

A NEWSLETTER FOR  
CALGARY WOMEN'S EMERGENCY SHELTER VOLUNTEERS  
JUNE 2010



**Canadian Progress Club - Calgary Bow River  
Takes a Stand Against Family Violence**

CPC – Calgary Bow River is a men's service club made up of 40 - 50 volunteers, contributing many hours of community service and fundraising efforts for non-profit organizations throughout Calgary and area. "Our club focus has always been about helping children", says Barry Kozmyk, President of CPC – Calgary Bow River. Barry further explains that "our club members recognized that unfortunately children are existing in violent domestic environments", and "doing our part in bringing awareness to this reality is very important"

Since being chartered in 1977, CPC – Calgary Bow River has raised over \$2,500,000 for local charities, including the Calgary Women's Emergency Shelter, Big Brothers Big Sisters of Calgary, Dreams Take Flight Calgary, and the Safe Haven Foundation. They also contribute to Feed the Hungry (Calgary Catholic Charities), the Mustard Seed, and Special Olympics Canada.

The Canadian Progress Club – Calgary Bow River is proud to be associated with the Calgary Woman's Emergency Shelter. CPC – Calgary Bow River has been volunteering for the "Eddies" for the past seven years, and this year we have committed to doing more.



Picture above L to R—Ken Highman, James Maxim, Al McQueen, Barry Kozmyk and Donovan Dillon sell hamburgers at the Mustang Show 'n' Shine—The proceeds of over \$2,500 from the sales come to Calgary Women's

We recently helped out at the Lilac Festival and the Mustang Show and Shine, and have offered to help at other festivals throughout the summer. Once again we will be helping out at the Multi-Faith—Garden of Hope Walk this fall held at Eau Claire.

Barry Kozmyk, President of the Canadian Progress Club – Calgary Bow River

## Volunteers feature at Public events

Volunteers from Calgary Women's Emergency Shelter did a great job of representing the agency on Sunday May 30th at the annual Lilac Festival

Many Calgarians from the crowd of over 200,000 stopped by the booth to gather information on our services and programs. Volunteers from the Progress Club raised funds by selling bananagrams (a scrabble type game) whilst other volunteers handed out brochures and answered questions.

### More than \$4,000 raised at Turning Points Dinner

The Annual Turning Points Dinner is our biggest fund raiser of the year. The monies raised from this event go a long way to supporting many of our programs and the more than \$400,000 from this years event will help to make sure we continue delivering the best of services to Calgarians impacted by family violence.

The live auction was a great success as many of our 'costs' were auctioned off as follows:

Renovations to the Child & Adolescent Services Area - \$70,00

Healthy Relationships - \$6,500

Helpline - \$18,000

Heating the Shelter one year - \$12,000



L to R—Volunteers Bonnie Macdonald, Mariedke Dalman and Elaine Chu at the Lilac festival May 30th

### Volunteers Rock at the Big Rock Eddies

More than 30 volunteers contributed their time to volunteer at the Big Rock Eddies on Monday June 17th. They worked tirelessly raising \$3,000 from 50-50 tickets and \$6,500 from the sale of beer tickets.



Eddies revellers purchase 50-50 tickets from volunteers Jeanette Baziuk and Don Branter.

**Thank you volunteers for your support  
we couldn't do it without you!**

## Volunteers and Communication

### **“It’s such a quiet neighbourhood - I had no idea”**

Whenever there’s a domestic homicide there are always the same stories in the news. Neighbours, and others in the community are shocked.

The fact is, according to our own survey of Calgarians last year, only 47% of people who have been directly affected by family violence reached out for help. Our own research shows that when we have ads in the media, on billboards or on buses our calls to the Helpline drop.

We think that all of these facts tell us a great deal about the stigma of family violence. People go to great extremes to hide that they are living with abuse and most of us don’t know what we should say or do if we suspect an unhealthy relationship.

We’ve started a campaign that we hope will start to take down the wall of silence – the barriers that keep people from accessing the programs and services that we offer that can help.

The cornerstone of our program is a pen with hidden information. These bannerpens will be provided to all kinds of people in the community who might be disclosed to or overhear someone who is struggling with an abusive relationship.

