



# Huron Women's Shelter

Summer 2010



24 HOUR CRISIS LINE

1.800.265.5506

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## Huron Women's Shelter, Second Stage Housing & Counselling Services

Please send your comments, questions or concerns to:

Huron Women's Shelter  
376 Huron Road, Box 334,  
Goderich, ON N7A 4C6

Contact us by phone at: 519.524.5333  
24 Hour Crisis Line: 1.800.265.5506

Visit our website at:

[www.huronwomensshelter.com](http://www.huronwomensshelter.com)



**A  
MESSAGE  
FROM THE  
EXECUTIVE  
DIRECTOR:  
MICHELE  
HANSEN**

Summer is a time when we think about vacations, pool parties and generally relaxing. Here at Huron Women's Shelter, we too are in summer-mode. Our children's program has plans to see Peter Pan at the Stratford Festival Theatre, trips to the beach, water parks, and even Canada's Wonderland.

Three of our summer-time fund-raising events have wrapped up. Our two golf tournaments – nine-hole events at the Maitland Golf and Country Club & the Wingham Golf and Curling Club were sold out, with 72 golfers at each event. Both of these events exceeded their goals and collectively raised over \$7,000. You can find photos of the winning teams in this issue on page 8.

Our Safe Harbour Run was held in Bayfield on a misty Sunday morning. Over 300 runners crossed the finish line. Much credit goes to Lynne Godkin for organizing this stellar event. Through Lynne's efforts \$7,891.36 was raised. We also want to thank Runners' Choice, and the many merchants in Bayfield that supported our second annual 5 Km run. Special mention goes out to the group of over 30 women who took "learn to run" classes in Seaforth; many of them targeted the Bayfield run as their first attempt. We applaud your efforts and congratulate you all! See the photo montage on page 6.

A long-standing tradition of summer in Goderich is the Festival of Arts and Crafts. Currently the Huron Women's Shelter organizes this outdoor show featuring approximately 150 artists and crafts-persons displaying and selling their wares in the beautiful Court House Park. This art and craft show was first presented by the Goderich Art Club. Scanning micro-fiche of historic Signal Star issues, a reference was found in July 1964 where the President of the Goderich Art Club, Mrs. Martha Rathburn is quoted as saying, "I hope to have a number of artists painting on site [during the second

annual Goderich Art Show on the Square]." In 1963 the Goderich Art Club first presented the work of both local and out of town artists on the Square in July. In 1964 it seems the Art Club joined forces with the Kinsmen's Carnival and turned the Court House Park into a family entertainment location. The Court House Park has historically been a place to showcase art and crafts as well as provide entertainment for the whole family.

In the excitement and beauty of summer in Huron County, it is sometimes hard to remember that not everyone will have a safe and relaxing vacation. For women and children living in abusive households, the stress of kids being home from school, the current high unemployment rate, and other factors will result in emotional abuse and violence. Throughout the year the Huron Women's Shelter serves women from our county and women from other geographic locations often transferred for safety reasons. In the summer we sometimes provide services to women and children who are vacationing in campgrounds and cottages along Lake Huron. It is a sad truth that locals and visitors alike are at risk of abuse.

As citizens of Huron County what should be our response to witnessing abuse? When we see or hear abusive behaviour, whether the persons involved are known to us or strangers, there is a natural tendency to stick to the old adage of "it's none of my business." However, I want to encourage all who read this to recognize that everyone in the community has a role to play in helping to prevent abuse. You can reach out to the victim, you can call the police, and you can strategically speak to the abusive partner. At Huron Women's Shelter we have helpful brochures from the "Neighbours, Friends and Family Campaign" sponsored by the Province of Ontario. There are three brochures: "How You can Identify and Help Women at Risk of Abuse", "Safety Planning for women Who are Abused", and "How to Talk to Men Who are Abusive." We will have these brochures available free-of-charge at the Information Booth during the Festival of Arts and Crafts.

On behalf of the Board of Directors, and the Staff of Huron Women's Shelter, we wish you a safe and happy summer season.

