

VOLUME 45 · WINTER 2024

MOUNTAIN ROSE CENTRE NEWSLETTER

Community Events

Thank you to all our community partners who hosted BBQs for us over the summer months. Lots of delicious food and community support.

A great time was had by all who attended our Murder Mystery Dinner Theatre fundraiser back in May. So much fun that we are hosting another on November 9th! Tickets are available on our website, Facebook, over the phone or in person. Sponsorship options are available too. For those on your holiday list who are hard to buy for or a fun night out.

This fall we will be hosting BINGO out at Dovercourt Hall in September.

Thank You
to our Sponsors



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A Message from our Executive Director

BY CINDY EASTON

It is that time of year again... Christmas. The time for the hustle bustle of shopping, baking, decorating, wrapping, food preparations, and festivities. This is the Season. As William Carey Jones stated, It is also the time to include “the joy of brightening other lives, bearing each others' burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes the magic of Christmas.”

To me, the magic of Christmas, is taking the time to pause in the middle of the hustle bustle of the season to reflect on the year; to walk down memory lane in gratitude; to evaluate if I have brightened other lives, taken another's burden, eased other's loads, and filled empty hearts and lives.

When I look back at this year, I ask those questions. Did I bring the magic of Christmas into my life daily? As a leader in our organization, I strive to bring joy, empathy, and strength to the women we serve and to the MRC Staff Team, but I know that there were days when I failed. I failed because I was too busy or too tired or too wrapped up in my world to stop and listen; to give an encouraging smile; to hold someone's hand; or to sit in silence when necessary. There were also days when I did listen, hold a hand, smiled and laughed with someone, and filled an empty heart with kindness. I need to remember that the magic of Christmas can last all year – it is with mindfulness that “the joy of brightening other lives, bearing each others' burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes the magic of Christmas.”

As I write this, I think of the volunteers that have so graciously given of their time through out the year. Our kitchen volunteers who help serve lunches in the Emergency Shelter. Many months this year, the shelter was overflowing with families – at one point there were 22 children in the shelter with their moms. The kitchen volunteers help prepare and serve food, do the dishes, and help with cleaning. The Fundraising volunteers who completed 14 Safe Rides, helped with two Murder Mystery Dinner Theatre Events, and came up with their own ideas to raise money for the shelter programs. The Board Members that volunteer to attend meetings and support our events. And the many companies, schools, churches, and organizations who volunteer with food drives, BBQs, Plant sales, and others that contribute items and cash donations to the Mountain Rose Centre. Every contribution sends the message of joy that brightens other lives, bears each others' burdens, eases other's loads and supplants empty hearts and lives.

While you are rejoicing this Christmas season, take time to think about the Magic of Christmas; think about those who may be alone or suffering or hungry and think about ways that you can lesson those burdens so that next Christmas season you may reflect on the impact (large or small) that you made on someone else's life.

So, from my walk down memory lane, I thank you all from the bottom of my heart. From my family to yours...

Merry Christmas

The joy of brightening other lives, bearing each others' burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes the magic of Christmas.

William Carey Jones

NEWSLETTER

MOUNTAIN ROSE CENTRE | NOVEMBER 2024



HELP *the*
HOMELESS

Canada's Progress on Homelessness: September–November 2024

From September to November 2024, Canada has made significant strides in addressing homelessness. The federal government announced a \$250 million investment to address encampments and unsheltered homelessness, encouraging provinces and territories to cost-match, potentially unlocking \$500 million for shelter spaces and transitional housing. Initiatives like Reaching Home, backed by \$5 billion over nine years, aim to stabilize homelessness programs, while the new \$50 million Homelessness Reduction Innovation Fund supports creative housing solutions. Programs targeting vulnerable groups, such as the Veteran Homelessness Program, have expanded, with over \$2.6 million allocated to Veterans' House Canada to provide rental assistance and support services. In October, the Canadian Alliance to End Homelessness hosted its annual conference in Ottawa, gathering over 2,000 stakeholders to share strategies, including data-driven approaches and housing-first models. This event highlighted collaboration between governments and organizations to implement effective housing solutions and provided tools for municipalities to address homelessness.



Community Engagement

Community clients in addition to shelter clients, work with our Community Engagement Coordinator to complete applications particular to the client's needs.

