



A TURNING POINT  
FOR WOMEN



# TURNING POINTS

SUMMER/FALL 2013

When  
**women  
thrive,**  
all of society  
benefits,  
and succeeding  
generations  
are given  
a better start  
in life.

*Kofi Annan,  
Nobel Peace Prize Winner*

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

## A Message from the Executive Director



**A**t the YWCA we spend a lot of time supporting women, children and families through some of the most painful times of their lives. And as we work on serious issues like violence and poverty, hope is our most important asset. That's why the YWCA's new Vision "To See All Women and Children Thriving" is so important to us.

We have learned over and over that the tears and fear and stress we see every day do not last forever. When women escape abuse and violence and poverty, their lives open up and bloom. It doesn't happen overnight, but life gets better, and happiness, contentment, satisfaction, planning and achieving are possible.

Women and children are the ones who make it happen, through their determination, their dreams, their expanding awareness of possibilities, their personal strength and their abilities. That's why our mission statement includes that all important phrase "as they pursue their desired futures." The dreams pursued are the dreams of every woman and child. Our dream is to support them as well as we possibly can, and to use the power of the YWCA to remove barriers and advocate for systemic change.

Over the next five years, the YWCA will focus on prevention and accelerating that transition from suffering to thriving. Nothing could be more exciting and inspirational.

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.

# Beyond Survival

*Women's issues have always been an important part of my life, particularly because my mother is a retired women's shelter counsellor. Teaching yoga as a relaxation technique for women escaping violence was a perfect fit for me.*



Above: Yoga Instructor Laura Yellina

*"For many of the women at the shelter, it's new to have a children's playroom and a women's quiet room.*

*Where they're coming from, there was no place that's safe, not even the bathroom.*

*At Crossroads, every area is safe. It's another land altogether."*

- Crossroads Shelter Counsellor, Barb

**F**or women escaping violence, safety is key. But it's also just the beginning.

At Crossroads, a woman can trust that she can rest and go about her daily activities without fear. She can focus on caring for herself and her children because her basic need for security is assured.

Thanks to the energy and compassion of our volunteers, Crossroads can also offer a little something more.

Laura Yellina, a local yoga instructor who visits the shelter regularly to share her passion, is one of several volunteers offering their time and skills in support of women making a fresh start.

*"When I moved to Peterborough almost two years ago," says Laura, "I was looking for a way to get involved in my new community.*

*The women I've worked with have been awesome! Some have a lot of questions about yoga after our sessions, and some leave our class feeling a little more relaxed than when they began.*

*We teach each other. I have learned so much in my experience here and feel extremely grateful. It gives me great joy to teach."*

Healing services currently offered at Crossroads Shelter include on-site yoga provided by Laura Yellina and Liz Doris, massage therapy provided by Trillium College Massage Therapy students, and chiropractic care provided by Dr. Catherine Owens of Owens Chiropractic.

*"For happiness one needs security, but joy can spring like a flower even from the cliffs of despair."*

- Author Anne Morrow Lindbergh

Below: Day Lilies blooming at Crossroads Shelter



## VISION

To see all women and children thriving.

## MISSION

To support the right of all women and their families to live free from violence, poverty and oppression as they build their desired futures.

## Strategic Directions

- Life-changing programs and services for women and their families
- New possibilities through meaningful partnerships
- A strong and courageous organization
- Powerful stories to connect community

### Questions?

Curious about how these changes affect the work we do and the families we support? Please give me a call at 705.743.3526 ext. 112 or visit our website to find out more about our areas of focus and exciting next steps. - Lynn

# Freedom Walk Sponsors



# More Than A Roof Sponsors

Lansdowne Place



# Media Sponsors



Your continued support creates opportunities for **real change** in our community!



Thank you to all those who lead by example. Future generations are watching.



Thank you to the men, women and children who STAND TALL against violence!



Thank you to all the families who believe that FREEDOM is a cause worth walking for!



Thank you to the Construction Skills Program at Fleming College & Merrett Home Hardware for donating time and materials in support of local women and children.



Thank you to the Kawartha Potters Guild for helping make access to affordable, healthy food a reality in our community.



## Kawartha Credit Union's Commitment to Our Community

Since 1952, Kawartha Credit Union (KCU) has continued to prove it's a financial institution committed to making the communities it serves better places to live. KCU takes pride in

demonstrating to their members that the same kind of caring and dedication that goes into what they do in the community also takes place at the branch level and is at the very heart of their relationship with the members they serve.

