



Mountain Womyn

Back to school for staff at Women's Centre

Volume 2, Issue 3
Summer, 2008

Fall, my favorite time of year is here! Back to school! New projects are on the go, excitement and anticipation is in the air. As many of you know, if you were at our Annual General Meeting, or have read our annual report on line, some of the Women's Centre staff is going back to school as well. As a result, there are some new and exciting changes happening here.

First, I would like to welcome Cheryl Verheyden, our new Outreach Coordinator. Sara Davis, the former Outreach Coordinator, returned to school this fall to pursue her Master's in Public Administration. As such, Cheryl joined our staff in August and is getting up to speed quite nicely. The hiring process was very competitive and Cheryl rose to the top as the most qualified candidate. She has so much to offer the Women's Centre. Please stop by and welcome her.

Second, on the list of changes is our very own Sarah Wegelin's new position. She has been working with us since last fall as a volunteer and then as the Administrative Assistant. Since Sarah does so much more than assisting us, she is in charge of many of her own projects as well. As such, we changed Sarah's official title to better reflect what she does here. She is now the **Special Projects Coordinator**. Sarah wrote a successful grant to the Golden and Area

Community Foundation for a project entitled "Let's Get Involved." Read more about the exciting programs that "Let's Get Involved" will bring to the Women's Centre. Sarah is also in charge of compiling this newsletter and maintaining our website. Thanks, Sarah! Your energy and creativity is invaluable to the Women's Centre.

And last, but not least on the list of changes, is my resignation. After three amazing years here at the Women's Centre, I, too, have decided to go "back to school." I have started my Master's of Business Administration with a Leadership focus from Royal Roads University. If all goes well, I should complete this degree by Spring 2010! I have enjoyed being a part of the history of the Women's Centre. The evolution over the past three years has been exciting. Being a member of the Women's Centre staff provided me with a very quick way of getting involved in our wonderful community of Golden. I have been privileged to learn about all aspects of our community life, some aspects that others may choose to turn a blind eye to. But I want to emphasize that the Women's Centre is not just a place that women go when they are in crisis. It is also a place for celebration.

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"We must not, in trying to think about how we can make a big difference, ignore the small daily difference we can make which, over time, add up to big differences that we often cannot foresee."

- Marian Wright Edelman, American activist, *Families in Peril*

Golden Womens Resource Centre

Golden, British Columbia

Services Include
Safe Homes Program
Outreach Services
Advocacy & Support
Internet Access
Resource Library
Computer Support
Good Karma Exchange
Free Condoms and Female Supplies

Staff
Roni Beauregard, *Safe Homes Coordinator: 250-344-2101*
Laurie Dalzell, *Executive Director: 250-344-5317*
Cheryl Verheyden, *Outreach Coordinator: 250-344-5317*
Sarah Wegelin, *Special Projects Coordinator: 250-344-5317*

Hours of Operation
Monday, Tuesday,
Thursday,
10am-5pm
Wednesday
10am-7pm
Friday
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

From the Frontline

GWRC receives \$10K for new program

The Golden Women's Resource Centre received \$10,500 from the Columbia Basin Trust's Golden and District Community Initiatives Program for its new program, 'Let's Get Involved!' The 'Let's Get Involved!' program targets three areas where women are seen as needing support and is hosting three programs to fill the need.

The Junior Girlz Group program will open our existing Girlz Group program for grade 6-9 to grade 5's.

The Junior Girlz Group program started on July 15. Registration turned out to be a huge success with plenty of participants signing up.

The nine girls that participated in the summer program were enthusiastic over a lot of the activities. They were given an opportunity to have some input into the activities which is really important. By giving the girls a voice they stay interested in the program and it gives insight into how the program will develop over the next year.

The theme for the summer season was 'Discovering Our Community!' Some of our activities included taking pictures of our town as 'tourists in our own town', painting our front window, necklace making in the park, a trip to the Golden Museum and a visit from Mayor Doyle during our wrap-up pizza party.

The 'Let's Get Involved!' program also provides one on one support to women who need help with basic computer skills. The Women's Centre will host four workshops throughout the next year in-order to provide women with basic computer skills.

We've had many women come into the GWRC in-order to receive help on the computers, whether it's for filling out on-line forms, using Microsoft Word to write a resume or signing up for an email account and using that account. We're hoping that by providing women with this type of support we'll not only be educating them, but empowering them with new opportunities to connect

with friends and family and/or prepare them for higher education and enable them to help others.

