



Women at the Centre

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City of Toronto - Community
Safety Investment

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Who Do You Listen To?

In the many discussions I have had with people from a variety of cultures and backgrounds, I have noticed that there are some people who only listen to one person. It may be a supervisor, parent, best friend, sibling, or spouse, but they ignore all other information other than what that person has told them. This could be a good thing if that person is all knowing and never makes errors (let me know who that is!!) or it could be disastrous. The person who you are listening to could be manipulative, cruel, or lacking in information about the subject.

This does not mean that we should not have someone who we confide in and listen to. It is just as important to assess things for ourselves and listen to a variety of opinions and then make our decisions. This allows us to analyze the facts and then decide what works for us, rather than what works for someone else. We can all learn from each other, ourselves, and by doing our own research. After doing this, we will sometimes stand with others, sometimes stand alone, and sometimes choose to sit. It then becomes our choice, not the choice of others. Someone then does not tell us to do something and we have to listen. Whether or not they are using force, we still have the choice of whether to listen. Keep this in mind when we are saying someone made us do something or that we had no choice. We are each accountable for our thinking, feeling, and behaviour, whether or not we like the outcome.

Jacynth Fennell,
Case Manager/Counsellor

Expanding The Reach: Empowering Women With Disabilities

Expanding the Reach: Empowering Women with Disabilities is an exciting project of the Centre designed for women with disabilities to come together in a casual, safe and supportive environment. This project provides women the opportunity to share their lived experiences among peers while considering issues related to personal development, growth, and healthy relationships.

Workshops will be led by facilitators from the Centre to explore issues such as self esteem, healthy boundaries, and assertiveness. As well, the project will consist of a **leadership development component**. Women will gain leadership, facilitation and team-building skills.

The project is done in partnership with Birchmount Bluffs Neighbourhood Centre and Springtide Resources (formerly Education Wife Assault), and made possible by Canadian Women's Foundation and the Catherine Donnelly Foundation.




For more information, please contact Margaret Shalma,
Project Coordinator
Phone 416 439 7111 ext. 4 TTY 416 439 7321
Email program@scarboroughwomenscentre.ca


Welcome New Board Members!





Five new Board members were elected by the membership at our September 2009 AGM, celebrating our 26th anniversary of service with special greetings from **The Honourable Margaret Best**, Minister of Health Promotion, MPP Scarborough Guildwood. We also heard from a panel about work SWC is doing with community partners – **David Meyers**, Manager, Active & Able Program, Birchmount Bluffs Neighbourhood Centre; and **Peggy Bridger**, Project Coordinator, Scarborough Access Centre. We were also delighted to honour **Elaine Dandy** as Volunteer of the Year for her enthusiastic and tireless work to raise funds for the Centre.


Board members are responsible for the overall direction of the agency, and are volunteers working in partnership with the Executive Director. To explore Board membership, please contact the Nominations Committee through our ED.

 **INA AVOTE** immigrated from Latvia in 2002. She has a BA (Hon) in International Development Studies & Political Science from University of Toronto (Scarborough College); and a Diploma in Business Management Studies from University of Latvia. Volunteer experience includes the Red Cross Fundraising and Disaster Response Team, and special events organizing for CUSO. Ina has served on the Strategic Planning Committee since January 2009

 **STACEY GRAMMICK** is a life time Scarborough resident. Her education includes BSW, (Ryerson); Trainer of Adults Certificate (Humber); and management courses at Schulich, and Centennial College. Stacey is currently employed as Senior Manager, Contact Centre – Central CCAC, and has 9 years progressive experience in the Community Care Access Centre system. She was also a Social Worker at the Massey Centre for Women. Stacey has served on the Fundraising Committee since May 2009

 **SHARLEEN MASCOLL** has a BA in Organizational Development & Management from Concordia, a Certificate in HR Management from McGill, and a Certificate in Training and Development from Ryerson, and completed the Maytree Foundation governance training course. Sharleen is responsible for Philanthropy and Community Relations with State Farm Insurance. Professional associations include the Corporate Grant Makers Association and she is working on her Canadian Fundraising designation (CFRE). Sharleen has served on the Fundraising Committee since January 2009, and the Grants Review Committee since May 2009