*Sincerely,  
Michele Hansen, Executive Director*

Please visit [www.huronwomensshelter.com](http://www.huronwomensshelter.com) to explore our website. We also welcome your feedback, questions, and suggestions for future content.

## HWS PROVIDES LEGAL ADVOCACY AND SUPPORT SERVICES FOR WOMEN

Helping women and children navigate the legal system with dignity is a service that the HWS provides on a daily basis through the work of Melody Tigani, Residential Program Manager, Court Support/Legal Advocate. Working with women in the shelter, Second Stage Housing and with women who are referred to the HWS via social workers, the hospital or Canadian Mental Health Association, Melody helps women better understand how the legal system operates and how they can access the system for their own needs.

“Most people who come to HWS need access to the legal system,” says Melody. “Many have family law issues and some have criminal issues. It may be concerning support for their kids, spousal support, getting a restraining order, or how to get a peace bond. Sometimes, women need help with property issues. Through it all we try to give them advice about what they need to get in order before they see a lawyer.”

By meeting one-on-one with women at her office at the HWS in Goderich, Melody helps women gain a focus on their specific issues, helping them organize their thoughts so that they can clearly and efficiently deal with a lawyer. She also helps them understand if they are eligible for legal aid or if they need the assistance of the Victim Witness Worker in Huron County.

Once the initial assessments are complete, Melody often accompanies women to the lawyer’s appointments or she can arrange for a lawyer to come to the Shelter. On occasion, lawyers in Huron County will provide pro bono legal council to women in need via Melody’s connections. The Shelter is grateful for assistance from The Ross Firm in Goderich and Little, Masson and Reid in Exeter for such support. “It’s hard to just walk into the legal system, it’s like learning a new language,” says Melody. “We try to help women understand the system, how it works and help them come out with some dignity.”

Melody has taken a dozen courses in family law and log writing since taking on the legal advocate/court support role at the HWS in 1995. “I do enjoy it. I enjoy that I am not a lawyer and therefore am not bound by their rules and regulations. That allows me to challenge some of those rules on behalf of the women. Often, lawyers are so busy and bogged down with clients and files that they sometimes don’t have time to be the advocate that they thought they would be.



**RESIDENTIAL PROGRAM MANAGER, COURT SUPPORT / LEGAL ADVOCATE, MELODY TIGANI**

I can help a person with that. Lawyers can’t be social workers because that takes so much time and money. Often, we find that the lawyers are grateful for the help we give their clients.”

Melody also accompanies women to their court cases in Goderich and attends the Children’s Aid Society court appearances. Often women at the Shelter are dealing with issues surrounding child abuse, on top of their own legal issues regarding support and other matters. “We support them in trying to do what is best for their children,” says Melody. “Sometimes a woman is fighting to get her children back.” It’s these child custody issues which most concern Melody. She often sees custody battles that last two or three years which is “way too long for a child to wait for who is going to make decisions on their behalf,” she says. “The delays between court appearances are so long.”

Besides her legal work at HWS, Melody is also the Residential Program Manager, supervising a staff of 15 at the Goderich facility. She also is the Co-Chair of the D.A.R.T. (Domestic Assault Review Team) with Bob Morris, the Crown Attorney for Huron County. D.A.R.T. is a community committee that works to ensure that Huron County has a collaborative response to woman abuse. In addition, Melody is a Director on the Community Legal Clinic for Huron Perth, assisting people in poverty who need legal assistance.

If you know of a woman in Huron County who needs help with the legal system please contact Melody Tigani at 519-524-5333 or visit [www.huronwomensshelter.com](http://www.huronwomensshelter.com)

## AGM AND STAFF APPRECIATION DINNER

The Annual General Meeting and Staff Appreciation Dinner for Huron Women’s Shelter was held in Goderich on June 2nd. Presided over by Board President Carol McDonnell of Blyth, the Board officially elected a new slate of officers for 2010-2011. Judy Stewart remains as Vice President, Sharon Creighton remains as Treasurer and the new Secretary is Gwen Nicol-Macdonald.



