

# M untain Womyn

## Ida Chong, Minister of Community and Women's Services gives GWRC good news

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Spring, 2008

BY: LAURIE DALZELL, EXECUTIVE DIRECTOR

The Golden Women's Resource Centre (GWRC) could not survive without the generous donations from individuals and organizations from and around Golden.

We have received funding from the United Way, the Vancouver Foundation and the Golden and District Community Initiatives Fund. Our major, and most consistent funding comes from the Ministry of Community Services (MCS), for our *Stopping the Violence* Outreach and Safe Homes programs. We hold a three year contract with the MCS (to be renewed on June 30, 2010) to cover 52.5 hours per week of work with women and children who are fleeing violence, who have experienced violence, or who are marginalized and at risk of experiencing violence. On March 31, 2008, our Women's Centre received a one-time grant of \$35,000 from the MCS to support our Outreach Program.

Our Outreach Program is headed by Sara Davis who has served over 2000 women since April 2006, with only 17.5 hours per week dedicated to this program. Sara has led the GWRC in seeking extra funding

over the past two years from organizations such as the Vancouver Foundation and the Golden and District Community Initiatives Fund to augment the outreach work we do; in addition, our centre is currently staffed with four employees, who all play a part in the delivery of these outreach services. In recognition of this work and of the gaps that we are filling here in Golden, the ministry was able to respond to our letter of request to add another 17.5 hours to our outreach program for this fiscal year. Ida Chong, Minister of Community Services and Minister Responsible for Women's and Senior's Services, personally called us and let us know of this decision. She was clear that this was a one-time grant only. We gratefully acknowledge her support and her ministry's recognition of the work that we do and the challenges that we face daily in assisting women who, in many instances have nowhere else to go and no one else to stand up for them.



### *Inside This Issue*

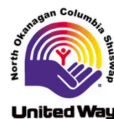
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*"Nobody cares if you can't dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion."*

—Martha Graham



*Golden Womens Resource Centre*  
Golden, British Columbia

#### We offer:

- Outreach Services
- Safe Homes/Emergency Shelter
- Advocacy & Support
- Internet Access
- Resource Library

Laurie Dalzell, Executive Director  
250-344-5317

Sara Davis, Outreach Coordinator  
250-344-5317

Roni Beauregard, Safe Homes Coordinator  
250-344-2101

Sarah Wegelin, Admin. Assistant  
250-344-5317

#### Hours of Operation

Mon., Wed., Thurs.  
10am-5pm  
Tues.  
10am-7pm  
Fri.  
10am-4pm

#### Visit Us...

In person: 419C 9th. Ave. N  
By Mail: P.O. Box 2343  
Golden. B.C.  
VOA 1H2

#### Online:

[www.goldenwomenscentre.ca](http://www.goldenwomenscentre.ca)

## *From the Frontline*

# Golden Women's Resource Centre announces big changes

**Hello members, supporters, and friends;**

It's that time of year again...Annual General Meeting (AGM) time. I would like to personally invite all members, current and past, as well as all women interested in knowing a little more about the Golden Women's Resource Centre (GWRC) to join us at our **AGM on Tuesday, June 10<sup>th</sup> at 5:30 pm here at GWRC.**

We have a lot of news to share, from staffing changes to a new strategic plan and an updated mission statement.

Now is a great time to get involved in *your* Women's Centre and be a part of the exciting goals that we have set for 2008/09!

On the staffing front, I would like to officially welcome Sarah Wegelin as our new Administrative Assistant. Sarah is the organized and creative mind behind the details. We first met her when she helped us organize the Starlight Soiree in 2007. She has continued to keep us and you informed by producing this newsletter, creating our new website

([www.goldenwomencentre.ca](http://www.goldenwomencentre.ca))

check it out and let us know what you think!), and keeping the centre organized. Thanks, Sarah and welcome!

The other Sara, Sara Davis, has been accepted to a Masters of Public Administration (MPA) at

the University of British Columbia in Victoria and will start in the fall of 2008.

Sara is the GWRC's first Outreach Coordinator (our Outreach Contract started in January 2006 and Sara was hired in April) and as such has built the program and assisted over 2000 women in the past two years on issues such as landlord-tenancy disputes, filling out provincial court forms, securing legal aid and spreading awareness about violence in our community.

Sara will take her experiences from working with all of the amazing women she as supported here in Golden and hopefully be part of policy change in our government! Whatever she decides to do with her MPA, we know she will make a difference, as she has made a difference here.

There are many more changes coming up! But I'll save some of that for the AGM. Remember, you must be a member to stand for the board and to vote at the AGM. You can use the membership form on line or on the back of this newsletter to join up or buy a membership the night of the AGM.

