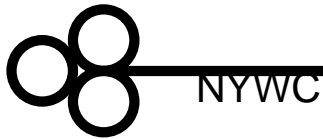

KEY NOTES



North York Women's Centre: Opening Doors for Women

What's New at the NYWC

Our Name. Well, it's official: our legal name is now the North York Women's Resource Centre. This name replaces the name under which we were originally incorporated, the Resource and Information Centre for North York Women. We are hopeful that this change will eliminate some of the confusion caused by having an operating name that is different than our legal (incorporated) one.

At an operating level, nothing will change. We have registered North York Women's Centre (NYWC) as our business name and will continue to use it on all our program materials and correspondence. (If you donate to us via the United Way, however, please note our new name when you complete your designated donation form this fall.)

Programs. You may have noticed that we have merged our winter and spring program brochures together to make one brochure running from January through June. This was, in part, a cost saving measure, but was undertaken primarily to help us in program planning. By having two program sessions instead of three, the NYWC has been able to eliminate the slowdown in service between brochures. As a result, we have been able to offer more groups and workshops than in the past.

Bingo. The NYWC is back in the bingo business (albeit with the usual mixed feelings). The closing of Steeles West Bingo Country meant a significant loss of revenue for our organization. We hope to recoup most, if not all, of this revenue now that we are operating out of Finch Bingo Country (2424 Finch Avenue West, between Weston Rd. & Islington Ave). Of course, that means that we are in need of bingo volunteers again. If you can help out, please call us for dates and times of future bingos.

Annual General Meeting. This year's AGM is scheduled for Tuesday, September 27, 2005. Please plan to attend to find out about what the NYWC has been up to over the past year and help elect our incoming board of directors. The AGM is also a great time to meet new NYWC friends and become reacquainted with those you may not have seen in a while. We look forward to seeing all of you there.

Strategic planning. This fall, the NYWC will be revisiting its strategic plan. Originally written in 1990, and revised in 1994 and 1997, the strategic plan will provide a blueprint for the NYWC's work over the next 3-5 years. For further information on the strategic planning process, or to contribute your thoughts and ideas, please contact our executive director, Iris Fabbro.

DONATE your HBC Rewards Points!

The NYWC now has an HBC Rewards Community account! Consider donating your HBC points that we can redeem for program supplies and items needed by women attending our programs and workshops.

It's an easy way to make a difference:

1. Simply go to ww.hbc rewards.com/community, and then click on "Donate to a Community Group".
2. Then click "Search for a Community to make a donation".
3. In the Community Name space type "North York Women's Centre" and follow the prompts.

You can donate any percentage of your points you wish, and we invite you to encourage your friends and family to donate their points too.

The Assertiveness Support Program

By Stella Mah

Being a placement student at the North York Women's Centre, I was naturally excited about the opportunity of co-facilitating an assertiveness support group at the Centre. Even though I have had previous experience participating in groups through workshop formats, it would be my first time facilitating an *ongoing* group. It was a new and refreshing endeavour for me in that I would have the opportunity to witness change and personal growth in other women, as well as a chance to realize the growth that would take place within myself.

Lorna Blake, a long-time facilitator at the Centre, and I, began the assertiveness support group in the early stages of spring this year. The group of approximately 12 women that had registered for the program this year was unique and diverse from each other as could be. Some were very shy and timid, while others were on the other end of the spectrum

and were very outgoing and opinionated. Some women were more reserved and serious, while others were light-hearted, and even comedic! The diversity in the group proved to be a positive force in contributing to a beneficial learning environment.

As I listened to the personal stories of these women, I came to understand the true importance of assertion and how it is a key life skill in helping to gain control, and in a sense, help 'take back' one's life. It also became clear through their stories that assertiveness was a key ingredient in effective communication, as well as an effective method of stress management. Though I had a firm grasp of concepts surrounding assertiveness, it was not until I had a chance to listen and interact with others when I truly understood how much of an impact it could make on an individual's existence.

The six weeks of discussion, role-playing and assertiveness exercises ended quickly, and before I knew it, it was time to say goodbye. I was privileged to witness the personal growth of 12 unique women, as well as securing an increased awareness and experience for myself in the capacity of a facilitator. At the end of it all, we could all acknowledge that the support and encouragement that these women had provided for each other were vital in personal success.

It was an unforgettable experience. I thank all the women that attended this group for sharing with me their inner self, as well as to Lorna Blake for her support and guidance.

Community News

We welcome the following new volunteers: Halima Khan, Carmen Del Rey, Maureen Madden, Lorrie Hensel, Faisa Tario, Natalie Moiseiv, Crystal John, Rachel Winkler and Nada Jevtic.

The following are new facilitators who are also joining us: Lenore MacAdam, Shabanum Budhwani, Mitra Ansar, Gloria Smith, Chrissie Godin, Susan Craig, Anna Wesolinska, Pam Noseworthy, Kim Hood and Nicole Constant.

Our summer student this year is Stella Mah, a third-year social work student from Ryerson. Stella, our placement student during the past fall/winter season, is so great that we offered her a job for the summer. Annelise Mampuya and Caitlin Superville are two high school students who are developing our United Way funded program, *Engaging Youth in Building Violence-free Intimate Relationships*.

Our placement student for the fall is Cinzia Scacchi, a student from the University of Guelph at Humber.

Good-bye and thank you to the following volunteers and facilitators who are moving on: Barb Wentworth, Heather Gill, Linda Sukloff, Lorna Blake, Kelly Barbour, Sahar Vermezyari, Jacqueline Wislesky, Sherry Turcotte, Danielle Massie, Susana Garcia, Darya Farha, Rita Furlano, and Shawn Aaron.

