

MOUNTAIN WOMYN



Fall 2007

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“You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.”

- Mohandas K. Gandhi

***Fill out your GWRC Membership renewal/application form on last page. ***

Golden Women's Resource Centre

Laurie Dalzell,
Director:

250-344-5317

Roni Beauregard,
Safe Homes Coordinator:

250-344-2101

Sara Davis,
Outreach Coordinator:

250-344-5317

Hours of Operation

Mon., Tues., Thurs.
10 a.m. – 5 p.m.

Wed. 10 a.m. – 7 p.m.

Fri.

10 a.m. – 4 p.m.

Come on Out to the 2nd Annual Starlight Soiree

Starlight, Star-bright, we are all stars on this night!

The Women's Resource Centre is hosting its second-annual Starlight Soiree. This is an opportunity for everyone to dust off their favourite and most dazzling dancing shoes and participate in the most sparkling event of the season being held at the Civic Centre on Wed., Nov. 28.

This year's event will feature a silent auction, fabulous desserts, a very special 'mocktail', live music and more.

The Golden Women's Resource Centre will announce its Woman of the Year at the event; so don't forget to vote for your favourite woman or women by filling out a nomination form at the Women's Centre, the Soiree, or by emailing your nominee to mtnwomyn@uniserve.com.

Staff and volunteers at the Women's Centre have been hard at work throughout October and November preparing for this year's event. We have an outstanding amount of support from members within the community including, Golden's volunteer Fire Fighters, who will be volunteering their services behind the bar. A special thanks goes out to everyone.

See you there!

Message from Golden Women's Resource Centre

Hello friends and supporters!

It's been a long time. The newsletter has been dormant since Peggy Chalmers asked why the name was "mountain Girls" and asked if we could change it to something more...womanly? Well, that was Fall, 2006, and since then Peggy has joined the board (see her Viewpoint) and we changed the name of the newsletter. Let us know what you think!

To summarize what has happened in the centre since the Fall of 2006 - many of you know...funding cuts, renovations, staff coming and going, fundraisers, dear friends leaving Golden, and more and more women coming into the Women's Centre every day to access our programs and services.

If you come visit us today at 419-C 9th Street, you will find our Good Karma Exchange up front, three- free internet access computers, free organic coffee (yum! Donated by the CMH Bugaboo Lodge), a comfy "living room," a kid's playroom, Outreach programs, Safe Homes program, Women and Employment program, friendly faces, a safe place to hang out, and sometimes even tasty treats!

I want to encourage you to get involved with the Women's Centre. It is *your* Women's Centre. We are very involved in the community and are working everyday to break down the barriers that women face. We are continually educating our community, sometimes softly, sometimes loudly, on the responsibility that we all have in putting an end to *all forms of violence*. We are interested in promoting the social and economic health of our growing community by maximizing the strength, talents and energies of *all* our women. Please join us. Renew your membership. Come in and volunteer. Donate clothing or money. The Golden Women's Centre is strong and will remain strong. We need you.

Peace,
Laurie

Back in the Saddle

By Peggy Chalmers

Aaahh... it feels good to be “back in the saddle”... so to speak. After a sabbatical of many years, I rejoined the Board of the Women’s Resource Centre last spring.

Over thirty years ago, I ‘came out’ as a feminist (or ‘women’s libber’) and began working towards the goal of equality of the sexes. At that time: women could not list their names separately from their husbands in phone books; a married woman needed her husband’s signature in-order to obtain a library card; daughters were required to study home economics; sons were required to study shop; and no subversive exceptions were allowed - different rules, different standards, different expectations.

Over the ensuing decades many small battles have been won - but economically, socially and politically, there have been few major advances. Politicians have made promises regarding: affordable childcare, more support to immigrants, eradicating poverty (remember “Year of the Child”?), equal pay for equal work and making the world a safer, kinder place to live. Politicians have broken their promises.

In my own, tiny way, I wanted to help make this world a better place for all people everywhere.

The other reason for rejoining the Women Centre’s Board is totally selfish; sometimes it’s good to be selfish - I missed the sisterhood! Anyone who is currently on the Board, has been, or will be, is someone that I want to know better. Most of the current board members and staff are people that I did not previously know.

As expected, they are all strong, beautiful, intelligent, compassionate women. I delight in their company, their laughter and their honesty.

Volunteering nourishes my spirit and my soul.

Hello Everyone, I am the new Safe Homes Coordinator

I am so pleased to be a part of the team at the Women’s Centre. I can see past coordinators have worked hard to bring the program forward. They have all made their footprints on the path.

I have spent my first few weeks settling in, getting to know other community agencies, and listening for niches to fill.

My hope is every woman in Golden feels comfortable walking in and finding there is something for her at the Centre and feels comfortable sharing her special skills and knowledge. The holidays are quickly approaching and I wish everyone a new year of laughter, love and kindness.