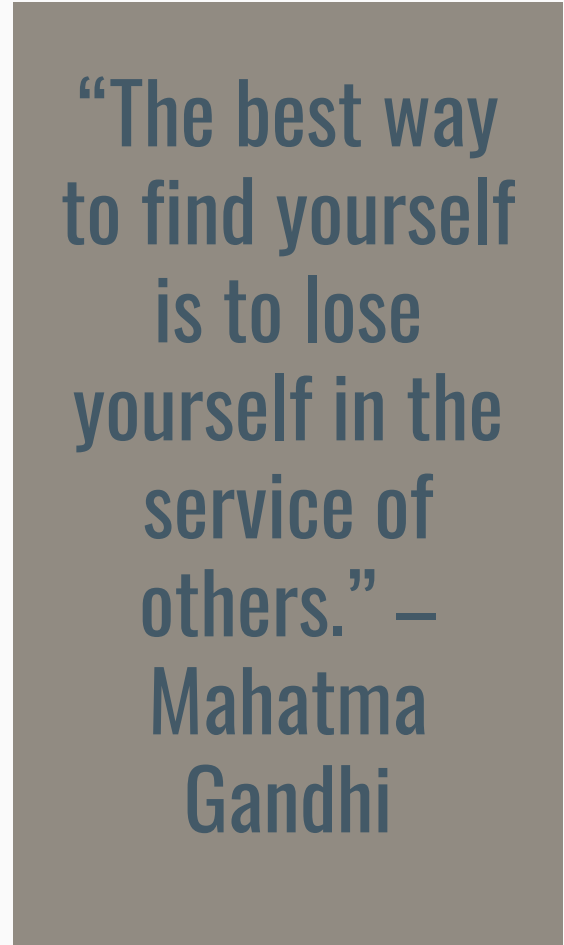
This can range from AISH applications to Income Supports and even dealings with the CRA. Almost all of these applications are now digital which comes with its own set of challenges including the lack of technological knowledge, applicable devices and/or reliable internet access.

The cost of living continues to rise and as such, this is an ever present challenge that we work hard to overcome.



Our website, Facebook or page 9 of this newsletter have ways to volunteer! We have some upcoming volunteer opportunities with special events, kitchen help Friday through Monday as well as various weddings and Christmas parties where Safe Ride drivers and sometimes, bartenders, are needed.

Check out our website, and/or Facebook for volunteer opportunities or drop in to speak with our Volunteer Coordinator.



Family Support Team

Family Support Coordinator & Childcare

December has the clarity, the simplicity, and the silence you need for the best fresh start of your life -Vivian White

We see many fresh starts in The Mountain Rose Centre. Our team supports a family's transitions via play, comfort, advocacy, and connection. This winter we will be looking at various themes in the playroom to stimulate the children's curiosity about nature, celebration, and family. We will also focus on the families we connect with having a fulfilled holiday season, and thanks to our many supporters, wishes will come true!





Outreach Programs

Our Outreach Team continues to support women staying in shelter with attaining their goals such as identification, connecting to supports and resources within the community.

We offer one-on-one support to women in the shelter and also women and men in the community.

Our Women's group runs every other Thursday from 2:00-3:30 pm. It is a safe, confidential space for open discussions. We continue to support women where they are at, in a group setting or individual appointments. We can also provide referrals to mental health, or other agencies if more in depth support is requested. Our last group of 2024 will be December 12/24, and will resume in the new year on January 9/25.

We also provide support to appointments if needed (e.g. Court Support, Medical) Referral to Community Agencies- such as Legal Aid, Alberta Supports.

**“YOU DON'T HAVE TO SEE THE WHOLE STAIRCASE. JUST TAKE THE FIRST STEP.”
-MARTIN LUTHER KING JR.-**

**“YOU MUST FIND THE PLACE INSIDE YOURSELF WHERE NOTHING IS IMPOSSIBLE.”
-DEEPAK CHOPRA-**





Community Outreach: November is - Family Violence Prevention Month

Throughout the month of November many local businesses graciously agreed to display information cards in their stores for customers to take freely. These cards provide information on both the services offered for families, women, and men at Mountain Rose Centre, as well as resources and supports available digitally to anyone who may be experiencing family violence or may be concerned about someone they know experiencing family violence and abuse.