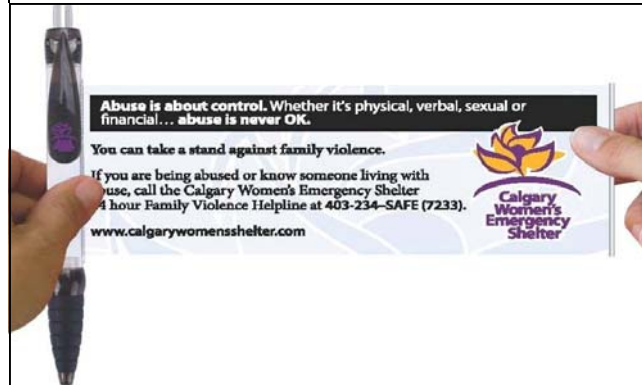
Hair stylists, spa workers plus high school teaching and administrative staff are the first groups who have said to us, “Yes! We need this program.” These are people who tell us they frequently are told about abusive relationships but they don’t know what to do or how to respond. With the bannerpen, we hope to reach more Calgarians, If you have ideas for who should have this kind of information at hand or who might help by sponsoring these communications tools for us, please get in touch.

**Erin Waite—Communications Manager**

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Marideke Dalman volunteers in the Child & Adolescent program every week. During the ‘Get to Know the Shelter’ session Mariedke recounted an experience whereby she had been able to provide a bannerpen to someone she met at a baby shower.



*I was at a friend's baby-shower and ended up chatting with an elderly lady I had just met. She confided in me that her daughter was in the midst of leaving an abusive relationship of 20+ years. She told me that her daughter doesn't like her to share their 'dirty laundry' with people, but in spite of this she felt the need to share her daughter's story with someone "in case anything ever happened so at least someone will know (their) side of the story". I always keep a couple CWES pens in my purse, so I gave her one and told her that she or her daughter can call, anytime, and that they don't have to stay in the shelter to access the variety of services CWES provides. None of the other women at the baby-shower were aware of our conversation, and the action of handing her the pen didn't draw attention. She seemed relieved that someone listened to her and cared enough to give her the pen - such a small item, but one that contains a message of hope and a means to get help, both of which are invaluable.*

**Mariedke Dalman**

## Get to Know our volunteers Introducing Jim Erhart

During the three years that Jim Erhart has volunteered he has helped in so many ways including delivering furniture to clients, helping at numerous public events and regularly takes donations from the admin office to the Shelter.



Jim volunteering at this year's Eddies

Jim's motto to volunteering is "I am here for whatever you need" and this was never more clear than when we were short one volunteer at the casino. Jim saved the day by offering to do an extra shift on top of the one he had signed up for!

Fittingly Jim's strength of character is matched by his physical strength as he completed the Iron Man Triathlon in Penticton last year (which comes in very handy for us as he hauls a great load of paper to the recycling depot on a regular basis)

### **Q "What attracted you to volunteer at Calgary Women's Emergency Shelter?"**

A "I believe that programs in society, more often than not, favor men. In fairness, women deserve equal attention and support from individuals, corporations and from government. I am just trying to make the world a better place for women.

### **Q "What sense of satisfaction do you get from the agency?"**

A My contribution is small but it is in the right direction so I do whatever I can. If everyone tried to make the world a better place, the world would be a better place. I am just doing what I can and sleep well knowing that I am making a contribution.

## Get to Know the Shelter

Thank you to all the volunteers who attended the 'Get To Know The Shelter' session on June 29th. As ambassadors of Calgary Women's Emergency Shelter it is vitally important that volunteers are familiar with all our programs and services. If you have any questions that arose from the session please contact [lindsayr@cwes.ca](mailto:lindsayr@cwes.ca)

## Volunteer training

More than 20 volunteers have now been trained in the response based approach to family violence. There will be more sessions available starting in the fall and there will be several booklets available on this subject by the volunteer binder in the front office. 'Honoring Resistance' is the booklet given to clients at the Shelter and 'Choosing to Change' is given to the men who attend our Men's Counselling Services.

Training through the Volunteer Collective will also resume in the fall - (this training is available to volunteers from other emergency and second stage shelters) Some of the topics that will be offered are as follows (dates and location to be determined and will be published in upcoming newsletters)

Family Violence and The Law (presentation)

A tour of the Drop in Centre

Domestic Violence Court (presentation)

Mental Illness defined

The Impact of Family Violence on Children

The training will take place at the different agencies and a tour of the facility will be available.