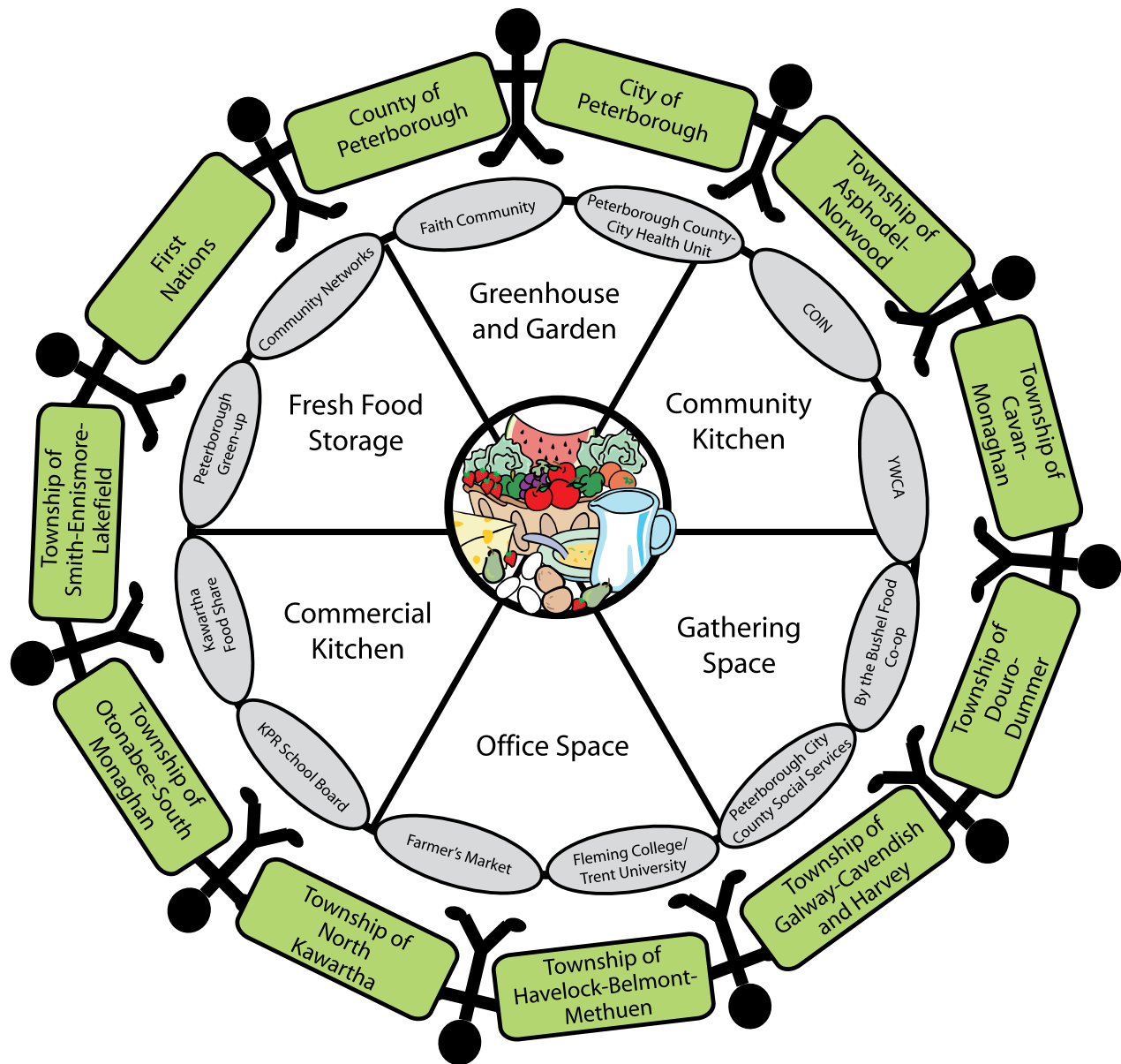


# TURNING POINTS

SUMMER/FALL 2012

## Nourish:

A new project fostering belonging through growing, cooking, eating and enjoying food



# A Message from the Executive Director



Energized about our Strategic Planning process, the YWCA is exploring ways to help women and children to thrive. That means getting past survival and coping, to living a balanced and happy life. What can we do to support that process?