Also throughout November the libraries in Rocky Mountain House and surrounding towns, villages, and hamlets, displayed and had available books, pamphlets, resources and support information for individuals to look through or borrow from to learn more about healthy unhealthy, and abusive relationships, supports available for family violence, the cycle of abuse, and the power and control wheel.

Mountain Rose Centre very much appreciates the support of everyone, displaying or taking information, in our aim to build communities free from family violence and abuse!

The most important message, even more so than the statistics, individual resources, and information on family violence, is that if you or someone you are concerned about may be experiencing family violence and abuse, supports area available. And those supports are free, confidential, and can be accessed anonymously if you choose to do so. Please call Mountain Rose Centre crisis line at 1-877- 4141 for over the phone support and information, or call the office at 403-845-5339 to speak to or meet with one of Mountain Rose Center Outreach Workers.

Family violence is when someone uses abusive behavior to control, mistreat, manipulate, frighten, neglect, and/or harm a member of their family, or someone with whom they have an intimate relationship.

Family violence includes many different forms of abuse and can take the form of one or more acts of physical, emotional, sexual, or financial abuse, as well as neglect.

Family violence may include a single act of violence or a number of acts of violence that form a pattern of abuse. This abuse can have serious, and sometimes fatal, consequences for victims and for those who see or hear the violence. Family violence and abuse can impact anyone regardless of gender, sexuality, ethnicity, nationality, spiritual background, age, or socio-economic level. Family violence affects men and women, as well as female identifying and male identifying individuals.



Indigenous Wellness Support

TRIBUTE TO BRENDA FIDDLER (BIGCHILD)

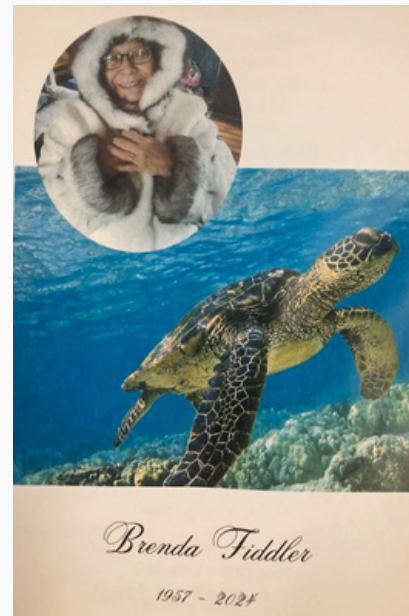
Developing strong relationships with Elders is fundamental to growing in knowledge and wisdom. It is a privilege to be grounded in relationships that take time to patiently get to know one another within a gentle process. Brenda encouraged our clients, volunteers, and staff to visit over simple conversations. It was like check-ins around “Tea and Bannock” without recording anything and without an agenda, but always an invitation to deeply and quietly listen and share.

Brenda encouraged us to use a journal to record what we learned after one of our visits. Elders teach us to observe the patterns and rhythms of daily life constantly unfolding around us. Sometimes the answers to questions come when least expected, almost by surprise, or from the sound of the Elder’s words when they pray, talk, and sing - as opposed to literal content. So, when sharing or repeating the words of Elders - always ask for their permission. Brenda was generous with her teachings and knowledge.

Of course, there are proper protocols when approaching an Elder for their knowledge and wisdom and we were so blessed to have Brenda on our Indigenous Wellness team. For instance, when offering a pouch of tobacco, a coloured print for a particular purpose, an honorarium, a gift with symbolic meaning, a blanket with significance, or food like venison, jerky, berries or wild tea, please do so in the spirit of a traditional ethic of reciprocity. This is an appropriate way to acknowledge a gift and give back for something of great value that has been received. It further establishes relationships of trust and respect where Elders know your new knowledge and insight will be used in a good way, with the right intention. Elders will accept your gift of tobacco if they feel they can help, or, they may redirect you to another Elder or traditional Knowledge Keeper for there is never any pressure involved, all is in the spirit of kindness, respect, gift and reciprocity.

Brenda BigChild was truly our gift, and we had the privilege of sharing space, conversation, knowledge, wisdom, friendship and lots of laughter and traditional teachings. Now Creator may share her with many more as our ancestor and all our relations. Our team supported the 2nd stage ladies to make bannock and tea, bannock tacos and pepsi, to honour Brenda’s memory with everyone at Mountain Rose Centre. It was a time to give back, to say thanks and to honour all that was given to us in a short yet full period of time with Brenda. After taking time to mourn, we do not grieve any longer, we live in gratitude.