 **ANNISA MOHAMMED** has been Professor at Centennial College, School of Business (Hospitality and Tourism) since 1996. She also has 10 years experience as Professor at Toronto School of Business; Seneca College; Canadian Institute of Travel Counsellors; and 10 years progressive experience in the travel business, including running her own travel business. Annisa has served on the Fundraising Committee since January 2009, and arranged the Centennial College corporate sponsorship of our Spring 2009 event

 **CINDY TAN** grew up in Scarborough, and lived in Beijing for several years. She has a BA (Hon) in Political Studies and Women's Studies (Queen's), and MA in Anthropology (McGill). Cindy is currently employed as Project Officer, Toronto City Summit Alliance. Previous employment includes Canadian Embassy, Beijing; Coordinator, Canada Fund for Local Initiatives, and the Human Resource Centre for Students, Scarborough. Volunteer experience includes the Toronto Green Community; and Ontario Public Interest Research Group. Cindy has served on the Strategic Planning Committee since January 2009 and the Grants Review Committee since May 2009

DID YOU KNOW...

that our newsletter is available in both electronic and print formats?

If you are currently receiving the print version and would prefer to be emailed the newsletter, please send your request to adminassist@scarboroughwomenscentre.ca

How YOU can help the Centre!

- Volunteer with us
- Make a personal donation
- Find out if your workplace has a matching donations program
- Invite family and friends to participate in our Special Fundraising Events
- Donate in kind gifts to be used in Special Events as auction items, door prizes, or guest gifts
- Consider establishing a Giving Page on CanadaHelps.org and working it into your e-mail signature

Recognition of Retiring Board Members

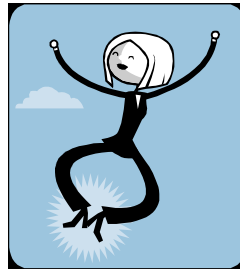
Three board members retired from their volunteer service in September 2009.

♥ Dawn Johnson joined the Fundraising Committee in July 2008 and was elected to the Board that September. She has also served on the Strategic Planning Committee. She is currently Director, Supply Chain, Logistics and Client Services for Hbc, with special responsibility for the 2010 Olympics. We appreciate that Dawn has taken time from her demanding schedule to contribute to the Centre's fundraising and strategic initiatives.

♥ Lyn McDonell joined the board in September 2006 interested in working with a local-level organization serving women in her community. She brought skills and perspective from having served as executive staff in two national organizations, as well as her busy consulting practice. Lyn served as Vice President, and Chair of the Strategic Planning Committee, and was very involved in the design of the Business Development Project. Her unique perspective made a great addition to the discussion at Board meetings, and the Board appreciated her facilitation of sections of its retreats in an engaging and effective way. In 2008, Lyn became a director the new board of The Scarborough Hospital and is devoting her time to the people of Scarborough that way.

♥ Christine Miranda began her volunteer work with the Centre in January 2007 as a member of the Finance Committee. She joined the Board in September 2007, and served as Treasurer and Chair of the Finance Committee until her retirement from the Board in September 2009. As Director of Finance and Administration of a large non-profit organization, Christine had great insight into the realities of non-profit and community based finance issues, and assisted in the refinement of internal controls to ensure the most effective use of our limited resources.

Althea's Story



Q. Tell me a bit about your journey. What were some of the challenges you faced?

A. I have faced many challenges in life but one of my biggest challenges was trying to find stable and satisfactory employment after immigrating to Canada. I found myself

employed in positions in which I did not utilize my strengths and it led me to question my abilities.

Q. How would you measure success?

A. I think that like happiness, success could be momentary and a person has to strive for it constantly, and in different areas of their lives. For me success could be measured by the positive response and feedback I get for my efforts, my ability to recover from life's challenges, my ability to achieve my personal goals, or my feeling of self-fulfillment.