**HWS EXECUTIVE: (L-R) Rick Hillner, Rosemarie Wiese, Pat Senn, Carol McDonnell, Karen Steward, Sharon Creighton, Rev. Gwen Nicol-Macdonald, Michele Hansen and Heather Moffat.**

One new Board Member was elected at the AGM. Huron Women’s Shelter welcomes Heather Moffatt of Bayfield to a three year term. Elected to a second (three year) term as Director were Lynne Godkin, Rick Hillner, Janette McClean, Gary Martin, Patricia Senn, Karen Stewart and Marilyn VanderWoude. The HSW bids a fond farewell to Past President Emily Phillips and to Past Secretary Rosemarie Weise.

Following the AGM, the members of the Board saluted the work of the staff of Huron Women’s Shelter. A Staff Appreciation Dinner for forty people was held at Sunset Golf Club in Goderich. All staff and a guest were invited to the dinner as a gesture of thanks from the Board of Directors. It is a lovely way for staff and the Board members to socialize together. This year, guests each answered trivia questions about themselves, shedding



**HURON WOMEN’S SHELTER STAFF 2010**



**Kelly Campbell accepts flowers from Sharon Creighton at the Staff Appreciation Dinner.**

light on their personalities, interests and sense of humour. Melody Tigani garnered several laughs when she declared “If I were a vegetable, I’d be asparagus so that I could keep coming back each year!” Each staff member was recognized personally by Board Chair Carol McDonnell and given a potted Gerbera Daisy.

In recognition of our 25th anniversary as an organization, two staff from the Ministry of Community and Social Services attended the Dinner to bring greetings and congratulations. Karen Vynckier-Walker, Program Liaison Officer and Nathalie Vandelaar, Program Supervisor congratulated the staff on their hard work, urging the staff to carry on with services to Huron County residents in need. Huron Women’s Shelter is blessed to have many long time staff and experiences a very low staff turnover rate – a tribute to the organization and its hard working, dedicated and compassionate staff.

### OUR SERVICES:

Since 1985, our shelter has provided safe, temporary housing for victims of woman abuse and their children. Second Stage Housing has been operating since 1991 and provides rent geared to income apartments in secure buildings where women and children can live for one year.

Residents are offered individual and group counselling, as well as information on housing, legal aid, financial assistance, and job training.

Residents benefit from a feminist analysis of woman abuse, an empowerment model in supportive counselling and the understanding and support of the staff and other residents.

### OUR PHILOSOPHY:

We believe that women, given emotional support, and much needed resources, can be empowered to recognize their own strengths and choose a safe and fulfilling future.

## HWS BOARD MEMBER PROFILE: LYNNE GODKIN

One of the more energetic members of the Board of Directors of HWS is Lynne Godkin – a Huron County teacher, mother, and athlete who has brought new energy to our group, creating a fund raising event that raises money, awareness and boosts the health of its participants!

In June of 2009, Lynne created the first Safe Harbour Run in support of HWS. The race, which included a Kiddie Trot, a 2km walk or run and a 5km run through Bayfield, was a runaway hit – raising several thousands of dollars and bringing together about 200 participants. This year, Lynne again led the charge for the 2nd Annual Safe Harbour Run on June 13th where more than 300 people participated raising nearly \$8,000 for HWS. The Safe Harbour Run is one of eight sanctioned runs in the Runners' Choice Runpiker Series and attracts young and old, new and experienced runners and walkers.

"It all just worked out. We had a brainstorming meeting to find something new and the idea of doing something for athletes just popped into my head! I had heard that the St. Marys location was backing out of the running series so I approached Runners' Choice and it was in the cards for us to make the Bayfield race happen," says Lynne.

Running is Lynne's passion and she has been able to share her enthusiasm with the Board, encouraging many other Directors to be part of the event as volunteers. Lynne, herself, took up running eight years ago when her daughter began to compete. "It was because of my kids that I got involved. At first I could run 30 seconds but I found I really enjoyed myself. It really is a sport for the whole family," she adds. Her two daughters competed in the Safe Harbour Run this year.