Shelly Rose May and Art by The Metis Mama, shared her Spirit Doll Workshop with us, expressing teachings through art, the four sacred medicines, connecting to nature, and practicing mindfulness, individuality, and reciprocity. It was a healing class and leaving all participants feeling more connected.





Become a Member

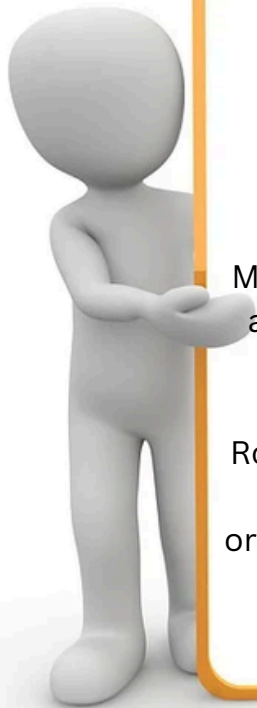


Becoming a member of the Mountain Rose Women's Shelter helps us to support the community!

Not only does the membership come with perks, it also allows you to become more involved with our organization as well as gives you the opportunity to help spread our mission and help us to continue to support those who are in need.

Joining an organization by way of membership is the best thing that people believe they can do to show support of the organizations mission!

Memberships and Volunteer Opportunities available online at mrwsa.net



Name:
Address:
Email:
Phone #:

Mail this information, with a \$10 cheque payable to Mountain Rose Centre Box 325 Rocky Mountain House, AB T4T 1A3 or stop in at 4708-46 Street (cheque, cash, credit or debit availble).

Please help us continue this program in our community. If you have a few hours to spare or would like more information, please contact Lindsay Hunt to register as a volunteer (lhunt@mrwsa.net)



Volunteers Needed

SAFE RIDE/ BARTENDING PROGRAM

This program provides services to community events such as weddings and company parties (Christmas, Staff Appreciation, etc.) for a fee.

This may be for one service or both. This program raises up to \$10,000 annually to assist the Mountain Rose Centre in providing a variety of services.

MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

Safe Ride - volunteers use their own vehicle to provide safe transport from the event to where guest(s) are staying within 15km of RMH. The time commitment is usually 3 hours from 10 PM to 1 AM but this may fluctuate. Mileage can be reimbursed to the driver. Any cash tips received from guests are to be considered donations to MRWSA.

Bartending - volunteers support events by completing bar service to patrons. One volunteer per event must have ProServe. The time commitment is 6-8 hours usually from 6PM to 1 AM, however, this may fluctuate. Any cash tips received from guests are to be considered donations to MRWSA.

Board of Directors



President: Maureen Janke
Vice President: Miranda Titford
Secretary: Faye Roseth
Director: Shelly Safronetz
Director: Sandi Gagnon-Dobko
Treasurer: Meghan Tuite
Past President: Sharon Kopchia-Oko



Support
initiatives that
resonate with
you

“ Christmas gift suggestions:
To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect. ~ Oren Arnold ”



How to Donate



As a community member, you may choose to support the Mountain Rose Centre in a variety of ways. You may:

- Give a one time gift of \$_____ OR a monthly gift of \$_____

Donations may be made online at mrwsa.net, in person or via mail. Please mail cheques, payable to Mountain Rose Women's Shelter Association with the information below, to:

Mountain Rose Centre, Box 325, Rocky Mountain House, AB T4T 1A3

Please contact us with your name, address, phone number, and email address. Let us know if you would be interested in:

- volunteer information
- sponsoring an event
- hosting a 3rd party event

Interac available on-site

thank you

TO ALL OF OUR SPONSORS

Projects and Grant Sponsors

Thank you to all event sponsors, community donors & volunteers.

Mountain Rose Women's Shelter Association is incorporated under the CRA Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Centre's 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 apologies and contact rzezula@mrwsa.net to be removed from our email list. Each edition includes valuable information about our agency, 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, comments, questions or concerns.



**Ministry of Children and Family Services
Security Infrastructure Program
Community Support Fund - Indigenous Relations**