**Thank you for your support.  
Peace, Laurie**

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## Workshops for Women

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Presented by the Golden Women's Resource Centre

**It's not too late to sign up for one of our many free workshops.**

### May/June

*Monday, May 26, NOON*  
**Get Involved, Make a Difference, Run for Town Council!**  
Presented by Carmen Gustafson and Christina Benty

*Thursday, May 29, NOON*  
**Reflexology**  
Presented by Marija Spehar

*Tuesday, June 3, 7pm*  
**Emotional Freedom Therapy**  
Presented by Liza Hindmarch

*Thursday, June 5, NOON*  
**Yoga at the Yoga Studio**  
Presented by Wendy Grant

**For more information check us out on-line:**  
[www.goldenwomencentre.ca](http://www.goldenwomencentre.ca)  
or contact Laurie Dalzell at  
GWRC:  
250-344-5317

## *From the Frontline*

### **Outreach Coordinator says goodbye to GWRC**

**BY: SARA DAVIS, OUTREACH COORDINATOR**

As I write this article for the newsletter, I can't help but feel a little sad but also excited for some changes that are happening both in my life and at the Women's Centre.

After working as the Outreach Coordinator for almost 2 ½ years I've decided to go back to school in the fall. I was accepted to the Masters of Public Administration (MPA) program at the University of Victoria. I'm really excited about the program and moving forward in my career but I'm also sad to be leaving the Women's Centre, Golden and the amazing people I have come to love.

I feel lucky to have had the opportunity to work with the amazing women at the Women's Centre: Laurie, who took a chance on the young, inexperienced me, and provided support and guidance to turn the ideas I had into programs the Women's Centre carried; Karen, who taught me so much and became a close friend; Roni who was so supportive and non-judgmental to me during a tough personal time; and Sarah who I trust to carry on with my baby, the girls group. I also feel lucky to have worked with the many volunteers and our amazing board. The clients and regulars I have worked with over the past 2.5 years, have left lasting impressions on me. I feel privileged to have gotten to know so many amazing women.

Of course, even as I'm preparing to move on, the Outreach program continues to be in full swing. In April we found out from the Ministry of Community Services that they have decided to fund our program to be full-time for a year. This is great news and allows us to have stability in our planning, staffing and more time to work with clients. As housing and legal issues continue to be a theme with Outreach we are working on some long-term solutions that will help women in our community. Remember that we offer support for every woman and no problem is too insurmountable or insignificant for you to come in and talk with one of us. Even as I move on, I'm sure my replacement will add her unique flavour and skills to the Outreach position. Roni and Sarah will still be available as well.

I hope to see all of you for the next few months before I finish in early August. I wish you all the best and thank you for the role you've played in my life.

### **Girlz Group lends a hand at Golden's Community Garden**

**BY: SARAH WEGELIN, ADMIN. ASSISTANT**

Despite the cloudy weather on May 13, five girls participating in the GWRC's Girlz Group Program joined Sherra Vorley, Coordinator of the Golden Food Bank, in our Community Garden.

The girls volunteered turning soil, pulling weeds and planting garlic with group leaders Sarah Wegelin (GWRC) and Carrie Ferguson of the Golden Family Centre.

"The activity was designed to get the girls involved with a community initiative through volunteering," explains Wegelin.

"During the afternoon the girls were able to connect with nature while learning about a meaningful cause. They were so excited. It was great to see how enthusiastic they were to do such hard work. Three

of us actually turned the soil for a whole new garden plot."

The group plans to go back to the garden during the next few weeks while the program is running.

"Next time we are going to do more planting. The theme of the spring-program is *'Getting to know you'*, so the girls will be encouraged to choose a perennial that best suits their personality," explains Wegelin.

"It's going to be a lot of fun. An extra big thank you to Sherra for taking the time to show us around the garden and for having us."

Girlz Group is a program for girls grade 6-9. It is held quarterly and focuses on providing girls with a safe atmosphere to discuss issues; do creative projects and have fun. It is funded by the GWRC's Outreach Program.

## *From the Frontline*

### **New Additions at the Golden Women's Resource Centre**

Hi There! I'm Sarah Wegelin, GWRC's new administrative assistant and I am so happy to officially be a part of this beautiful and fantastic organization. I have met some great women as a volunteer here and look forward to meeting and helping women during my stay. I would like to give a special thank you to Christina Edmunds who is our all-star volunteer and my saving grace at times. She has been a very supportive friend and is very wonderful to work with. I look forward to more adventures with her in the future. ☺

I'll try to keep up updated with new happenings here at the GWRC. We have a few other new additions to the community access area of the GWRC (where you will find me working) and in our Good Karma Exchange.