Since 2007, KCU has generously donated over \$10,250 to YWCA Crossroads Shelter and Food Action programs through continued sponsorship of the YWCA Freedom Walk and Walk A Mile in Her Shoes. Thank you for your support, KCU! Your efforts make our community stronger!

## Many Thanks to our New Walk A Mile Sponsor - Level A

Level A is a full-service personnel agency committed to finding and qualifying effective temporary and permanent placements.

In 2013, Level A joined the YWCA's Walk A Mile in Her Shoes Sponsors, contributing \$5,440 to this year's record-breaking total.

A very special thank you goes out to Level A owner, Steve Daynes, who went above and beyond to honour his commitment to participate in this year's walk - even after suffering two broken legs as a result of a serious car accident. Your dedication speaks volumes, Steve!



# Walk A Mile In Her Shoes Sponsors



# Empty Bowls Sponsor



**Hungry for change?**  
 Visit our blog at [nourishproject.ca](http://nourishproject.ca)  
 Like 'Nourish Project' on Facebook  
 Follow @NourishNews on Twitter



## A taste of NOURISH

This summer, Peterborough got its first 'Taste of Nourish' through a biweekly series of workshops designed to help meet our community's needs and interests around food.

"My goal in offering this workshop series," says Nourish Intern Evan Brockest, "was to create an accessible, supportive, and fun space, while ensuring that the overall experience for participants was rewarding and meaningful."

One 'Market Meals' workshop offered participants the opportunity to take part in a free cooking class where they learned about fresh, local ingredients with support from Farmer's Market vendors and Don Vassiliadis, owner of the Shish-Kabob Hut.

This class was made possible as a result of a partnership with 100% of the food-oriented vendors at the Peterborough Downtown Farmer's Market, an initiative that helps increase access to local foods for individuals and families living on limited incomes through the distribution of coupons that can be redeemed at the market for any of the goods available there.

"Partnerships like this one help to address issues around access and equity by reducing economic and social barriers affecting the consumption of local foods, while also enhancing economic opportunity for local producers," says Evan.



Imagine a community with a vibrant food culture, a community where everyone is able to enjoy healthy and delicious food, where everyone has extensive food skills.

Imagine a community where everyone understands how the food system is driven by profit rather than human needs and where everyone is able to advocate for meaningful change.

Imagine a community where food is a vehicle to meet one another, to connect in a meaningful way and to build compelling relationships across differences.

*This is the vision of the Nourish Project.*

Inspired by the work of The Stop ([thestop.org](http://thestop.org)) in Toronto, Nourish Peterborough seeks to establish a community food centre which will boost the collective impact of the vibrant food-related initiatives scattered throughout our communities.

"Our model envisions food spaces throughout our region, dedicated to growing healthy food access, growing food skills and employment, and growing food advocacy," says YWCA Community Development Supervisor, Joëlle Favreau.

"By bringing together these activities under one roof, we will create synergy and support the establishment of a transformative food movement dedicated to equity, justice, health and committed to supporting local food."

*Our hope is that this vision will come to fruition in a couple of years, with the opening of a community food centre."*

**Does this vision resonate with you? Do you want to help make it a reality? Please contact Joëlle or Leni at [nourish@ywcapeterborough.org](mailto:nourish@ywcapeterborough.org) and let's see how we can all work together to grow our region through food.**

Nourish Peterborough is generously supported by



## Welcome to Crossroads' Donations Room



### How your donations help...

Women who arrive at Crossroads often leave their homes without notice. The decision to place physical safety above material belongings is the right one in an emergency situation ... but it's not easy.

You can help by ensuring that Crossroads Shelter always has new supplies for women in need.

When donating new items to the YWCA, please remember to include your receipt and contact information as you may be eligible to receive a Charitable Receipt for income tax purposes.

Thank you for helping make the hard decision to leave a tiny bit easier.

## Crossroads Shelter Wish List

# Our Ongoing Needs

(New, Unscented Items Only Please)

Women's Clothing	Household	Personal Care
Non-skid Slippers	Umbrellas	Diapers
Socks	Bath Towels	Baby Wipes
Cotton Underwear	Face Cloths	Baby Shampoo and Body Wash
Pajamas and Nightgowns	Single Sheets	Deodorant
Gloves and Hats	Crib Sheets	Toothbrushes
Sweatshirts and Sweaters	Toys and Games for Children and Babies	Toothpaste
Pants	Board Games and Puzzles	Mouthwash
Running Shoes	Children's Car Seats (20 lbs+)	Dental Floss
<b>Gift Cards</b>	<b>Food: *Please call Winna at 705.743.0649 ext. 308.</b>	Feminine Hygiene Products
Grocery		Shampoo (350 ml)
Pharmacy		Conditioner (350 ml)
Restaurant		Shower Gel
Telephone		Shower Puff
Department Store		Body Lotion

Donations are gratefully accepted at the YWCA Administrative Office (216 Simcoe Street, Peterborough) Monday - Thursday, 9:00 am - 4:30 pm.

