

newsletter



September 20th, 2014 we will be hosting our 3rd Annual

 www.walkamileinher shoes.org
Walk a Mile in Her Shoes®

**THE INTERNATIONAL MEN'S MARCH
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE**

Mountain Rose Women's Shelter Association is calling on all members of Rocky Mountain House & Area to *Take Up the High Heel Challenge...R U Tuff Enough?* Please help support and bring awareness to our community.

There are many ways you can participate ...

Prepare to make a difference... challenge another company, a group, your family, or just a friend. Walk as a group, walk as a family, or walk alone – this event will be fun filled for everyone. Join us on Saturday, September 20th, 2014 at noon for laughter, fun and serious walking. For registration, pledge sheets and information please contact our office at 403.845.5339, fax 403.845.2124 or email ceaston@mrwsa.net. We look forward to seeing the support of our community!

Frank Baird created Walk a Mile in Her Shoes in 2001. What started out as a small group of men daring to totter around a park has grown to become a world-wide movement with tens of thousands of men raising millions of dollars for local rape crisis centers, domestic violence shelters and other sexualized violence education, prevention and remediation programs. (www.walkamileinher shoes.org)





Message from the Executive Director

When I dare to be powerful - to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. Audre Lorde

I read this quote the other day and it resonated with me for the individuals and families experiencing domestic violence. Fear is one emotion that we all experience; for some fear can be paralyzing for a long time. But when the internal strength moves that person to action, the results help lessen the fear. This starts the journey to healing.

This is also true for our organization and moving forward to use our *strength in the service of our vision*. The Board of Directors has taken the step to start planning for a new shelter including transitional housing as MRWSA has outgrown our current location due to the needs of our community. There is certainly a fear of the unknown: can we reach our goal, do we have the support, do we have the capacity, and above all else, can we keep our “client first focus” while undertaking such a huge initiative. I believe that answer to each of these questions is a resounding YES. With the support of our community partners, volunteers, staff team, and the people of Rocky Mountain House & Clearwater County, it will *become less and less important whether we are afraid*.

Report to MRWSA Volunteers

Mountain Rose Women’s Shelter Association believes in supporting our volunteers - making each and every volunteer feel their time and skills are used in the most valued and respected manner. To achieve this goal, MRWSA was a successful grant recipient through the Alberta Lotteries: Community Initiative Program.

We are pleased to announce that this Grant enables us to hire a part-time Volunteer Coordinator. This position will commence on August 1, 2014 with a one year contract and the hope more funding will become available making this as a permanent position.

This new position will provide direct support and contact with our volunteer-base which is currently at 53 registered members.

We will keep you posted on this initiative. Watch for your invitation to a Meet & Greet Tea this fall once the new Volunteer Coordinator joins our staff team.

Remember...

Volunteers might not make sweeping and sudden changes, but they make lasting changes bit by bit, one life at a time. It's those little changes added up together that influence generations upon generations. (charity.lovetoknow.com)



Board of Directors

President	Joanne Latter
Vice President	Jeannette Sandstra
Member	Barb Bodiguel
Member	Maureen Janke
Member	Janice McDonell
Member	Susan Scott
Secretary	Anne Murphy
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Children Learn What They Live

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, he learns to fight.

If a child lives with ridicule, he learns to be shy.

If a child lives with tolerance, he learns to be patient.

If a child lives with encouragement, he learns confidence.

If a child lives with praise, he learns to appreciate.

If a child lives with fairness, he learns justice.

If a child lives with security, he learns to have faith.

If a child lives with approval, he learns to like himself.

If a child lives with acceptance and friendship, he learns to find love in the world.

Permission to photocopy with credit given to The Family Centre, Room 20, 9912 – 106 Street, Edmonton, Alberta T5K 1C5 Phone (780) 423-2831 Fax (780) 426-4918
Email tfc@the-family-centre.com Website www.the-family-centre.com

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



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 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.