In Haliburton County we're presenting a Women in Business course to help rural women learn about small business best practices and discover more about themselves. Women entrepreneurs attest that knowing themselves is essential before they can truly understand their customers and competitors.

With our partners from the Peterborough Domestic Abuse Network, we plan to initiate a service hub for women survivors of abuse with one stop access to crucial services, giving women access to essential help faster and more easily.

Working closely with the Week Without Violence Committee we'll present Canadian Director Paul Saltzman and his film "Prom Night in Mississippi" to local students, parents and citizens to demonstrate that youth can be amazing agents of change.

We look forward to your participation in these and many other YWCA programs to help all local women and their families to thrive.

Lynn Zimmer, Executive Director  
YWCA Peterborough, Victoria & Haliburton

 thinking green?

To receive future editions of Turning Points by e-mail, please contact Yvonne at 705-743-3526 or [yporter@ywcapeterborough.org](mailto:yporter@ywcapeterborough.org). You may unsubscribe at any time.

# The Nourish Project

*Good-tasting healthy affordable food*

We used to learn about food at home. We took in lessons about how to grow, cook, store and revere food with our daily bread. Today, our relationship to food is characterized more by a drive-thru breakfast or no breakfast at all, than by a sit-down meal; a trend that's leading to increased rates of disease and social isolation. In an effort to buoy the health and well-being of our community, YWCA staff are working to re-establish the place of nourishment – food for body and soul – in Peterborough County and City.

The vision: to establish places for food in each township, First Nations communities and in the City of Peterborough. Each place will include space and tools for learning about food -- a community kitchen, rooms for workshops and a gathering space. They may also include farmers' markets, community gardens, greenhouses, or public outdoor brick ovens.

"The time is ripe to re-energize our food culture," says Joëlle Favreau, Community Development Supervisor at the YWCA. "There is an appetite for more local food on our plates; and a deep want in the community for everyone – every friend, family member and neighbour – to have enough good food to eat."

Community Development Worker Leni Rautiainen is busy talking to people about food programming already underway in the County and learning about where the gaps are in the effort to nourish our communities. Her findings will help to establish a baseline for local food access, production, consumption and knowledge community-wide. Just what form the project will take will be determined by the findings of the research and the energy of the townships and First Nations communities.

Realizing a vision this big takes many hands. We are thankful to the Ontario Trillium Foundation for their generous contribution of \$148,000 in support of the 2-year research project to help this vision grow. Other partners include the Peterborough County-City Health Unit, the Community Opportunity and Innovation Network, the Peterborough Centre for Social Innovation, the Community Garden Network, Fleming College, the City of Peterborough and the Social Planning Council.

For more information or to get involved, contact Leni or Joëlle at 705.743.3526 or visit [nourishproject.ca](http://nourishproject.ca).

[www.ywcapeterborough.org](http://www.ywcapeterborough.org)

# is Sprouting

*& social connection: a winning combination*

**“If you don’t have food in your life, there’s very little that’s going to grow and survive. Food brings joy.”**

*-- Joëlle Favreau, Community Development Supervisor*



**“It’s a magical thing to gather around food; people start to talk, building trust...”**

*-- Joëlle Favreau,  
Community  
Development  
Supervisor*



## Board Profile: Incoming President Jennifer Cureton

As the daughter of a single mom growing up in Kingston, ON, Jennifer Cureton remembers sneaking grapes out of the house for friends who didn’t have much fresh food at home. Today, Jennifer is proud of the YWCA’s innovative food programs, giving people at all income levels regular access to fresh produce.

Jennifer joined the YWCA Board four years ago, bringing her extensive professional experience in fundraising and marketing to bear with the Safe Haven campaign. She has served as Chair of the Nominating Committee, helping to meet the goal of up to 25% representation by young women on the YWCA Board. She was VP for three years and elected President at our June AGM.

Looking ahead, Jennifer is excited to see the strategic plan unfold; “our mission and vision give me goose bumps (in a good way),” she says. “I’m excited to be part of the process of making the vision of women and children thriving a reality in our community. It’s a very powerful vision, and one that really speaks to what everyone does at the YW.”



