

# M untain Womyn

## Woman of the Year 2007

Volume 2 Issue 1  
Winter, 2008

By: SARAH WEGELIN

Big congratulations to Evelyn Keenleyside for winning GWRC Woman of the Year 2007.

Considered a friend and mentor, Evelyn won a giant basket, full of wonderful goodies donated by various businesses throughout Golden. Her ability to 'make life an adventure everyday', was the comment on her nomination form, pulled from this year's random draw.

Evelyn said she was pleased with winning and thought it was fun. Though it hasn't been confirmed, she thinks it was Connie Barlow who nominated her.

"It was very kind of Connie to say that. I was at one time her boss. She's told me I'm her mentor, it's very gratifying," Evelyn says.

"I think it's important that women support women and that they help each other take their place in the world. It's a lot easier for a woman today to take their own place than it was 50 years ago."

Evelyn was a young woman in



Woman of the Year, Evelyn Keenleyside accepts her prize from Roni Beaugard, Safe Homes Coordinator at the Women's Centre in December.

Photo by: Sarah Wegelin

the 50's when, she says, the roles of women were much more defined.

"There's always been women who've done what they want, both my grandmothers were very strong women, but in the 50's the roles of women were much more defined into mother and wife. Magazines were all aimed at housewives, almost everything you read back then were aimed at keeping women in that role," she says.

"My women friends are very

important to me, all of my friends are very important to me, my family. I'm very lucky to have my friends and family around me."

Evelyn believes a Woman of the Year should be someone who is living the life she wants to live and enjoys a balanced life.

"When you can balance the things you want for your life, your family, not too much of one thing and not too much of another thing and living the way that's right for you, and are satisfied with yourself, not in a self-centred kind of way, but balanced, knowing yourself - the outside person matches the inside person." Evelyn grew up in the Okanogan and moved to Golden when she was 16. She got married when she was in high school, left Golden and returned in 1961. She's been married for 52 years has 5 children and 10 grandchildren, 5 boys and 5 girls; how's that for balance?

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*"All women hustle. Women watch faces, voices, gestures, moods..."*

*She's the person who has to survive through cunning."*

-Marge Peircy

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 Beaugard,  
Safe Homes Coordinator:  
250-344-2101

#### Hours of Operation

Monday, Thursday  
10 a.m.- 5 p.m.  
Tuesday, Wednesday  
10 a.m.- 6 p.m.  
Friday  
10 a.m.-4 p.m.

#### Visit Us...

In person: 419C 9th. Ave. N  
By Mail: P.O. Box 2343  
Golden. B.C.  
V0A 1H2

#### Online:

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

## *From the Frontline*

# Putting Women on the Payroll: Overcoming the Challenges in Rural BC to Improve Women's Economic Status in their Community

### Women and Business Update

By: LAURIE DALZELL

In response to the labour shortage that exists in Golden, the Golden Women's Resource Center put together a project that would explore the under utilized labour resource in our community—women.

We proposed that there are women who could work or could work more if certain barriers were overcome. The overall objectives of this project were to enhance women's access to resources and information, to help them find and keep satisfying employment, and to work with willing, local employers to increase their understanding of the barriers women face, and to find feasible solutions to these issues. Initially, we set out to survey and interview women who were in the work force as well as women who weren't currently working, to try to get a picture of their situation. To date, we have surveyed about 100 local women. We've also met with the HR representatives from Kicking Horse Mountain Resort and Louisiana Pacific Building Products to get their perspective of the local labour market and its challenges.

We held a brainstorming session at the Chamber of Commerce's Women in Business Luncheon in October 2007, to 25 local business women. During this presentation, I asked the group to discuss the issues of women in the workforce and from this discussion, we started a brainstorming process of how we could tangibly address some of these challenges. Some of the initial ideas that came from this discussion were shift sharing and childcare sharing, creating a monthly management lunch meeting in which supervisors and managers could share some of their challenges and solutions with their peers, and trying to implement other training opportunities for women to re-enter the work force. From this initial meeting we formed a Focus group that met in November 2007 and a Feedback group that will meet in early March.

Some of the barriers that women identified in the survey that we have been distributing since September 2007, in no significant order, are:

1. Childcare: Availability and cost
2. Training
3. Transportation
4. Flexible schedules which would allow for family obligations.

