



Huron Women's Shelter



Spring 2010



24 HOUR CRISIS LINE

1.800.265.5506

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How Can You Help?

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



A MESSAGE FROM THE EXECUTIVE DIRECTOR: MICHELE HANSEN

Spring is truly here, we are grateful for the warm weather and the renewal of nature we witness all around us. At Huron Women’s Shelter, Second Stage Housing and Counselling Services, spring is a time to gear up for our multiple fund raising events. In this issue you will note that we are hosting two golf tournaments, one in Goderich and one in Wingham along with a 5 km run in Bayfield. We are also organizing the annual Festival of Arts and Crafts. All these events take place in June and various committees are working hard to ensure success. Fund raising is a critical component of the work of the Board. We annually raise approximately \$100,000 to support the services we provide to women and children. One of our most successful events is the Festival of Arts and Crafts that bring more than one hundred artists and crafts-persons to sell their unique products in the beautiful Court House Park in Goderich. This year the event will run July 9th, 10th and 11th.

Every year we receive un-solicited donations; these donations often arrive during the holiday season. This past year, there was an increase of approximately one-third over 2008. This may seem odd, given that we are clearly in an economic climate that has seen a serious down-turn and our local community has suffered severe job losses. However, in reading research on philanthropy, we discover that in difficult times, people are often more generous. Huron Women’s Shelter offers a sincere thank you to our community who supports our work in good times and in bad.

There are many exciting projects underway at the agency. We recently received funds from the Ministry of Community and Social Services to install a generator. This is a welcome addition that will ensure a continuity of service. One of the great advantages of our location is proximity to beautiful Lake Huron. Our beautiful lake also provides amazing thunderstorms and wind storms that often result in power-outages. Our new generator will give us light, heat and full security systems in times of hydro failures.

Many of our projects are being undertaken in

conjunction with a community committee. They include; a high risk conference on May 12th planned by the Domestic Assault Review Team and a booklet to support dementia patients being produced by the Elder Abuse Prevention Committee. The Elder Abuse Committee has also applied for funding for an educational initiative “Values and Ethics in Sexuality and Senior Care”. We hope to bring trainers to the community to teach and train seniors and professionals in long-term care settings. Working with community partners greatly enhances the work we can accomplish. Community collaboration is a necessity in a rural community and we are grateful for our many wonderful community partners.

This year marks the 25th anniversary of existence of the agency. The agency was incorporated in June 1985 as “Survival Through Friendship House”. We are planning to honour our history with a number of events to commemorate this milestone and will be providing more information about our history in future newsletters.

*Sincerely,
Michele Hansen*

Please visit www.huronwomensshelter.com to explore our website. We also welcome your feedback, questions, and suggestions for future content.

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 OUTREACH COUNSELLING IMPROVES ACCESSIBILITY OF SERVICES FOR WOMEN

Forward thinking propels the Outreach Counselling programs at Huron Women's Shelter. Women who found it challenging to attend individual and group counseling sessions at the Shelter because of the traditional rural barriers of transportation and childcare are now able to have the service come to them.

Led by Outreach Counsellor Advocate Shari MacDonald, women in small communities or on farms can now receive one-on-one counseling, advocacy and participate in group work. A network of convenient and safe meeting places has been established across Huron County where Shari can lead groups and meet with individual women in need.

"If we don't have a safe counseling place in a community, then I'll find one," says Shari. For example, she makes use of churches, second stage housing locations and can also, with notice, provide childcare and some transportation support. She currently has about 43 active clients across the community and operates outreach groups for up to a dozen women including Yes, No, Yes on conflict resolution, Feminine Face of Leadership, We Belong Here, and Being for Women for example.

When weather becomes a barrier in the winter, Shari can be found on the phone providing one-on-one counseling. "We recognized that there were certain barriers preventing women from getting help, so that sparked the need for outreach. This allows the client to be in the driver's seat when it comes to getting help and being able to discuss what is important to her," says Shari.

Shari, herself, is literally in the driver's seat. She can be found covering hundreds of kilometers to all ends of the county in the Shelter's own car. She starts her own day at her home near Kincardine, commutes to her office in Goderich



OUTREACH COUNSELLOR SHARI MacDonald takes her services on the road in Huron County.

and from there heads out to meet clients in communities from Grand Bend to Lucknow, from Benmiller to Exeter, and many spots in between.

"We deal with a wide variety of topics including leadership, conflict resolution, self esteem, women's health, legal issues, healthy relationships, self care, coping skills, addictions, post traumatic stress and personal development," says Shari. She gathers feedback from the participants to develop new topics for the next outreach group.

Women in need can be referred to the services or can self refer. Often other community groups and agencies such as Victims Services, Victim Witness Assistance Program, The Children's Aid Society and the police will inform women of the Outreach Counselling. Other women learn about it when they call the HWS crisis line or by word of mouth.