Lots of spring items are available in the Good Karma Exchange. Check out the fabulous scarves, belts and purses. We've received lots of donations during the middle of May—a big thank-you to all who have been thinking about us; we appreciate your on-going support and contributions. For all who don't know about the GWRC's Good Karma Exchange, it is available for all women and works on a take-what-you-need, give-what-you-can basis. It's located in the foyer of the GWRC; you can't miss it.

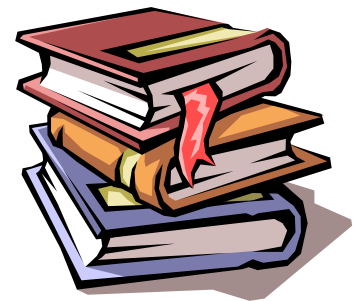
We have recently adopted some new and very animated pets. Check out our colourful and big-eyed gold fish located at our coffee station and on my desk...the kids love them, and food is always available for the feeding. *(Psst...To the past owner of our new friends—Tommy's doing well!)*

The cozy lounge has been rearranged and we have received some great new books on nutrition for our library, so don't be shy, come on in and check out our selections. Also...good news...we've added a new computer to our computer access area, it is hooked up and ready to go. Don't forget to sign in.

Our website has been given a face-lift and will be continuously updated with photos, new programs and special events. We will keep you posted on projects and new opportunities here at GWRC and in Golden. There is a discussion page, as well as an events calendar on the site, so feel free to contact us and/or sign up for our newsletter.

We are hoping for funding to start a few new programs, so let's keep our fingers crossed, I might be telling you about them in the next newsletter.

**-Until Next Time, Sarah Wegelin ☺**



## *From the Frontline*

### **News from the Safe Homes program...**

**BY: RONI BEAUREGARD, SAFE HOMES COORDINATOR**

The program itself has been very busy; since the last newsletter there has literally been hundreds of opportunities to assist women. While the main focus of the safe home program is women and children in abusive relationships, many women access the program for support and information when issues come up, for example, landlord tenant information, employment standards, legal aid, and physical and emotional health—to name a few.

Columbia Basin Trust (CBT) approved a grant to have all staff and safe homes Program Support Workers at the Women's Centre obtain their First Aid Level one and CPR certification. The training will take place at the Golden Fire Department. A special thanks to CBT for recognizing this need at GWRC.

We believe this will be important training and gives us all another facet of service to give back to our community. Everyone knows how important appropriate first response to medical emergencies can be for both the patient and medical staff.

I want to thank everyone who has and does donate their clothing and household goods to the Women's Centre. This is such an important help to the safe home program, we pass on these items to women who are starting over and it really does make a difference. I also want to thank those donators for recycling these things instead of sending them to the trash.

**Till we read again...Roni Beauregard,  
Safe Home Coordinator**

### **Recognizing Prevention of Violence Against Women Week and Volunteer Appreciation Week**

**BY: RONI BEAUREGARD, SAFE HOMES COORDINATOR**

We have celebrated some significant occasions recently. Prevention of Violence Against Women Week (PVAW) was April 21 to the 25<sup>th</sup>. It was an event-filled week. We were able to present an information session at the Golden Family Centre on the effects of violence against women and how men can help in its elimination. We incorporated Earth Day by painting recycled t-shirts to help spread the message that violence is not accepted in our community. The outreach team visited Lady Grey Elementary School to educate our children and have the kids paint banners (also from recycled materials...tired cotton bed-sheets). We wound the week up by hosting a lunchtime bar-be-que for the community in the Kinsmen Park - we had a great turn out and thanks to everyone

who took part. It's so rewarding to see people turn up for these events.

After PVAW was Volunteer Appreciation Week (VAW). This was a week of devotion to fun and thanks. We presented each volunteer with a plant—as a symbol for growth, a box of chocolates—because it's therapeutic, and a small fairy—to represent our appreciation for all the hard work our volunteers do. After the presentation we fed our volunteers a delicious pancake breakfast. (I know it was delicious because the women-centre staff did the cooking.)

Speaking of events, just a reminder to stop by the centre and get updated with our calendar, there are a lot of workshop sessions coming up on various topics and, as with most things in life, the more the merrier.

## *For the Heart*

# Self-proclaimed Tomboy and Wild-woman turns 50

**BY: SARAH WEGELIN, ADMIN. ASSISTANT**

As Ruth Hughes, volunteer at the Golden Women's Resource Centre (GWRC) approaches her 50<sup>th</sup> birthday she reflects on her life's struggles and says, 'life is a match of mismatched experiences.'

"I've packed a lot of living in the last 50 years and I'm grateful for what I've learned. In retrospect I've had to learn the hard way, but out of that comes wisdom. For 20 years I went from crisis to crisis. I had problems with alcohol and drugs and a lot of emotional problems," Hughes explains.