For more information about donating new items to the YWCA, please visit our website or call 705.743.3526.

## I want to help women and children in our community!

### I would like to give to:

- Wherever the need is greatest; or
- Crossroads Shelter; or  HERS; or  JustFood

### I would like to make a monthly gift of:

- \$50  \$25  \$10  Other \$ \_\_\_\_/month

### I would prefer to make a one time gift of:

- \$250  \$100  \$25  Other \$ \_\_\_\_
- I would prefer to be an anonymous donor
- I would like to receive information about including the YWCA in my will

### Payment Preference:

- I have enclosed my cheque, payable to YWCA Peterborough, Victoria & Haliburton
- Please charge my:  VISA  MasterCard  AMEX
- Name on Card: \_\_\_\_\_
- Card #: \_\_\_\_\_
- Expiry Date: \_\_\_\_ / \_\_\_\_
- Signature: \_\_\_\_\_
- Phone: \_\_\_\_\_
- Email: \_\_\_\_\_

**Please complete this form and return it with your gift. Thank you for your support!**

**Privacy and Security** - YWCA respects your privacy and complies with all legislative requirements regarding its protection. YWCA has never - and will never - rent, sell or trade your personal information. We use your personal information to keep you informed about YWCA's programs, services, special events, funding needs and volunteer opportunities through our newsletter and other communications and to acknowledge your support as a donor or volunteer.



OUR YWCA Then & Now  
In Profile: **Long-Time  
YWCA Supporter  
Anne Haldimand**

*"I first became involved with the YWCA in 1952. At the time, I was a member of the swim club. My friends and I sort of grew up there together. It wasn't until a few years later that I joined various YWCA Board Committees and eventually became President in 1965.*

*I loved being with the YWCA. We had a lot of fun and we did a lot of good work; I found it very exciting! I remember going to an AMM (Annual Members Meeting) in Saskatoon. Women from YWCAs in Africa and Brazil came to Peterborough en route to that meeting. We really enjoyed that.*

*It's so satisfying to see the YWCA continuing to change with the times - what they're doing now is just as important as the work we were doing all those years ago!"*



Anne at the 1958 YWCA Spring Hat Tea

UPCOMING EVENTS

**September 24 - United Way Campaign Kick-Off**

Learn more about how the YWCA and other Member Agencies are supporting this year's Campaign by visiting [www.uwpeterborough.ca](http://www.uwpeterborough.ca).

**October 1 - Holiday Gift Program Begins**

Interested in bringing a little holiday cheer to a local family this year? For details on how to take part, give us a call at 705.743.3526 or visit us online.

**October 14-20 - YWCA Week Without Violence**

Visit [www.ywcapeterborough.org](http://www.ywcapeterborough.org) to see what our community has planned for this year's Week Without Violence.

**October 16 - Rachel's Challenge**

Accept Rachel's Challenge. START a chain reaction. CHANGE the world. Learn more about this Week Without Violence event on our website.

**October 19 - Walk A Mile in Her Shoes in Haliburton**

Register for the 2<sup>nd</sup> Annual Haliburton County Walk A Mile in Her Shoes or make your donation online at [www.walkamilehaliburtoncounty.com](http://www.walkamilehaliburtoncounty.com). Contact Sarah Adams at 705.457.0260 or [sadamsywcahal@bellnet.ca](mailto:sadamsywcahal@bellnet.ca) for details.

**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.

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and 'like' us on Facebook.



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# Thank you for your support!

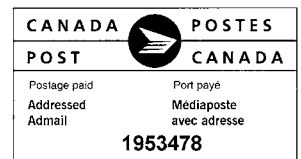
As a monthly donor I would like to process my monthly donation on the 15th of each month through my:

- Pre-authorized withdrawal (I have enclosed a void cheque)
- Credit Card:  VISA  MasterCard  AMEX (Please complete the front of this tear off.)
- Post-dated cheques: Please send post dated cheques, payable to YWCA Peterborough Haliburton.

*Receipts will be issued automatically for donations over \$10.*

*To donate online or for more information, please visit [www.ywcapeterborough.org](http://www.ywcapeterborough.org).*

Turning Points is published for the information of YWCA friends, supporters and volunteers. We welcome your comments.  
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