In Sisterhood,

Roni Beauregard, Safe Homes Coordinator

Giving Back

By Ruth Hughes

I’m a volunteer at the Golden Women’s Centre. It’s great to be helping out here with women and their kids. It makes me feel great about getting out of my place and out to help in some small way.

The ladies who work here are great fun to be with. It’s a great way to spend time on a weekly basis. I’ve helped out here for a number of years. It makes me feel great about myself to be able to (in a small way) help women and help myself by better understanding other women my age or younger.

When I first came to Golden 12 years ago I never thought I - for one - would still be here, or be helping the very women who helped me - but here I am. It is a very special place for me to go to spend time with other ladies.

All in all, I get support here. I also join in groups, if there is something I would like to try. I’m glad we still have the Women’s Centre. It is a safe place for women to go and just be around other women.

It is a great organization to be a part of.



Update from Outreach

The Outreach program has been busy this fall. I am seeing several new clients and am busy with different projects. The main Outreach projects have been: seeing clients, Girlz group, meeting with service providers, presentations at the high school and Women's History Month.

The Girlz group is off to a great start this fall. Our younger group is full, with 13 registered (our limit was originally 12) and our older group is going strong with 6. We have 2 regular helpers, Shelley and Sophia, from the Canada World Youth program. Sarah Wegelin, our all-star volunteer, has also helped out and came up with our next activity: clay stars that we will be creating to sell at the Starlight Soiree.

Women's History Month had a number of different projects. We had an article in the paper and hosted a successful tea. The girls group created posters and painted the window about Women in herstory. We started a project that I hope will continue, our Women's Herstory Scrapbook. I urge all of you to come by and look at our beautiful book that several women have added their creative flair by creating a page about a woman in Golden and their contribution to the community. It's not too late to add to the book, if you are feeling crafty.

Sara Davis, Outreach Coordinator

Woman of the Year 2007

The Golden Women's Centre believes that every woman in our lives deserves special recognition and thanks. We are all Women of the Year!

We invite you to show recognition to your Woman of the Year by nominating one, or more, special women in your life (your friend, your mom, your wife, your supervisor, your best friend...you get the point) for this award.

Stop by the Women's Centre and fill out your nomination form (men can drop off nomination forms here as well) or email it to mtnwomyn@uniserve.com

Invite your Woman of the Year to the Starlight Soiree on Wednesday, Nov. 28 – 7 p.m. at the Civic Centre and see if she wins! *Winner will be chosen by drawing!* If you have a digital photo or can drop off a photo of your nominee, we'll add it to our display.

Deadline for all entries: Nov. 28 at the Soiree.

2007 Calendar of Events

Tuesday, Nov. 13

1 p.m. - 3 p.m.

Soiree Decorating Committee Meeting

Golden Women's Resource Centre

Wednesday, Nov. 14

10 a.m. - 11 a.m.

Coffee Talk: Beginner French Course

Golden Women's Resource Centre

Wednesday, Nov. 28

7 p.m.

Starlight Soiree

Golden's Civic Centre

Thursday, Dec. 6

Noon

National Day of Remembrance and Action on Violence Against Women in Canada

Fountain/Women's Centre

Thursday, December 13

12 p.m. - 2:30 p.m.

Holiday Hot Lunch Pot Luck

Golden Women's Resource Centre

December 6 – 21

Kids Christmas Shop for Mom: Good Karma Exchange

Golden Women's Resource Centre

Watch out for Winter Girlz Group information and registration in January 2008.

DECEMBER 6

A Day to Remember

A day to remember the 14 young students who were murdered at L'Ecole Polytechnique in Montreal because they were women.

A day to remember and honour all women who have experienced violence.

A day to take action to stop violence against girls and women.

December 6th is a day to join together to recognize the impact of violence against women. Make a commitment to safety for the girls and women in our community and around the world.

Join us at the fountain in front of the post office at Noon, on Dec. 6, to honour and remember those who've lost their lives to violence. Tea and coffee will be offered at the Women's Centre following the ceremony.

Women *and* Men are invited.



The Golden Women's Centre Society's Mission Statement

The Golden Women's Centre Society exists to support all women in their lives by encouraging their growth and finding opportunities to increase awareness of women's experiences and needs.

Support your Women's Centre by initiating or renewing your membership. Your membership helps us continue to offer the services you enjoy, as well as to expand our offerings to meet your interests and needs.

To become a member, simply fill out the form below and bring it in or mail it to the Women's Center. Cost is \$10, but don't let your budget stop you. Pay what you can afford; every dollar we receive makes a difference!

Thank you!

GWRC Member Information

Name: _____
Mailing Address: _____
Phone: _____
Email: _____

You can reach the Golden Women's Resource Centre in the following ways:

In person: 419C N9th Ave. N
By mail: P.O. Box 2343, Golden, BC. V0A 1H0
Phone: 250-344-5317
Fax: 250-344-2565
Email: mtnwomyn@uniserve.com
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