Hughes' was born on June 18<sup>th</sup>, 1958. The red-haired and fair-skinned, self-proclaimed tomboy and wild woman, says she, not only had mixed feelings about turning 50, but she didn't expect to still be alive at 50.

"When you're young, you think you know everything and I was no exception to the rule," she explains.

The youngest of 5 older brothers Hughes says, life wasn't filled with your typical female activities.

"I didn't have a strong relationship with my mom; she also grew up with a lot of brothers, she was the middle child in her family, so when she had me she thought she had to treat me different versus how she behaved with my brothers. With me it was teaching me how to sew, bake and cook, the things girls were 'supposed' to do back then,"

"Life wasn't filled with your typical female activities. I always wanted to do the things my brothers were doing, like play football. They couldn't explain to me that I might get hurt. I liked the fact that my brother's friends all rode motorcycles, so I got into the rough and tumble world of things," she explains.

Hughes looks at a picture of herself when she was in high school and laughs.

"I wrecked a pretty dress my mom made because I went climbing in trees. I vividly remember having to put on a dress, and wear a hat with lacy gloves - when you have freckles and red haired

you stand out as it is. I was constantly getting teased by the boys, or by older people saying, 'don't you look pretty'," she explains.

Although Hughes wasn't close to her mother, she was her father's little girl and enjoyed spending quality time with him whenever he was available.

"He made the extra effort to spend time with me because he worked a lot. There was a lot of just father and daughter time. He would play with me and take me places. He taught me about guns and hunting. Much to my mother's dismay, he bought me my first pair of jeans,"

"He used to take me to his office at work and I would sit on his desk with a paper and pen and get to have a pop. It seems foolish now, but those things, they really meant a lot to me...they still do."

Hughes says, though she always enjoyed 'male' activities, she lost her trust in men at the age of 19 after being raped. She gave birth to twins following the incidents and the emotional hurt from what happened affected her life and relationships for a very long time.

"My father treated me differently after that happened. I just wanted him to treat me the same as he always had, but that wasn't the case," she explains.

"I had an 18-year absence from my mother because of my choices, and I never spoke to my father again. A woman I worked with made me write a letter to my parents, when I did, I learned that my father had died 6 months previous. I needed to make amends with my dad, I didn't think it was going to affect me, but it did. My mom said my father mellowed out as he got older and he cared for me. I think you realize as you get older, life is too short,"

"I've changed my perspective about men, I think men and women have a lot more in common than either side

would like to admit, we both have emotions, we both get scared, we both get shy, men are scared to be turned down, just like women are, the big difference between men and women is the way they interact with each other."

Hughes' 50<sup>th</sup> birthday marks a new chapter in her life. She hopes to meet someone special to go for walks with and to have as a companion; but she says it's not the end all and be all of things.

"I'm a bit of a wild thing, I don't want to be tamed. Some men are a little wild around the edges. I guess I'm a spontaneous kind of person and that's how all of my relationships have ended up. I don't think I'll ever change,"

"I don't project what it will be like in 5-10 years from now. I guess I've discovered, life is too short for conflict, people are either going to like you or not like you, they are either going to be supportive or not be supportive. I've tried for so many years to have people like me, for men to like me, it's ludicrous for me to say that if someone were to ask me out on a date that I wouldn't say no."

**Happy Birthday  
Ruth!!!**

**We love you!!**

**Love Always,  
The girls at the  
Women Centre**

# For the Heart

## Period of Transition

BY: R.M. HUGHES

Considerable reflection... Coping capacities...

Demanding stage... Women's transition...

New obstacles... new understanding...

The change... Sore breasts...

Body aches... Mood swings...

Night sweats... Anemia...

Inward focusing... Light bleeding...

Beginning into life's decline...

Affirming me... Discovery...

Bloating... Exploitation...

Clarity and revision... higher purpose...

Respect for life... Challenges of growth...

Meeting needs... Freedom to become who I am...

Access greater wisdom... Reawakening and rekindle...

Health-help-hope-healing... Profound wisdom...

Hot flashes... Heartfelt concern...

Aging... Boundaries of my heart...

Encouragement... Feminine...

Joy or sorrows... Herbs...

Embarrassed by my bodies changes...

49-soon to be 50...

Mid-life adulthood

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The Golden Women's Resource Centre publishes, *Mountain Womyn*, its newsletter, quarterly - per season. We would love to hear from you. Submit your own poetry or story, write a letter, share your *Viewpoint*, or pitch an article for submission on women's issues within Golden or around the world.

*Mountain Womyn* is an opportunity for communication among women in Golden. Lets share ideas and information.

Contact the Golden Women's Resource Centre with your ideas.

Please note: though we don't take ownership of any submissions, all articles will be put through an editing process; short stories and poems will be checked for grammar and spelling, graphics may be added, and the format of all articles are to the publishers discretion. Thank you for your understanding.