All sessions are free of charge and usually last about an hour. Groups are often two to three hours in length and are advertised on the HWS website and through flyers across the county.

Shari has been with the HWS since she relocated to Kincardine, her hometown, in 2001. Previously, she worked for social service groups in Thunder Bay where she received a degree in psychology and political science from Lakehead University.

For more information about Outreach Counselling you can reach Shari MacDonald at 519-524-5333.

STAFF PROFILE: PAM MCPHERSON MASTERS STUDENT INTERN

This past winter and spring the Huron Women's Shelter has, for the first time, taken on a Masters Student Intern. Pam McPherson came to the HWS from the University of Windsor where she is completing her Masters in Social Work.



HWS INTERN, PAM MCPHERSON

Pam started at the HWS in January and commutes back home to Windsor on the weekends. She is a mature student, who returned to school after working and raising a family of three children in Windsor for more than 20 years. Her spouse and children, ages 27, 19 and 16 have supported Pam's mid-life career shift and personal growth path.

Pam first noticed the work of HWS through the organization's new website. She was doing research and was impressed by the mandate and principals of HWS which are posted on the site. As well, her mother comes from Zurich and Pam has fond memories of the area. So, she approached HWS Executive Director Michele Hansen about creating a new position for a Masters Student Intern and the idea was adopted with open arms.

While at HWS, Pam has helped women to identify their strengths and develop skills such as resume writing and career mapping. She has helped women find a path towards employment

while helping women break down some unique barriers of the rural setting which may make finding employment challenging.

"I've learned that a small group of people can certainly make a difference. The staff here are dedicated, professional and very effective in what they do with their clients. It's non judgmental and very caring. They appreciate each client as an individual with a holistic point of view," says Pam. "And the staff here really live their mission statement philosophy which attracted me here in the first place."

Pam is now preparing for her graduation in June and future employment. While she may continue on to obtain a PhD, she is also interested in working as a sexual assault crisis counselor or as a mental health counselor for a women's shelter or organization.

"It impresses me every day, the work done here, the engagement of the staff. I am just so emotionally touched by this experience. I have seen so many examples of resiliency and courage – strong women."

In the meantime, Pam says her experiences at HWS have taught her many things that she didn't learn at school. "It impresses me every day, the work done here, the engagement of the staff. I am just so emotionally touched by this experience. I have seen so many examples of resiliency and courage – strong women. There isn't a day that goes by that I don't tear up, it's just very impressive and these women are very inspiring," says Pam.

We wish Pam McPherson much success as she continues on her journey in the world of women's protection and support.

HURON WOMEN'S SHELTER WELCOMES BOARD MEMBER: GARY MARTIN

Gary Martin is one of two men who currently sit on the HWS Board of Directors. Gary joined the Board after retiring as Inspector Detachment Commander of the OPP in Goderich, a position he held since 1998.

While with the OPP, he worked on community projects with HWS Executive Director, Michele Hansen. Gary is a past Chair of the Victim Services of Huron County and also was part of the DART (Drug and Alcohol Registry of Treatment) Committee.

When he joined the Board three years ago, he was the only male Board member, so "feeling kind of lonely" he recruited his neighbour, Rick Hillner to join as well. "I do think it is unfortunate that we don't have a better male presence on the Board. The principles and functions of the group seem to attract more women. I want to see the Board perform as required and support the organization as best we can. Michele does a wonderful job and I am pleased to be part of the group."

Gary sits on two committees: personnel and property. He is part of the discussions about the possible growth of the facilities and the maintenance of the properties. Gary has helped the Board with fundraising activities including being a helper at Breakfast with Santa, selling tickets to the special evening with Pinball Clemens, and participating in the Safe Harbour Run. As well, as a member of the Clinton Pipe Band, Gary has played the pipes during the annual ceremonies in the Square to mark the Montreal Massacre.

"If we can continue to meet the needs of the County that would be good. If I had a wish it would be to reduce the need itself, but that's not terribly realistic. I find it an unfortunate circumstance that we do need the facility but we certainly do. In my experience, women are often unable to protect



BOARD MEMBER, GARY MARTIN

themselves in abusive situations and there needs to be intervention."

Gary and his wife Donna have made Goderich their retirement home. They have two grown children and two grandchildren. The Martins both play in the Clinton Pipe Band and they also are dancers in the Carry On Cloggers. Welcome Gary!

If you are interested in joining the Board, please contact Michele Hansen at 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 our website at:

www.huronwomensshelter.com

NEXT MEETING: ANNUAL GENERAL MEETING

Wednesday, June 2, 2010

5:00 p.m.