Some of the current resources available to address the above challenges are:

1. Job training programs available through the Golden Employment Centre. Many of these programs are targeted to people currently receiving Employment Insurance, or who have received EI over the past 3 years.
2. The College of the Rockies spearheaded the Confidence in Careers--Women in Transition training course with input from the Golden Women's Centre, The Employment Centre, and the Ministry of Income Assistance. This program is currently in progress with 7 women enrolled. The COTR is considering holding an open forum to see if there would be a need to offer another similar course in the spring, summer, or fall of this year.
3. The Town of Golden in partnership with BC Transportation has started a Community Transportation system. In theory, this system could help women who don't have their own transportation get to work. The current bus schedule doesn't really line up with realistic work schedules, but the Town has acknowledged that more work may need to be done on the details of the program to make it more efficient and user friendly.
4. An independent, local group is trying to organize a Childcare Co-op for casual child care needs. The Early Childhood Development Coalition headed by Brenda Mannah, run under the umbrella of the Community Resource Society, has submitted a substantial proposal to the provincial government for a community childcare centre. This proposal has been acknowledged and supported in principal by several key players. The ECD hopes to make strides in the area of increase childcare spaces within a larger, institutional setting.

The upshot is that this issue is currently a hot one. Almost simultaneous to my writing of and starting this project, all of these other initiatives have started up. The most significant, in my mind, is the College of the Rockies program. This is a concrete attempt at addressing the issue of training, confidence building, and networking with community employers with an intended outcome that the participants will either go out and get jobs in

the community or create other economic opportunities for themselves either in Golden or regionally.

The groups formed as a result of this project or independently and in parallel with the project are providing venues for dialog surrounding the issue of regional labour resources (or lack thereof) to which the piece of women in the labour force is integral. Thus this project is allowing us to keep the topic of women as a labour resource top of mind.

Eight months remain of this 18 month project. Though the overall direction of the project remains consistent with the proposal, the specific focus is on the women who are seeking employment or looking to re-enter the workforce. Many women have come in to talk to me about trying to find jobs and challenges they are encountering. Some of these challenges, related anecdotally are:

1. The lack of affordable rental housing
2. Poor employer relations. Poor employer support on appropriate training. Poor team attitude amongst staff. (all related)
3. Schedule. Shift work when they have children or other family obligations. Employers not flexible.
4. Childcare.
5. Low wages.

We will continue to address these issues with community input, and most importantly with the input of the women who are affected by the issue. If you are interested in being a part of this project or you have a story to share, please contact Laurie Dalzell at the Women's Centre.

Some upcoming initiatives related to this project are:

1. Women in Business Luncheon, Wednesday, February 20. Students from the College of the Rockies Confidence in Careers—Women in Transition program will present their experiences with the program.
2. Feedback group meeting. Scheduled for early March.
3. Continued dialog with local employers.
4. Confidence in Careers—Women in Transition Graduation. March 14.

## *From the Frontline*

# Vancouver Foundation Helps Expand Outreach Services

### Outreach Update

**By: SARA DAVIS**

The Outreach program has been busy with new projects, some new funding and ever-expanding challenges.

In December, we received great news that our grant application to the Vancouver Foundation was successful. The Vancouver Foundation administers a permanent endowment with assets of approximately \$500 million, representing the combined capital of over 800 funds created through bequests, from living donors and through other gifts. Grants are made from the income that is generated from investment of the pooled capital of these funds. Although the Vancouver Foundation is located in Vancouver, the Foundation provides grants to registered, charitable organizations throughout British Columbia.

The Vancouver Foundation funding allows us to Expand our

Outreach Program to include Outreach services to youth and create a new program called Courtwatch. The Women's Centre was always available to all women regardless of age but was only specifically funded to offer services to women over age 19. With the new funding, we have more hours dedicated to reaching out to young women and teens that may have very adult problems.

The new Courtwatch program has taken off. We now have 4 volunteers and strive to have staff and/or a volunteer available during every court day in Golden. Our volunteers and staff will be available to provide support, assistance and comfort to those that are dealing with the very stressful nature of the court system. We are also there to observe the court process in order to be a part of the democratic process. We are available to assist lawyers, and

court staff if they need someone to offer support or hold the line up for duty council. Our volunteers are excited about the program and have already participated in some training.

The Outreach program continues to offer support to women. We problem-solve and work with women to come up with solutions that work for them. Our Youth Outreach has already been accessed and we are expanding relationships with the schools and other service providers in order to be available for those that need help.