The third component to the 'Let's Get Involved!' program is a group for women who are new to the community. The 'Newcomer's Group' provides women with an opportunity to learn about community resources and programs they might be interested in using or volunteering for.

Part of the goal for the newcomer's program is to link women up with volunteer opportunities as a way to get involved in our community, whether they're here permanently or just staying for a season. It's a great way to make new friends and avoid how isolating it can be when you're new to a strange place.

The first info session for the Newcomer's Group program will be on September 26th at 1pm-2:30pm. Information from the Golden Food Bank, Golden's Welcome Wagon and the Golden Women's Resource Centre will be presented during the workshop. Attendees will be given the opportunity to ask questions and will be provided with an information package on various resources available in our community. We're very thankful to the Golden and District Community Foundation's Initiatives program and the Columbia Basin Trusts for its support in contribution. We really believe this program will be successful in many ways. For more information on how you can "Get Involved!" please contact Sarah Wegelin at 250-344-5317 or check us out online:

www.goldenwomencentre.ca

Visit us at the Golden Mount 7 Rec Plex on Sept. 10th at 7pm for info on the Fall Girlz Group program.

Dates to look Out for....

September

Wednesday, Sept. 10, 7pm

Girlz Group

Information/Pre-registration

Mount 7 Rec Plex

Contact: Sarah 250-344-5317

Friday, Sept 19,

Take Back the Night

March on 9th Ave. N

Contact: Roni 250-344-2101

Friday, Sept. 26, 7pm

Newcomer's Info Night

Golden Women's Resource Centre

Contact: Sarah 250-344-5317

Sept. 29-Oct.3

Girlz Group Registration Week

'Wonderful Women of our World'

Golden Women's Resource Centre

Contact: Sarah 250-344-5317

October

Women's History Month

Contact: Cheryl 250-344-5317

For more information check us
out on-line:

www.goldenwomencentre.ca

or contact Laurie Dalzell at

GWRC:

250-344-5317



From the Frontline

GWRC Welcomes new Outreach Coordinator

Hi! I'm Cheryl Verheyden, GWRC's new Outreach Coordinator. I just want to take a moment to tell you a little bit about myself, and let you know how excited I am to have become a member of this wonderful team.

I grew up in Ottawa, and went to the University of Guelph for psychology. When I graduated, I moved out to Lake Louise and took a job in a restaurant there. It was a fun place to be, but I started to really miss the feeling of having a strong community, and a little bit more permanence. I asked myself where I could go that might have this feeling, and also still have access to a great ski hill. The answer was obvious. Golden was right around the corner, so I packed up with a couple friends, and hitchhiked here one day, and found a place to rent. I was soon working full time at the Kicking Horse Grill, where I made some amazing friends, and ate amazing food every day!

After being in town for a while, I started to fall in love with the community. Golden has a very unique and tight knit community that I have not felt anywhere else in all my travels. Every day the community grows on me more and more and every day I feel the urge to become more and more involved and help out in whatever way I can. I started volunteering at the Women's Centre around the time of the last Starlight Soiree and then became a volunteer for the Courtwatch program with Sara Davis. I met so many amazing and inspiring women during my time volunteering, that, when the opportunity to apply for a position here arose, I had to jump on it.

I feel so lucky to have been the one chosen for this position. I'm looking forward to meeting, helping, learning from and getting to know everyone who crosses the path of the Women's Centre in any way, shape or form.

Back to school for staff at Women's Centre cont...

We celebrate non-violence, fairness, women's accomplishments and our struggles. Over the past three years, my main focus and success has been in the financial management of this organization, and I can proudly announce that even in the year when our Status of Women Canada funding was in question, we finished the year in the positive. As well, I have worked to heighten awareness of the Women's Centre in our community and have worked on earning the centre a degree of mainstream community support, which I believe is also improving. We have had so much support in terms of volunteerism, private donations, and public support at our two Starlight Soirees events. In the next chapter of the Women's Centre's progression, I believe that we need to continue to look at the political environment and monitor how changes in government will affect women's issues, in particular, women's safety and women's financial independence and security.

The team that we currently have in place, the board, staff, volunteers and current members of the Golden Women's Resource Centre Society are eager to welcome the new Executive Director into the fold and see where her energy takes us!

Peace—Laurie Dalzell

**Volunteers are needed for the Golden Women's Resource Centre's
CourtWatch Program !!**

For more information please contact Cheryl Verheyden @ GWRC 250-344-5317

From the Frontline

Update from Safe Homes

Hello again and welcome to the summer edition of *Mountain Womyn*.