## Please welcome the 2012/2013 Board of Directors

President: **Jennifer Cureton**  
Vice President: **Mandy Hamu**  
Vice President: **Heather Stelzer**  
Treasurer: **Gabriele Zeh-Abramsky**  
Secretary: **Olivia James**  
Member-at-large: **Maryam Monsef**  
Past President: **Christine Vogel**

Directors: **Janet Clarkson, Jennifer Fraser, Annie Gelfand, Jennifer Harrington, Lauren McGee, Kathy Rochon, Christina Schell, Marina Wheeler, and Suzi Wills.**

## 2012 Walk A Mile In Her Shoes Sponsors

Ash Nayler Photography  
CHEX TV  
Grady's Feet Essentials  
Peterborough Examiner  
S.O.S. (Save Our Soles)  
The Wolf 101.5 FM/100.5 Kruz FM  
Boston Pizza  
Rising Flours  
Viamede Resort  
Green Eyewear Optical  
Kawartha Credit Union



## 2012 Walk A Mile In Her Shoes Lookin' GREAT.



## A Sponsor In Profile: Boston Pizza



Boston Pizza Peterborough is incredibly active in supporting the local community. Boston Pizza - Chemong Road has supported the YWCA Walk A Mile In Her Shoes for the past two years, with mascot Lionel and staff participating in the Walk, and their generous sponsorship of the post-Walk reception. Men and their supporters really appreciate the chance to unwind at Boston Pizza after their mile long hike in 3" red high heels!

from left: Allen Cowitz (Boston Pizza), Mike Judson (CHEX TV), Carey Walker (Wolf/Kruz), Steve Bailey (Boston Pizza), Keith Riel (City Councillor), Paul Wilson (Trent University/ City of Peterborough), J. Murray Warden Jones (Peterborough County), Lynn Zimmer (YWCA), Greg Simmons (Peterborough Fire Service).

## 2012 Freedom Walk Sponsors

Best Western Otonabee Inn (Otonabee Motel Ltd)  
Bryston  
Call-a-Cab  
Charlotte Paint & Wallpaper Inc.  
Chemong Home Hardware Building Centre  
Coach Canada (TRENTWAY-WAGAR)  
FCI Window Products  
Filion Wakely Thorup Angeletti LLP  
ISL Insurance  
John Roberts Clothiers  
KCalex Inc.  
LLF Lawyers  
McColl Turner Chartered Accountants  
Monkman, Gracie & Johnston Insurance Brokers  
Nefab Inc.  
Peterborough Volkswagen Ltd.  
RBC Dominion Securities Foundation  
Shimano Canada Ltee / Ltd  
Soroptimist International of Peterborough  
St. Anne's Knights of Columbus  
Stephen Kylie Barrister & Solicitor  
The Protectors Group  
Villa Auto Wash



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**Facebook**

Are you on facebook? So are we!

[facebook.com/ywcapeterborough](https://www.facebook.com/ywcapeterborough)

Please take a moment and 'like' us on facebook.



## 2012 YWCA Empty Bowls Sponsors

Kawartha Potters Guild  
Princess Gardens  
Sticklings Bakery & Bistro  
Soupçon  
Brio Gusto  
Cosmic Charlie's Café  
St. Veronus Café & Tap Bar  
Parkhill on Hunter  
Black Honey  
BE Catering  
Dancing Blueberries Cupcakery & More  
Old Stone Brewing Co.  
Silver Bean Café  
Pye's Buns & Deli  
BerCS  
The Electric City Gardens

**A Turning Point For Women**

# HAZEL FUND

## In Profile: Mitzi Young



Inspirational. Motivational. Uplifting. Always teaching. These are just some of the many positive words people use when they talk about Mitzi Young, one of four recipients of this year's YWCA Hazel Awards. As a wife, mother, student, body builder, author and survivor, Mitzi has worked hard to slowly gain the skills to enable her to thrive as an individual, then to share that energy with others.

Mitzi is using her \$1,000 Award towards her 2nd year in the Recreation and Leisure program at Fleming College, to help people get active and support community development through positive health.