Our Winter Girlz program began in January and is focused on Body Image. We are looking at how the media depicts a certain body type as "normal" when normal is really a spectrum of shapes. We are discussing the way we talk to ourselves about our bodies and how to try to talk to ourselves in a positive way. Grade 8 & 9 girls meet Tuesdays after school and Grade 6 & 7's meet Wednesday nights.

### **Putting Women on the Payroll Continued...**

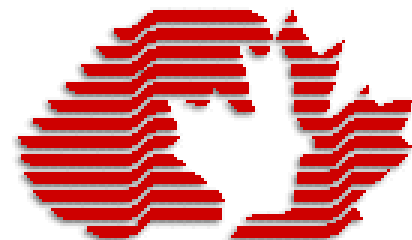
The Golden Women's Resource Centre will continue to work on this project with the following objectives in mind:

1. To enhance women's access to resources and information by connecting them with community groups and service providers.
2. To increase employers' understanding of the barriers for women to obtain employment and hold on to their jobs and to find appropriate and practical solutions.

By the end of the summer 2008, we hope that women will have access to employment information developed and gathered in this project; employers will consider ways to recruit and train women workers, as well as to implement safe and flexible work arrangements; and community economic development planners will have the information and network to improve the employment situation for women in the community the hopes of improved participation of women in the local labour force so that women have achieved satisfying employment and the local economy benefits.

**This project is funded by the Status of Women Canada to run from April 2007 – August 2008.**

vancouver  
foundation



# Busy Safe Home Program Leads to New Goals

## Safe Homes Update

**By: RONI BEAUREGARD**

As I sat to write this I had a gentle chuckle. I was thinking back to the pre-Christmas newsletter, what a struggle... what to say to everyone, how do I infect the readers with my wit and charm? While in reality it has been only a few months, much has happened and some positive changes have been put in place too.

I am happy to say the Safe Home program has been busy. While some may misinterpret why that would make me happy, I will do my best to explain. The program's first priority is women and children at risk or experiencing abuse. When I am busy with this, it means clients are trying to take back what is and always was theirs to have... safety and peace.

We have also been busy growing, through the generosity of community members and the volunteer grunt help from World Youth; there is some updated furniture in the Safe Home. One of my goals when I

came aboard was to present a safe home that really reflected the Women Centre's desire to give Golden women an atmosphere of forward thinking, in a clean and comfortable environment.

At Christmas we presented an option for kids to purchase gifts for their moms, in trade for chores they could perform at home or on behalf of their families for a neighbour.

Local retailers were the heroes here, they generously donated suitable gifts and the Women's Resource Centre, Safe Home Program was able to pass on the cheer to 22 moms. Hopefully the kids have done their chores too.

Another highlight for me personally was the CPR Holiday Train. I walked away with a serious case of the warm and fuzzies after a chilly wait. Everyone in the community who was able to come out deserves a high five.

Another goal was to give the Volunteer Program Support Workers more training opportunities, with the hopes it will be beneficial for their own careers and our program.

(Not only is confidence sexy it

doesn't hurt that it can be lucrative as well.) We have been able to have a small self-defence class. (The only reason it was small was due to our early December rainstorm.) Thanks to Sherry Johnston for her work on this.

Constable Kate Bamber come to a Program Support Worker staff meeting. She gave us a lot of information and reinforcement about working toward the same goal. Thanks Kate! Good information, good company and good food.

So now it's the New Year. The days are flying by in a series of grant proposals, exploring new ways to present all the facets of being "The Women's Resource Centre", beefing up the volunteer team and cleaning up the pea gravel coming in on boots.

I have come to realize what an important part of the community the Women's Resource Centre is. I also have a greater appreciation and can only hope others can see how much volunteers, staff and our board members, invest their selves back into the centre.

We are bursting with ideas for the upcoming year and would love to hear yours.

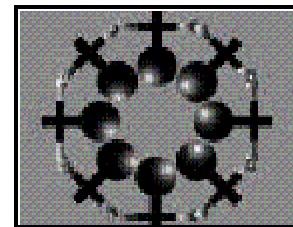
### A Very Special Thank You!!!

I'd like to take the opportunity to thank all of the following retailers and contractors, your spirit of giving keeps our community strong, A certain anonymous woman from the Golden Family Centre, Overwaita Foods, The Dollar Store, True Value Hardware, East Kooteney Electronics, Pet Eagle Contracting, Home Hardware, Victoria Crossing Tea Company, Off the Wall, Top Notch/Brent's Board Shop, 7-11, BC Gov't Liquor Store.