It has been a hot summer at the Women's Centre! I am not only speaking about weather conditions, I am speaking of change and growth also.

The Safe Home's program continues to be an important service for women in our community and is pretty much accepted by most people, when the heat wave hits, life can tend to be more ...umm "weird" than usual. It gives me relief to know we are here for any woman who needs support, information and comfort.

The Staff, Program Support Workers and Volunteers at the Women's Centre have achieved their First-Aid Level-One Certification, and CPR level C, certification. A special thanks to the Golden Fire Department and Chris Findley for providing us with the space and training and thank you also to the Columbia Basin Trust for providing us with the funding to pay for our certification.

This was a great experience for all of us; the instruction was delivered in professional, easy manner. I believe no one in our group felt neither threatened by the evaluation nor awkward with the new skills being taught. Congrats to everyone for completing the certification and for bringing new assets to our community.

The Safe Home has undergone a few minor changes this month. We have been able to provide a play area for the children who stay in the Safe Home with their moms. Once again here is where the generosity of our community plays a big role - the play area is entirely the result of donations. Thanks to all the children in Golden who have given their moms the okay to share some of their toys.

On a personal note it has been a little stressful saying goodbye to our Outreach Coordinator, Sara Davis. Sara will be sadly missed! Sometimes it's not so funny how attached we become to our co-workers, not realizing while working along-side a talented person, they have become a friend. We welcome our new Outreach Coordinator, Cheryl Verheyden who is equally talented, interesting and my personal favourite, curious.

Please keep an eye for announcements of community events hosted by the Women's Centre; we love to see you there. Also if you have an idea or an event you would like to see in Golden, stop by, tell us, who knows you just may be onto something.

In Sisterhood,

Roni Beauregard

Safe Homes Coordinator.

GWRC Welcomes a New Board of Directors

We would like to welcome as: Director, Judith Susan Doyle, Physiotherapist /Manager/Golden RCMP Victim Services; Director, Janice Gustafson, Accounting Clerk; Co-secretary, Hilary C. Frazer, Teacher; Co-secretary, Monique Limoges; Administrator, Director, Amy Sharples, RN; and returning to the board once again: Co-chair, Peggy Chalmers, Business Owner; Co-chair, Dalia Yanai, Yoga Instructor & Holistic Health Practitioner and Director, Katherine Hamilton, Community Development.



It's that time again....Take Back the Night

BY RONI BEAUREGARD

Please join us in the annual "Take back the Night" March on Sept. 19. We will meet at the Golden Women's Resource Centre at 6:30 pm and will take approximately an hour to complete. The more community members that attend this event, the louder our voice will be. We are planning a colourful evening, and are hoping to see more families. It is a fairly short program that includes a march from the Golden Dollar Store to Kicking Horse Ford, with escorted by Constable Kate Bamber of the RCMP, then a short walk up the service street in front of the Credit Union without police escort.

Help us symbolically reclaim the streets. It is a woman-and-children-only march; this is to underline, **statistics prove men are responsible for violence against women, though most men don't use violence**, communities must not be passive and accept this and it is not valid to defend this as sexist-it is a fact. It is also a fact we need to take action together to change it. The women participating in the march respectfully ask men to participate by standing on the sidewalk and getting vocal by telling the world that we want our wives, sisters, daughters and mothers to be safe in our community, at home, at work, at play, at any time day and night. We all want a healthy and safe community.

This year we will celebrate the evening with drumming, fire dancing, juggling, hula-hooping and dancing. A presentation delivered by Leslie Adams will remind us of how democracy can work and through the importance of public protest we can take action by challenging our political leadership. The Take back the Night march not only takes place across Canada, it is a world wide protest. The first march was thought to have been in Germany in the late 1960's. It was a response to a series of sexual assaults, and murders. By

1978 women were marching in Germany, United States and Canada, and adopted the slogan "**take back the night**". By 1981, 6000 women across Canada were participating in marches.

We continue with the tradition because it is important to remind people violence is not just a women's issue, it is a community issue and there hasn't been enough change.

In a time where we hear on a daily basis about the need for increased security, 51 per cent of Canadian women have been victims of at least one act of physical or sexual violence since the age of 16 – *BC Association of Specialized Victim Assistance and Counselling Program*. So, if you have been "safe", it is quite possible that your mother, sister, aunt, best friend or girlfriend has not been so lucky. It is also estimated, violence against women costs the Province of British Columbia nearly half a billion dollars to the medical system every year. The costs of policing and the court system is double that. The numbers really are staggering. We can, we will, we *must* do better.