Huron Women's Shelter, Goderich



QUILT DONATIONS SPREAD WARMTH

On May 3, 2010 Michele Hansen, Executive Director of Huron Women’s Shelter attended a meeting of the Goderich Quilters’ Guild to receive 22 quilts that had been made the members of the guild. The quilts included many different colours, designs and sizes. The members of the Goderich Quilt Guild are going to continue to create quilts in the hopes that all who come into shelter will be able to select a quilt to use and then take home. We know that this will be a welcome gift for the women and children who use the shelter, what could more comforting than a quilt made with love and care.



Huron Women’s Shelter recently received a donation of 22 quilts from the Goderich Quilters Guild. Posing with the cozy quilts are staff members **Andrea Brown, Coordinator, Festival of Arts and Crafts; Susan Taylor, Crisis Counsellor; and Amy Whyte, Shelter Support Worker.**

SILENT AUCTION

Every year, the Elementary Teachers’ Federation of Ontario, Avon Maitland Teachers Local, hold a dinner to celebrate Canada’s Charter of Rights and Freedoms. At this event, individual schools provide a gift for auction: many of the items are handcrafted. These lovely items are then auctioned, either by silent auction or by a “loonie-toonie” draw. The proceeds from this fun-filled event are donated to the Women’s Shelters and Second Stage projects in both Huron and Perth Counties. This year the event raised \$3,445.50. We are grateful to the hardworking committee of the Elementary Teachers’ Federation for their commitment to this event and our organizations.



Kim Finlayson, Stephanie McArthur, Michele Hansen and Christina Gross.



Bidders take a closer look at the selection of items available at this year’s silent auction.



CHARITABLE DONATIONS AND ESTATE PLANNING

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

In order to encourage gifting to charitable organizations, the Income Tax Act provides a tax credit to a donor. The maximum donation eligible for a tax credit may not exceed 75% of net income in any one year. Any amount in excess of this may be carried forward for a period of up to 5 years. Donations in the year of death are eligible for the tax credit on donations of up to 100% of income in that year, and any excess may be carried back one year, subject to the same limitation.

Significant taxation can occur in the year of death, so some individuals choose to build a charitable donation into their estate planning to minimize taxation. For example, at the death of one spouse RRSPs or RRIFs can pass to the surviving spouse with no tax consequences, but on the death of the second spouse the entire amount inside these plans are taxable as income. This means that if a surviving spouse has \$250,000 inside RRSPs or RRIFs at the time of death, then an extra \$250,000 of income is reportable on his or her final tax return -- and this large amount is taxed at a very high rate.

However a large donation to a charitable organization both benefits the organization and could offset some or all of the taxation. Often life insurance policies are used in this strategy. It is vital to obtain the approval of the charity in advance if a receipt for tax purposes is to be issued.

This article is for information purposes only; please consult with us or your professional advisors before making changes to your personal financial plan.

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NOW NEEDED FOR SPRING & SUMMER

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

With the warmer weather approaching, our centres are also in need of:

- bathing suits for girls, boys and women (new/used accepted)
- running shoes
- 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!



Safe Harbour Run

BAYFIELD, ONTARIO CANADA

Sunday, June 13, 2010
 Clan Gregor Square, Bayfield, ON

As part of the popular Runner's Choice series, this run is open to everyone from serious competitors to recreational runners. The event will be held throughout the village of Bayfield and is a certified course which features a 5 kilometre competition, a 2 kilometre fun run/walk and the kiddie trot. There are door prizes and t-shirts available for those who register (\$25 fee or free registration with \$50 in sponsorship). Registration begins at 8:00 a.m. and the races begin at 9:30 a.m., starting and finishing in the Square.

“TAKE A SWING AGAINST VIOLENCE” GOLF TOURNAMENT

Wednesday, June 23, 2010
 Wingham Golf and Curling Club

Our annual Take a Swing Against Violence Golf Tournaments are fast approaching. The Goderich tournament is already sold out, but there are still spaces available for our Wingham tournament. Join us for a Nine Hole Women's Tournament and a day of fun, fitness, and friendly competition on Wednesday, June 23, 2010 at the Wingham Golf & Curling Club. Registration begins at 9:00 a.m. with Tee Off at 9:30 a.m.

For more information or to register for any of these exciting events, please visit our website at www.huronwomensshelter.com and click on the Events page.



Women's Shelter,
 Second Stage Housing
 & Counselling Services of Huron
proudly presents the

Festival of Arts & Crafts

July 9, 10, 11, 2010

Courthouse Park on The Square in Goderich

Friday - noon to 8:00 pm
 Saturday - 10:00 am to 6:00 pm
 Sunday - noon - 4:00 pm

*Over 160 Artisans and Crafters
 Including New Vendors This Year!*

Attractions

Shriners' Fish Fry
 Friday 4:30-7:30

Rotary's Used Book Sale
 All Day Saturday & Sunday



Celebrating the Shelter's 25 Years of Service to the Community

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.