Also huge thanks to Sobey's. :]

You have all touched other people's lives in ways that you may never see, but please know that it is important and greatly appreciated.

—Roni Beauregard, Safe Homes Coordinator



The Golden Women's Resource Centre,  
Safe Homes Program is a member of:  
BC/Yukon Society of Transition Houses

## ViewPoint

# Golden Women's Resource Centre Empowers Volunteer

**By: CHRISTINA EDMUNDS**

I just want to let everyone know that the Women's Centre has been a huge part of my life. As a volunteer here, since 2005, I feel that I'm kind of making a difference and I feel good about it. Not only has my volunteer work helped me to be more social it has also enabled me to help others who come here feel welcome. I also help them do whatever they need done and find whatever they need to find.

While at the Women's Centre; I've been answering phones, learning how to do deposits, running errands, photocopying, hanging flyers, checking the mail and helping Sarah W when she needs help. Everyday, I learn something new about office administration and work learning new things on the computers. I feel safe here. I can come here and feel safe. The ladies here are

so nice and kind - they rock!



**Christina Edmunds, 22, volunteers at GWRC three to four times a week.**

People always said to me that I would not be able to live on my own or go to college. People expected me to have limitations in regards to work and being independent. People also told me that I would not be able to do

specific things I wanted to do in my life. I always got told that I would never be able to do anything...

I'm proud to say that I am an independent woman and can do anything anyone else can do. I never give up and I never will give up. I have a job at McDonalds and was promoted to cashier in December. I have great friends who care about me a lot and I volunteer a lot. I'm doing awesome and I'm doing everything people said I'd never be able to do. Even though I have great friends that give me rides; I'm good at getting around on my own. I also live on my own. The Women's Centre has made me feel good about myself. The women there have made me feel like I'm important, and even when times get rough, they help me through it: with anything I'm struggling with. They make me feel like I'm not useless. And when I'm feeling down, they know how to put a smile on my face. We have good times and we laugh all the time. They are all great women. I love it here!

# Women's Centre Fills Provincial Service Gap

**By: GAIL BURLEY**

For a number of years, I have been involved with the Women's Centre as a support worker for the Golden Safe Homes Program.

A PSW's job is to respond, on an on-call basis, to calls from the regional crisis center for women fleeing violence and needing immediate shelter. Workers offer, emergency shelter, a concerned ear, or a ride to access medical or other local services as needed.

What started out for me as a new interest and a bit of extra income has turned into a greater understanding of the many facets of women's lives, and how necessary the services we provide are; particularly in a time of dwindling government aid.

The mandate of the Safe Home

program is to give women and children a confidential escape route from abusive situations. They are supported and aided as they build plans for a better future, or given breathing space while making decisions. Increasingly, I recognize these situations may be attributed to a number of issues, such as alcohol and drug use or mental illness.

Where once there was an active provincial social services network in Golden, these agencies have been greatly reduced or eliminated, and gaps are evident that our women's center is filling. It is with interest and a little bit of excitement I answer each call I receive. I never know who will be needing a friendly face to help them through an unenviable experience. The situations vary, from local women being battered, to women passing through who have caught a ride with the wrong person,

and everything in between. I do it because it gives me a reason to be at the end of the day. It makes me a little bit stronger each time I help someone in need. I am proud to say I am part of a very caring and understanding team of women who are there with knowledge and expertise when adversity arises. Staffers Ronnie and Sara help our sisters navigate the system, trying to get their lives back on track.

The women's center is a busy place, welcoming women of all statures. Stacks of literature line the walls, racks of used clothing are there for the pickings, and the prattle of the keyboards of the two available computers can be heard throughout the day. Coffee is always on, so stop in and say hello. You may make a new friend.

## *Health & Well-Being*

### Just a Thought ....

**By: RONI BEAUREGARD**

Mental Health: Why is there negative stigma about going to see a mental health worker? One of the most difficult points to get across to people, still, is the benefits of going to speak with a mental health professional.

Let's give it a little perspective. When we have a bad cold we can't shake or seems to get worse we do not hesitate to call the clinic and make an appointment. We hope the Dr. will send us on our way with good advice, possibly a prescription, but mostly the news we are dealing with a common illness, and with a few simple steps and

some time to rest and we will be fine. We usually don't feel the need to keep this information from our families and friends a secret.