We are women, we are strong, violence against us, has gone on too long.

Take Back the Night

September 19, 2008

**Meet at the Dollar Store Parking Lot
@ 6:30pm**

March begins at 7pm

**Bring a Drum if you have one.
Men please give us a call and we'll let you
know how you can participate.
250-344-5317**

For the Heart: Poetry by Ruth

Kinship to the Death of Our Lands of Tenders

By Ruth Hughes

Introduction: "My family is from the old country. The following piece is based on stories that I heard from my parents about England and the time that I spent there. Enjoy!" - Ruth

Loved mountains true, terms direct, bold ascent, feet must struggle, upright path wonder and admiration, courage indeed, utter solitude, who's journey, no habitation seen, lead me to feel, bagpipers on distant hills, youthful delight, stout heart, heard the south, wind in hollow, passages of influence, loned fields and hills, passions of my old land, sailing in the sky, felt the power, such history, honourable gain, stirring life. Hardship skill or courage joy or fear, strong hold on those hills and fields, many a storm since, passed in singleness, full sleep, green valleys, hearts of many thousand mists, country style, evening burn late, uncounted hours, eager old village, tenderness the same, found spirit, constant depth of our true home, a babe in arms, blood of earth, rustic delight of pastime, old oak tree, acts of tenderness, it brings hope, not alone, enforced ground, symbol of our lives. Silent hours, matchless depth of heart's joy, earnest flock, divine worth, never lost here, sole of heart blood of family past, sun music to the wind, heart seems born again, roses so armed, lay still beneath the shears, heaven's good grace, moment strange, fields of ours, daily hope, cheerful free land, real true kinship, knots poor any more, free as is the wind, fool no longer, return into pass time, journey gladly wondrous rich, found my birthplace again gained. Birth me again, fell upon thee, touch thy arms again, deep valley, sweeter sounds, thou kinship of heart, thou must not go, thou art me, grove of open fields, rose at morning, thou wilt leave me, blessing from thy fathers tongue, I loved thee with increasing love, a consent gone, thou art gone away, fare thee well---, sobbed aloud, omit all fears, bless thee, I begin again. Hidden place beyond the seas, endurable heart, tis not forgotten yet, for the land, peace in his house, fold the lying emotions, put on bold face, unusual strength, art of sight, tis believed by all, break not the heart, ground stood, pride, fulfilling peace, kind spirit, filled with, your spirit, morn less, gained hopes.

The Golden Women's Resource Centre will be publishing, *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.**

Let's 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.

GOLDEN WOMEN'S RESOURCE CENTRE

GOLDEN WOMEN CENTRE SOCIETY Board of Directors

Co-Chair Peggy Chalmers, Business Owner
Co-Chair Dalia Yanai, Yoga Instructor & Holistic Health Practitioner
Co-Secretary, Hilary Frazer, Teacher
Co-Secretary, Monique Limoges, Administrator
Director, Judith Susan Doyle, Physiotherapist. Manager, Golden RCMP Victim Services
Director, Janice Gustofson, Accounting Clerk
Director, Amy Sharples, RN
Director, Katherine Hamilton, Community Development

Women's Centre's Board of Directors are elected at our Annual General Meeting, held in June. They represent a wide variety of talented and professional women within our community.

The Golden Women's Resource Centre was formally organized in 1978, and became a registered charity in 1983. The Golden Women's Resource Centre provides information, supportive counseling, educational workshops, free Internet access and most importantly a safe, non-judgmental, supportive and welcoming environment for women to gather, relax and share ideas. We serve an area of the East Kootenays bounded by Spillimacheen, Donald, and Field, home to approximately 10,000 people.

The Golden Women's Resource Centre is committed to activities related to improving the status of women.

We are actively engaged in efforts to end violence against women and their children as well as end the tolerance of violence against women.

Our Vision: The Golden Women's Resource Centre Society supports the empowerment of women locally and globally by building women's individual capacity, acting as a catalyst for change and leading the way to a non-violent, socially just, healthy and diverse society.

Our Mission: The Golden Women's Resource Centre Society is a registered non-profit charity, dedicated to the safety and empowerment of women. The Golden Women's Resource Centre provides a secure environment, support, information and resources. The Society also provides outreach services, education and advocacy for women and issues that affect them.

Become a Member

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 information 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: _____