manor that helped me get the job. I recently bought a new truck and I am setting modest goals for my future. I plan on working with this company until I eventually retire and then live on a small pension. I am so grateful for another opportunity at life and I am more determined than ever not to go back to the destructive lifestyle of a drug addict. I achieved a milestone last month when I received a nineteen thousand dollar settlement. I paid some money on my truck and left the rest in the bank. The money is still there today.

I am so grateful for the Victory Foundation and the Victory Manor. It was there that I was finally able to stop my downward slide and have a chance to begin to move forward again. Without the support of the staff and counsellors I hate to think of where I would be today. They took me in when I was at my lowest and they believed in me when I had a hard time believing in myself. I will never forget the people and the place that helped me turn things around.

Special Announcement

The Victory Foundation would especially like to thank the following for their continued support in helping us renovate the Victory Manor:

Tim Harkema

Cabinet Solutions

John deBoer

Gunther's Building Centre Ltd

Enerpro Electrical Inc

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