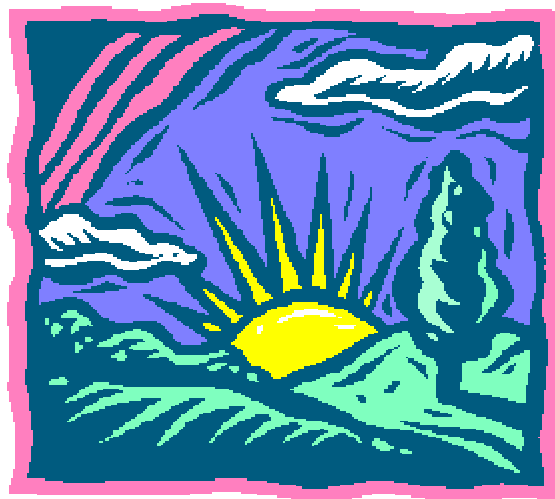
We need to approach our mental well being with the same care as our bodies.

If one gets a case of the occasional "blues" that seem to become worse or we stay in that rut longer - it is time to make an appointment. If past issues are getting in the way of moving on or getting what you want from life, it is time to make an appointment. If you notice anger becoming rage, and your loved ones are keeping some space from you...again it's time. Consider this, perhaps it is your physical health causing the emotional and mental anxiety.

Either way, an illness is not being diagnosed, and can not change until there is new information to work with.

There are a lot of options in Golden for following through, most with very little wait time. Golden Adult Mental Health 344-7555, The Golden Family Centre, if you need an anonymous atmosphere Crisis Line is 1-800-667-8407.

A suggestion for getting started if you saw a bit of yourself in this item, drop by the Women's Resource Centre and take a look in our library, talk with a staff person. It's a small town you're never really alone.



## For the Heart

### Three Ships

It felt good while walking on the old pier with the day warm and cloudy, breathing deep the fresh salt air. My only companions were screaming seagulls and they too, seemed to enjoy the lofty currents of fresh air.

The pier was not only old, but needed repairs and jutted out into the Pacific Ocean further than most. It took me about an hour to walk to the end where the lighthouse was anchored. Its prism glass was gleaming in the sunlight and probably most anxious to be a beckoning light for the sailors in the oncoming night. I did my turn around, and while heading back it was then I became aware of three ships moored along side.

The first ship was the largest of the three, and named *Fellowship*. While admiring its massive size, it brought to mind the different types of meetings held throughout the world for various reasons. I have known many people who have attended such meetings and even have gone myself. These meetings include, churches, recovery, treatment, non-profit organizations, women centers, and so many more. When one climbs aboard this fine ship, a special bonding takes place, and the heart is often mended, the soul nurtured, and voices bellow in laughter. It seems so right and just, humans have the Fellowship to share and care on.

The second ship appeared to be a quaint mixture of eloquent décor and soft colored paints. Her name was *Friendship*. I have known about this ship for many years, but have been reluctant to jump board; now that I have, I wished I had not waited so long. When one sits at the bow and feels the love from another human being, the

turbulence from life seem to float into making sense. To be able to trust another, and become trustworthy, to be loyal, and become supportive are attributes to be discovered on this ship. I nearly got tossed overboard once, because I did not know how to operate all the equipment required to be a friend, but those around, handed me a life line and encouraged me to stay, and it wasn't long before I was giving that life line to someone else. This fair vessel known as Friendship holds many true human beings and rarely ever sinks.

The third ship-moored snugly against the old pier was *Kinship*. She looked lonely as if there was no one aboard because all the windows were shuttered. I wanted to think all the families might be on happy holidays, or even asleep, because I knew from my own family experience that none of us would ever have the chance to board ship together again and that was sad. As I stood longing to cross the threshold of the railing, the windows suddenly burst open with a clatter and several families appeared. What a relief! I was so happy families still love to be together. There was a Mon and Dad, brothers, sisters, aunts, uncles, and even grandma and grandpa's. They saw me standing there and invited me aboard. However, I declined, as I wanted them all to share with each other. It was a pleasure enough for me to know the shutters of family dwellings burst open with love and understanding aboard Kinship.

As I slowly started to drive away from the old pier, I stopped and stared at the three ships once again. Sighing with contentment, I felt lucky to have known each one. Perhaps I too, could direct someone to the three ships, where they might aboard and add waves of peace to their lives.

Littlemary

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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. 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.