She has now taken the sport to its highest level, competing in marathons. Her 8th marathon was this spring when Lynne ran in the Boston Marathon for the first time. She is also active with her children's sports teams, acting as trainer for two hockey teams. Lynne is a Sunday School teacher at Exeter United Church and she plays an active role at Central Huron Secondary School in Clinton where, besides being a Family Studies Teacher, Lynne helps with the United Way campaign. This year some of her students also raised funds for HWS via the Global Village Club which organized a coffee house and fun days, and via the school's annual walk-a-thon. She encourages her students to be aware of women's issues in her classroom teachings and as



### BOARD MEMBER, LYNNE GODKIN

a women's advocate at the school. "I have a degree in family studies, so women and children are near and dear to my heart," says Lynne.

"Until I got involved with the Shelter, domestic violence seemed far away – it was a big wake-up call for me when I saw the work the Shelter was doing right in my own community. I'm glad to be able to help people in my own home area. Now I use resources from DART in my classroom. I can say to kids – this happens in Huron County. And I tell them that if they think they know someone in trouble or who needs help, here's where you can call."

Lynne joined the Board in 2006 and is now serving her second, three-year term.

If you are interested in joining the Board, please contact Michele Hansen at [michele@huronwomensshelter.com](mailto:michele@huronwomensshelter.com)

### INTERESTED IN JOINING THE BOARD?

Board meetings are held monthly at the Huron Women's Centre in Goderich. Anyone is invited to attend. New members are elected annually. For more details about joining the Board please visit: [www.huronwomensshelter.com](http://www.huronwomensshelter.com)

### NEXT MEETING

Wednesday, July 14, 2010 at 7 p.m.  
Huron Women's Shelter, Goderich



# Safe Harbour Run

BAYFIELD, ONTARIO CANADA

More than 300 participants crossed the finish line at the Second Annual Safe Harbour Run on Sunday, June 13th in Bayfield. The event featured a 5 km competition, a 2 km fun run/walk and a kiddie trot. This year's event raised an incredible one-day total of more than \$7,891.36 for Huron Women's Shelter.

*Congratulations to all of our participants and a very special thanks to our sponsors and volunteers!*



**The first runner, Justin Hall, crosses the finish line in the 5K run at a time of 15:33 minutes.**



**Michele Hansen greets Tye Douma, winner of the 2K run with a time of 08:30 minutes.**



**And they're off! The start of the Kiddie Trot.**



**The Running And Walking (RAW) group from Seaforth were excited to enter their first run since starting the group this year.**



**Mariel Fluttert was the first female to cross the finish line in the 5K run with a time of 20:25 minutes.**



## PUTTING YOUR ESTATE PLANNING HOUSE IN ORDER

BY: PAUL CIUFFO, GODBOLT, CIUFFO INSURANCE & FINANCIAL SERVICES INC.

Estate planning is a crucial component of overall financial planning. Proper estate planning ensures that your assets are handled according to your wishes after you die. Proper disposition of your assets can provide financial security for your loved ones and/or financial support for the charities that are important to you. Please look over the checklist below. If there are any gaps then you might not be prepared to leave the financial legacy you desire, and you should consider consulting with professional financial advisors to put your estate planning house in order.