With support from donors, this year the Hazel Fund Committee is very pleased to be able to grant \$1,000 awards to four local women. Since its creation in 1998, the Hazel Fund has helped women overcome barriers related to violence and abuse and successfully pursue their educational goals. Support from donors helps make this possible.

If you would like to learn more about how your contribution can help, please call us at (705) 743-3526.

# SUPPORTERS

## In Profile: Marjorie & Gordon Wood

Marge first got involved with the YWCA in 2008 as a volunteer at Y's Buys and more recently in the donation room at Crossroads Shelter and with YWCA Tag Days fundraisers. "I can't say enough good about the staff and making me feel welcome," she says. "I have volunteered at numerous agencies, but the YW has been my favorite."



Marge and her husband Gord became donors to the YWCA in 2009 in support of the Safe Haven Campaign. "We were really impressed with the fundraising for Crossroads and the speed with which the project was completed," says Gord. "The YWCA is one of the best managed organizations in this area."

When Marjorie mentioned to YWCA Volunteer Coordinator Helen Mead that she and Gordon were interested in contributing to support women's education locally, Helen mentioned the YWCA Hazel Fund (see left). "We had donated to others, but we wanted something that seemed more personal; this seemed like a perfect fit!" says Marge.

They both volunteer with Meals on Wheels Peterborough. This allows Marge to pursue an interest in nutrition gained during her career as a clinical dietician. Gord, a retired Chemistry professor and administrator from the University of Windsor, enjoys gardening, bridge and curling.

## YWCA Welcomes New Director of Resource Development

On June 4, 2012, Cheryl Denomy joined the YWCA Peterborough team as the new Director of Resource Development. She replaces Lyn Giles, who has gone on to new challenges with the Peterborough Humane Society.

Cheryl brings to her new role more than twenty years of experience in resource development and communications, most recently with the Massey Centre for Women, a residential and transitional housing program for pregnant and parenting teenage girls in Toronto.

When not at work, Cheryl volunteers on the Board of Directors of The Denise House, a women's shelter in her home community of Oshawa. She is enjoying the faster – not to mention more picturesque – commute to Peterborough, and has already planned her first snow tire purchase later in the year.

# WOMEN IN BUSINESS program set to launch in Haliburton

Energized by the success of YWCA Muskoka programs in Bracebridge, Gravenhurst and Huntsville, we are excited to be launching a Women In Business program in the Village of Haliburton in November.

With support from the program facilitator and guest speakers from the community, participants will graduate in March, 2013 with a Business Plan or Life Plan, helping women towards economic independence and sustainable livelihoods. Funding for the program is provided by the Ontario Trillium Foundation, and the Haliburton County Development Corporation.

A big Thank You to YWCA Muskoka for their guidance throughout the planning and for sharing their Women in Business curriculum and success stories with us!

For more information contact Sarah Adams at 705.457.0260 or email [sadams@ywcahal@bellnet.ca](mailto:sadams@ywcahal@bellnet.ca).

## United Way Campaign Kick Off: September 25

Many, many hours of hard work by United Way Volunteers and Staff enable all of us to make meaningful, positive contributions to our community. All the best for a successful 2012 campaign!

The YWCA was one of the founding United Way member agencies in 1941 and has received funding support ever since. Lynn Zimmer will represent agencies on the Campaign Cabinet again this year.

Last year member agencies contributed \$93,338, an increase of 4.64 % over the previous year.

# Crossroads Shelter Wish List

## Our Ongoing Needs

-- New Items Only Please --

### Clothing

Slippers  
Pajamas  
Socks  
Underwear

### Household

Umbrellas  
Towels  
Crib Sheets  
Toys and Games  
for Children

### Personal Care

Diapers  
Deodorant  
Toothbrushes  
Toothpaste  
Feminine Hygiene  
Products

### Gift Cards

Grocery  
Pharmacy  
Restaurant  
Telephone  
Department Store

Donations are gratefully accepted at the YWCA Administrative Office (216 Simcoe Street, Peterborough) Monday - Thursday, 9am - 4:30 pm.

For more information, please contact Miriam Stucky at [mstucky@ywcapeterborough.org](mailto:mstucky@ywcapeterborough.org) or 705-743-3526 ext. 131.