Q. What motivated you to look for change in your life?

A. When I felt more satisfied about my career direction I decided that I was going to use avenues that are available to me to grow, develop, and empower others.

Q. How did you use Scarborough Women's Centre to get there?

A. I received mentorship training at the Scarborough Women's Centre and I am using the training I received to mentor others. I also attend workshops offered by the Centre and they have helped me to find focus and feel empowered.

Q. Where are you now? What is different for you now that you are in a different place?

A. I am clearer and more focused on what I want to achieve in my personal life.

WOMEN AT THE CENTRE is a publication of Scarborough Women's Centre. Letters and suggestions are very welcome.



Please forward to
Lynda Kosowan, MSW, RSW
Executive Director and Editor
ed@scarboroughwomenscentre.ca

COMING UP...

Join us for our
SPRING EVENT!
Saturday May 1ST, 2010



For more information, visit our website
www.scarboroughwomenscentre.ca

INDIVIDUAL DONATIONS

Catherine Molyneux
Chris Devine
Claudia Pierpoint
Darcy Miller
Darlene Watman
Elaine Dandy
Gloria Costello
Helen Krstinov
Kalia Musha
Lynda Kosowan
Martha O'Neil
Maureen Edgar
Nan Kosowan
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FUNDRAISING BY FRIENDS OF THE CENTRE

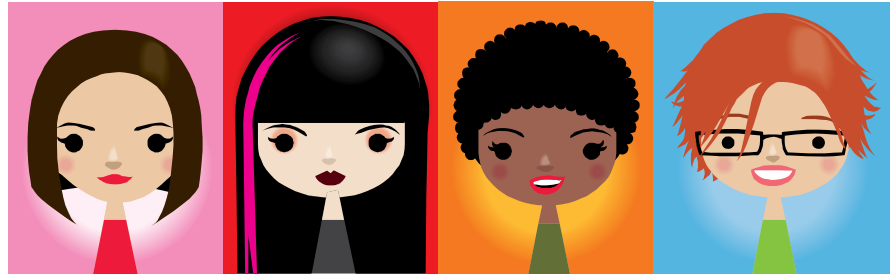
Elaine Dandy's A Jest Cause
Janellan Golf Tournament
Malvern Cricket & Social Club Inc.
Centennial College, School of Business



Welcome To Our Young Women's Outreach Program!

Over the last 26+ years, The Centre has assisted over 160,000 women to make positive changes in their lives. On many occasions we've heard women say "if only I knew then what I know now..." With the help of the City of Toronto's Community Safety Investment Program and Mackenzie Financial Charitable Foundation, we have expanded our focus to include Young Women.

This Program is based on the premise of teaching the women of tomorrow practical and easily applicable life skills today, so they are well-equipped to assume leadership roles in their communities as well as well-being and success in their own lives. With this program we hope to educate young women and empower them to create their lives instead of accepting "life by default".



We offer a series of educational workshops on topics like Self Esteem and Healthy Relationships at locations such as schools, community centres and partner agencies. There is also an opportunity for young women volunteers to take on ambassador roles within their schools and communities and share their learning with their peers.

To book a workshop for your group of young women, or get involved with the program, please contact Alyssa Muzaffar at specialproject@scarboroughwomenscentre.ca or 416-439-7111 ext 4.

SUPPORT THE CENTRE!

Make a donation, become a member or volunteer

Name: _____

E-mail: _____ Phone Number: (____) _____ - _____

Address: _____ Apt. #: ____

City: _____ Province: _____ Postal Code: _____

I would like to be a member of the Centre. Please send me an information package.

Enclosed is my donation of: \$35 \$50 100 200 \$500 Other (please specify) __

Enclosed is my cheque for \$_____ payable to Scarborough Women's Centre.

VISA/Mastercard #: _____ Expiry Date: __/__/__ Signature: _____

Registered Charitable #: 10795 9660 RR0001

- Yes, you may acknowledge my donation on your newsletter and website.
- Please keep me informed of Centre activities.