- I have reviewed my will and powers of attorney within the last five years to ensure my wishes are carried out in the event of my illness, disability or death.
- I have selected and confirmed the availability of my executor/ liquidator. This person is familiar with the location and contents of my will.
- I have a current list of important papers and their location (for example: property deeds, bank accounts, stocks, bonds, life insurance policies, etc.).
- I understand how taxes will affect my estate and have taken the necessary steps to limit and fund the tax liability.
- I know what income my family will receive from my estate (including death benefits from personal, government, employer and association life insurance plans) and that it will be sufficient to maintain their standard of living.
- I have considered donating to the charities important to me through my estate and understand the tax advantages of doing so.
- I understand any group life insurance provided by my employer on my life and that of my spouse will terminate or reduce upon my retirement.
- I have up-to-date beneficiary designations on my life insurance policies, pension plans and RRSPs.
- I understand taxes could deplete assets like RRSPs, RRIFs and pensions by as much as 50% when left to a non-spousal beneficiary.
- I understand that, like RRSPs, the income taxation of capital gains can be deferred until the surviving spouse's death or until such time as the asset (containing the capital gain) is actually disposed of.
- I have a plan in place (e.g. Long Term Care Insurance) to cover future health care and nursing home costs so my estate won't be eroded by mounting medical expenses.

## SWIMSUITS AND SUNSCREEN AMONG ITEMS NOW NEEDED

Donations are gratefully accepted year round, and can include basic needs, personal care items, non-perishable food items, and monetary donations.

Basic needs can include items such as:

- large bottles of shampoo and conditioner
- personal care items and toiletries
- clothing for women and children
- new underwear for women and children
- blankets, pillows, pajamas and slippers

During the summer months, our centres are also in need of:

- bathing suits for girls, boys and women (new/used accepted)
- running shoes / sandals / flip flops
- backyard toys / sand toys
- basketballs, footballs, and soccerballs
- towels (new/used)
- sunscreen
- bug spray
- swimmers (diapers for infants to wear in pools)
- diapers (size 5 & 6)
- women's socks (adult)
- umbrellas

Your support is greatly appreciated, and makes a real difference in the lives of women and children in need.



**Donations to the Huron Women's Shelter are always welcome and can be dropped off at any time!**

## “TAKE A SWING AGAINST VIOLENCE” GOLF TOURNAMENTS

An enthusiastic group of first time golfers and seasoned professionals took to the links this June for a day of fun, fitness, and friendly competition during our annual “Take a Swing at Violence” Golf Tournaments.

The tournaments were held on June 16th at the Maitland Golf and Country Club in Goderich, and June 23rd at the Wingham Golf and Curling Club. Both events were sold out, with 72 golfers at each event, bringing in a grand total of over \$7,000 for the Huron Women’s Shelter.

Congratulations to this year’s winners! We hope to see you all again next year!



**The 2010 winning team proudly display their trophies at the Maitland Golf and Country Club in Goderich on June 16th: (L-R) Ellen Connelly, Gwen Doherty, Dorothy Bourdeau, and Barbara Sturgeon.**



**The 2010 champions of the Wingham Golf and Curling Club on June 23rd: (L-R) Marion Bristowe, Elka Aitken, Carolyn Schofield, and Carol Oriole.**



**D.A.R.T. CONFERENCE: (L-R) Sergeant Shawn Johnston, Huron O.P.P., Heather Pham, and Melody Tigani, D.A.R.T. Co-Chair.**

## D.A.R.T. CONFERENCE

On May 12, the Domestic Assault Review Team (D.A.R.T.) hosted a “Managing High Risk Cases of Domestic Violence” Conference. All of the proceeds were directed toward the fund for the children of Constable Vu Pham who was killed in the line of duty. His wife, Heather, accepted the donation from Melody Tigani, HWS Residential Program Manager and Co-Chair of D.A.R.T.

## HOW CAN YOU HELP?

At the Huron Women’s Shelter we’re all about providing shelter, support, counselling and advocacy to women in need, and the best way for us to achieve our goals is through your continued support. Here are just a few of the ways you can help us make a difference in the lives of others:

- ✓ BECOME A VOLUNTEER
- ✓ JOIN OUR BOARD OF DIRECTORS
- ✓ DONATE
- ✓ STAY INFORMED

Subscribe to our newsletter, visit our new website, or contact our staff for more information.

## UPCOMING EVENT!

Coming this fall - the Past President’s Luncheon with a guest author. Date to be announced. Check out [www.huronwomensshelter.com](http://www.huronwomensshelter.com) in August for details.