

newsletter



2nd annual "Walk a Mile In Her Shoes"

It was a bright, sun-filled day on Saturday, September 21 to welcome community members to the 2nd annual "Walk a Mile in Her Shoes" event. The event started with registration and a wonderful BBQ. After a few words from Mayor Nash, Larrissa Kalyn from Century 21, and Joanne Latter, MRWSA President, the walk started down Main Street. Entertainment was provided by Lynette and Terri in the Cooperators parking lot to give the 'walkers' a much needed break and access to the first aid station. The walk then proceeded up 49th Street, back to Bauer's Home Sense Furniture Parking Lot. There were a few wrap up words and many thanks to the walkers, family member cheerleaders, volunteers, and supporters. A special thanks to Century 21 who came on board this year as the event's Signature Sponsor.

This event raised over \$7,300.00 this year. Thank you for the support and we will see you again next year.

Thank You

"Walk a Mile in Her Shoes" Supporters!

- Century 21-Signature Sponsor
- Bauer's Furniture Store
- ConocoPhillips
- Co-op
- Elite Embroidery and Design
- Michelle Sharkey
- Oli's Portable Toilet Rentals
- Red Deer Outreach Services
- Rocky Meats
- Royal Canadian Mounted Police
- Skylines Designs
- Sobey's
- St. Matthew School
- "The Bitchie Chicks"
- The Cooperators
- The Mountaineer
- Town of Rocky Mountain House
- And all the volunteers

Board of Directors

- | | |
|----------------|--------------------|
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Mission Statement: The Mountain Rose Women's Shelter Association is a non-profit charitable organization that provides resources and support to individuals and families impacted by domestic violence in the Town of Rocky Mountain House and Clearwater County.

newsletter - Fall 2013



Message from the Executive Director

"The future belongs to those who believe in the beauty of their dreams." ~ Eleanor Roosevelt

MRWSA was built from a dream of a group of people who wanted to keep women and children experiencing domestic violence safe. This small group of people were not only able to build their dream but they were able to pass the beauty of their dream on to others to carry it into the future.

The Annual Walk a Mile Event started out as a dream, to have our community walk together to promote awareness about gender violence. This year at the 2nd Annual Walk, we had many walkers wear the red high heels and walk proudly through our community. There was laughter, entertainment, food, and a great community spirit... this all started with a dream and will continue into the future.

We have come a long way and the dreams have not stopped. We continue to dream as an organization, as staff members, as volunteers, and as board members. Our new dream is to build a new, larger shelter with transitional housing to meet the needs of the women and children who access MRWSA services. *This future belongs to those who believe in the beauty of this dream.*

We strive to be the best we can be today and in the future.

I look forward to your comments and suggestions not only regarding the Newsletter but also regarding our agency.

Thank you for your continued support!

Cindy Easton

ceaston@mrwsa.net

Annual General Meeting, 2013

Mountain Rose Women's Shelter held the AGM on Sept. 19 at the Walking Eagle Inn. Wade Noble & Partners presented the 2012/13 audited financial report to the 14 members in attendance. Other business presented was: President's Report, Executive Director Report, and Board Elections. After the formal meeting, members enjoyed coffee and desserts and were able to view the scrapbooked history of MRWSA.

Thank you all for attending this special evening.

Thanks for the Difference You've Made

Because of you...

Someone will have enough to eat tonight.

Someone will have decent clothes to wear.

Someone will have shelter.

Someone will receive medical care.

Someone will learn the skills they need to survive and succeed.

Someone knows there's at least one person in this world who cares.

I read this poem the other day and I thought of all the volunteers at MRWSA who drop off food donations or clothing, contribute to the shelter operations, give band-aids, provide learning opportunities, and show that they care. You may not see the difference you make in the lives of the women and children that access MRWSA Services so I want to tell you a few stories to highlight the impact your volunteer work is doing.

One night a woman and her daughters were taking turns painting each other fingernails ~ there was laughter, joking, and fingernail polish everywhere. One daughter said, "I remember when we used to do this, we haven't since we had to leave my daddy. I like doing this again." The fingernail polish was donated by a volunteer.

On another day, it was a young boy's birthday. Although the mom had little means to throw a birthday party. The Crisis Worker and the mom worked together to organize a birthday surprise for her son... in the shelter. They took a donated cake mix with icing from the pantry and the mom baked a birthday cake. Then it was to the storage room to search through the donated children toys to find and wrap a few presents. By supper time, the surprise was set... balloons, cake, and yes, even presents were there. What a wonderful surprise. All of these items were donated by volunteers and donors.

YOU DO make a difference.

Thank you!

Successful Food Drive

Church of the Latter Day Saints Food Drive was a successful event. Volunteers distributed and picked up bags in the community. This event raised thousands of dollars' worth of food and other items in support of the Women & Children of the shelter. Special Thanks to the Church Members & Community Supporters!

5 Things Men Can Do to Prevent Gender Violence

1. Approach gender violence as a MEN's issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers.
2. If a brother, friend, classmate, or teammate is abusing his female partner – or is disrespectful or abusive to girls and women in general – don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**
3. If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
4. Be an ally to women who are working to end all forms of gender violence. Raise money for community-based rape crisis centres and emergency women's shelters. If you belong to a team or another student group, organize a fundraiser.
5. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example.

This information was produced by MVP Strategies, a gender violence prevention, education and training organization.

NEW SERVICE

MRWSA *partners* with CASASC (Central Alberta Sexual Assault Support Centre)

Stacey, Sexual Assault Counsellor is available for an appointment

on Wednesday or Thursday in Rocky Mountain House

call 403.340.1124

Services for individuals Affected by Sexual Assault Offered at No Cost

Check out MRWSA Facebook page for more news, information and programs.

Check out MRWSA Website <http://mrwsa.albertashelters.com/index.php>

....upcoming event

Mountain Rose Women's Shelter Association presents **Romance n Roses Gala 2014**

For information or if you would like to sponsor this event please call 403-845-5339, fax 403.8452124 or email ceaston@mrwsa.net. We look forward to seeing the support of our community!

Open House Wednesday, October 23rd, 2013, 2:00pm to 6:00pm. Join us for snacks and beverages. Tours of the shelter will be available.

As a Community Member, I Support Mountain Rose Women's Shelter Association:

by giving a gift of \$ _____ by giving a monthly gift of \$ _____

Name:

Address:

City: **Province:** **Postal Code:**

Home Phone: **Cell Phone:**

Email Address:

would like volunteer information would like to sponsor an event

would like to do a third party event

Please mail your completed form and make cheque(s) payable to:

Mountain Rose Women's Shelter Association
Box 325
Rocky Mountain House AB T4T 1A3

Project & Grant Supporters



Next to New Store

Town of Rocky Mountain House

Hospitallers Order of St. John of Jerusalem

GOVERNMENT OF ALBERTA Community Spirit Program/Human Services Ministry

Thank you to all event sponsors, community donors & volunteers

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Women's Shelter Association's e-Newsletter because you are currently or have historically supported MRWSA as a volunteer, member or community supporter. If by chance your email address was added by mistake, please accept our apology and contact ldallacosta@mrwsa.net to be removed from our e-mailing list.

Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact ceaston@mrwsa.net directly if you have ideas for future newsletters, any comments, questions or concerns.