Baby News: Two of our board members have recently welcomed babies into their families. Congratulations to board member, Aisha Heywood and her partner, on the birth of her daughter, Alina Jasmine, born on June 9th. Also, welcome to Isabel Emma, a daughter born to Sheryl Brodey and Ritchie Borins on July 16th. Isabel is Sheryl's fourth child, a girl after 3 sons.

Lorna Blake, a past facilitator, is currently in South Korea for a year, where she is teaching English. She has sent us some wonderful pictures of herself enjoying beautiful, sandy beaches with some of her students.

NYWC Word Search

Q	D	S	Y	U	J	L	E	V	S	K	R	C	H	V
U	P	N	T	H	X	W	A	O	R	B	I	N	G	O
A	T	R	H	R	L	Q	E	J	H	W	N	D	E	L
T	V	Y	E	P	E	R	H	E	X	L	B	J	K	U
J	G	S	K	W	B	N	M	T	K	F	O	R	D	N
A	V	Y	F	G	O	D	G	G	L	G	E	R	Y	T
N	K	R	S	I	Y	P	A	T	N	J	C	K	L	E
W	B	A	M	H	D	S	E	K	H	I	R	H	M	E

O	D	R	U	C	A	D	L	Q	N	F	U	X	N	R
M	B	B	W	I	F	R	N	C	Z	S	O	T	C	S
E	L	I	S	F	S	T	I	X	J	R	S	M	L	W
N	R	L	L	O	J	P	L	N	F	R	E	P	V	T
P	E	N	S	Z	F	O	J	G	G	F	R	A	U	F
S	Q	I	K	M	V	Y	R	U	B	Y	O	J	T	X
G	Z	L	T	N	S	D	R	A	W	E	R	C	B	H

1. Sharing
2. Picnic
3. Bingo
4. Women
5. Volunteers
6. Volunteers
7. Resource
8. Strength
9. HBC rewards
10. Power

Volunteer Appreciation Picnic

The NYWC held its second volunteer appreciation picnic on Saturday, June 11th. It was a very hot day, right in the middle of our first heat wave of the season. The heat, unfortunately, may have kept some people away because there were fewer than last year. Thankfully, we had a great spot under some large, shady trees.

However, it was an opportunity for volunteers to meet those they don't usually cross paths with - and for current volunteers to get to know some of those who have been away for a while.

We would like to make the picnic an annual event. Hopefully, next year more people will come out and have a great time. Make sure we have your up-to-date contact information so that we can invite you.

Thanking our Supporters

We would like to thank the following individuals and organizations for their recent donations to the North York Women's Centre.

\$1000 and over

Bell Canada
Procter & Gamble Inc.

\$500 and over

Sherry Nelligan
The Church of St. Philip the Apostle

\$200 and over

Armour Heights Presbyterian Church
BMO Fountain of Hope
Hunter Keilty Muntz & Beatty
Diana Soloway
Sportscan Insurance Brokers
St. Stephen's Community Ministry
Rene J. Unger
Ann Wirsig

\$100 and over

Mary-Ellen Anglin	Anne Lambe
Sheryl Brodey	Luella Lumley
Art Eggleton	Francine Morissette
Susan Flynn	Daphne Stapleton
Batya Hebdon	Pam Weir
Adrian Lo	Marisa Zanini

Sexual Assault Survivors' Support Line,
York University

To \$99

Jane Baker	Yunjo Lee
Lorna Blake	Ilene Lyon
Paulette Brodey	Ann Pilgrim
Gail Burns	Miriam Sanderson
Christina Demeester	Andrea Sarkozi
Ruth Pakenham Gillett	Tania Serrentino
Sarah Griffiths	Gloria Shaw
Mulu Haddis	Joy Simmonds
Nina Herman	Robert Sowka
Janine Hoskins	Studio 7
Jean Hydnman	Rose Weinberg
Teresa Joudrey	Marilyn Zapp
Barbara Katz	Chunrong Zhao

The following people made a donation to the NYWC in memory of Jane Bernard, a board member and facilitator, who touched many lives.

Joan Allen	Katherine MacNee
Cathy Anstett	Sandra Manjuris
Marsha Baillie	Anne McNamara
R.G. Bremner	Pam Mountain
Sheryl Brodey	Lois Mountain

Carroll Brooks
Wendy Bunston
Astrid Buss-Adams
Linda Cameron
Teresa Deakin
Dyan Drummond
Elizabeth Dupuis
Marianne Ellison
J.F. Ross Fleming
Lynne Gallagher
Patricia Gareth
Roslyn Giller
Evelyn Goldfarb
Barbara Halliday
Lois Hamilton
Janice Hoskins
Jean Kerr
Joan Laver
Melinda Lee
Elizabeth Lewis
Lori Lipton

J. Murphy
C. Ann Nelson
Janet Newlands
Sheena Oberth
Nancy Ozaruk
Parker & Zener
Donald Plaxton
Debra Prupas
Lydia Sharpe
Monty Simmonds
Linda Shaw
John Spence
Barbara Stanley
The York School
Susan Tremblay
Gail Walker
Lucienne Watt
Barbara Wentworth
Keith Wilson
Mary Anne Witzel
Mary Witzel
Barbara Yealland

Thanks to all those who specifically designated the North York Women's Centre to receive their workplace United Way donation. Please remember that if you are making a donation to the United Way through your employer, you can specify on the back of the form that you would like your donation to go to the North York Women's Centre. Our official name, which must be used on the form, is the "North York Women's Resource Centre". Our charitable registration number is 14026 3013 RR0001.