## Yes! I Support the YWCA!

I would like to make this gift of:  \$25  \$50  \$100  \$750 - Turning Point Gift  Other \$ \_\_\_\_\_

Payment Preference:

Cheque enclosed, payable to YWCA Peterborough, Victoria & Haliburton

VISA  MasterCard  AMEX

Card # \_\_\_\_\_ Name on Card \_\_\_\_\_ Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Online donation at [www.ywcapeterborough.org](http://www.ywcapeterborough.org) and receive your online tax receipt immediately

I would prefer to give a monthly gift of:  \$10  \$15  \$25  \$50  Other \$ \_\_\_\_\_

For Monthly Giving:

Please withdraw this monthly donation from my bank account on the 15th of each month beginning:

Month \_\_\_\_\_ Year \_\_\_\_\_ ("VOID" cheque enclosed)

Please charge this monthly donation to my credit card on the 1st of each month beginning:

Month \_\_\_\_\_ Year \_\_\_\_\_ (credit card information provided above)

## A Turning Point For Women



## 2012 YWCA Week Without Violence; Please Join Us

The 2012 YWCA Week Without Violence will feature three screenings of the film Prom Night in Mississippi, and discussion with Director Paul Saltzman on Tuesday, October 16th at Thomas A. Stewart Secondary (TASS).

The day will include presentations for public school students in grades 7-12, with a community screening from 7-9pm – **please save the date**. The film documents a small high school in Mississippi that finally held its first racially integrated prom in 2008, thanks to the activism of the students, and support from actor Morgan Freeman.

The screening will be followed by discussions about anti-racism, acceptance and peace.

For more information, contact Miriam Stucky at [mstucky@ywcapeterborough.org](mailto:mstucky@ywcapeterborough.org), or call 705.743.3526 x131.

# UPCOMING EVENTS

## September 25 - United Way Campaign Kick-Off.

[info@ywcapeterborough.org](mailto:info@ywcapeterborough.org) or 705.743.3526 to learn more about how you can participate.

## October 4 - Sisters in Spirit Vigil

Gathering to honour the lives of missing and murdered Aboriginal women and girls. For details/to get involved, contact Joëlle at 705.743.3526x102 or [jfavreau@ywcapeterborough.org](mailto:jfavreau@ywcapeterborough.org)

## October 1 - 2012 Holiday Gift Program Begins

Contact Denise at [info@ywcapeterborough.org](mailto:info@ywcapeterborough.org) or 705.743.3526 to learn more about sponsoring a family and how you can get involved.

## October 14-20 - Week Without Violence

Learn more about Week Without Violence and the great local events planned for this year by visiting [www.ywcapeterborough.org](http://www.ywcapeterborough.org).

## October 20 - WAM Haliburton County

Inaugural Haliburton County **Walk a Mile** in Her Shoes. Local men stand tall against violence wearing red high heels. Registration opens September 5 at [www.walkamilehaliburton.com](http://www.walkamilehaliburton.com). For more info contact Sarah Adams: [sadamsywcahal@bellnet.ca](mailto:sadamsywcahal@bellnet.ca) or 705.457.0260.

## December 6 - International Day of Remembrance and Action on Violence Against Women

Visit [www.rosecampaign.ca](http://www.rosecampaign.ca) to send a virtual rose to your MP.

## December 6 - Guardian Angel Awards

To nominate someone you know as a Haliburton County "Guardian Angel", please contact Sarah Adams at 705.457.0260 or [sadamsywcahal@bellnet.ca](mailto:sadamsywcahal@bellnet.ca).

Please select one of the following options before returning this slip to 216 Simcoe Street, Peterborough, ON K9H 2H7:

For public recognition purposes, I would like to my name listed as follows (i.e., The Smith Family, Carol and Bob Smith, etc.):

I would prefer to be an anonymous donor

### Contact Information:

Name \_\_\_\_\_ Phone \_\_\_\_\_

### Please send future editions of Turning Points to:

E-mail Address \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Turning Points is published for the information of YWCA friends, supporters and volunteers. We welcome your comments. 216 Simcoe Street, Peterborough, ON K9H 2H7  
T: 705-743-3526  
TTY: 705-743-4015  
E-mail: [info@ywcapeterborough.org](mailto:info@ywcapeterborough.org)

Summer/Fall 2012

