



NEWC NEWS

North End Women's Centre Inc.

September 2011

Fall

Chriss Tetlock

Chriss Tetlock was a Founding member and long time executive director of the North End Women's Centre. She will be missed however the values and principles she fought so hard to uphold will live on.

The North End Women's Centre is One of her legacies and will continue to assist women in their paths to greater futures.

Chriss was an exceptional woman who attracted friends of all ages, races and walks of life. You would always see Chriss with a coffee in one hand and her arm around someone she was socializing with. She always had time for everyone and anyone.

Chriss demonstrated great courage and strength



on her journey of life. She would not want us to focus too much on her illness but would want us to think of her living, having fun and playing the many roles she played in our lives. She was a great role model and mentor to many of us!

Chriss was, and will always be "The Queen of Selkirk Avenue".

She has gone on ahead of us to a better place. She will watch over us (and probably laugh a good deal of the time). She will continue to touch us throughout our lives until we meet up with her again in that glorious place.

We are not saying goodbye - just... We love you, Chriss, and "we'll see you later"



27th
Annual General
Meeting



September 30, 2011
11:00 am - 1:00 pm
394 Selkirk Avenue

Everyone is
WELCOME!

When we are no longer able to change a situation, we are challenged to change ourselves.

~ Victor Frankl ~

Contact us:

294 Selkirk Ave,
Winnipeg, MB
R2W 2M2

Ph: 204-589-7347 Fax: 204-586-9476
Email: info@newc.mb.ca
Website: www.newcentre.org

Recipe Corner

Getting kids to eat veggies can be a challenge. In this recipe for Garden Bagels we have finely chopped up carrots, celery, and green onion and mixed them together with Cream Cheese. Offer their favourite vegetables on the side.

Garden Bagels

Horn of the Moon Cookbook -
Ginny Callan

- 1 ¼ cups cream cheese, softened
- ½ cup finely diced carrot (1 small)
- ½ cup celery finely diced
- 5 small scallions, chopped
- ¼ tsp celery seed

- 4 bagels
- 2 medium tomatoes, sliced
- 1 cucumber, sliced
- 1 cup alfalfa sprouts

In a small bowl, mix the cream cheese with the carrots, celery, scallions, and celery seed. The easiest way to mix this is with your hand; a spoon will not go easily through this mixture.

Slice the bagels in half lengthwise. Lightly toast them if they're not fresh. Put ¼ cup mixture on each bagel half and spread over the bagel. Top with tomato and cucumber slices, some sprouts and a dash of veggie salt.

Serves 4

Variation: Use whatever bread you have on hand, omit the green onion.

You can add parsley or cilantro for a different flavour.

Addictions

The Addiction Program Participants have learned that **self care** and **balanced living** is essential to recovery.
5 steps to a sober lifestyle

1. Take care of yourself

- Self care is essential to recovery.
- To prevent mood swings and fight cravings, focus on eating right and getting plenty of sleep.
- Exercise is also key: it releases endorphins, relieves stress, and promotes emotional well-being.

2. Build your support network

- Surround yourself with positive influences and people who make you feel good about yourself.

3. Develop new activities and interests

- Find new hobbies, volunteer activities, or a job that gives you a sense of meaning and purpose.
- When you're doing things you find fulfilling, you'll feel better about yourself.

4. Continue with a recovery program or group

- Your chances of staying clean improve if you are participating in a support group, have a sponsor, or are involved in counselling or an outpatient treatment program.

5. Deal with stress in a healthy way

- Stress is one of the biggest reasons for relapse. But there are healthier ways to keep your stress level in check, including exercising, meditating, using relaxation techniques, practicing simple breathing exercises, laughter and replacing negative thoughts with positive thoughts.



*** Special thanks to Janelle who came by to teach us Hip Hop!**

**FREE SERVICES
AT NEWC**

- Drop-In/Phone-In Crisis Counselling
- Individual Counselling for up to one year
- Personal Advocacy
- Basic Needs Assistance
- Open and Closed Support Groups
- Addictions Program
- A variety of Groups and Workshops

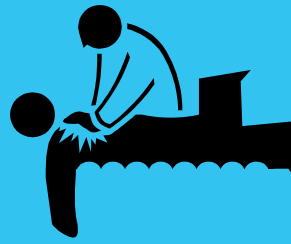


BOARD OF DIRECTORS

Lorraine Thomas	Chair
Anita Ducharme	Vice Chair
Cassandra Buchan	Treasure
Andrea Canada	Secretary
Michelle Perozak	Board Member
Ashley Butenschon	Board Member
Carol Scott	Board Member
Kendra Nixon	Board Member
Annette Henzel	Board Member
Geraldine Langford	Board Member
Jennifer Joslin	Board Member
Heather Leeman	Executive Director
Ruth Main	NEWC Staff Rep

The Staff at NEWC would like to thank all of our board members for the time, energy and commitment they have given to our centre.

If you are interested in becoming a Board Member Please contact the North End Women's Centre for more information @ 589-7347



**Dr. Kluke
Free Chiropractor
Friday Mornings
11:00 -12:30
Drop in only!**

NEWC MISSION STATEMENT:

The North End Women's Centre is a community based organization that provides women with support, knowledge, and opportunity as they move forward on their journey towards independence and a healthier lifestyle

Vision

Women in charge of their own lives



If mom's ok,
the kids are ok

DID YOU KNOW?

- The tongue of a blue whale is as long as an elephant.
- Our eyes are always the same size from birth.
- Earth is not round, it is slightly pear-shaped.
- On average, people move house every 7 years.
- Mel Blanc, who played the voice of Bugs Bunny, was allergic to carrots.
- A house fly lives only 14 days
- Millions of trees are accidentally planted by squirrels who bury nuts and then forget where they hid them.
- A crocodile's tongue is attached to the roof of its mouth and cannot move it.

NEWS FROM THE UP SHOPPE

Thank You goes out to the following for their generous donations .

- Clarity Over Clutter
- Grace Lutheran Church
- St.Nicholas Ukrainian Catholic Church
- INTRIA

Up Shoppe would like to congratulate:

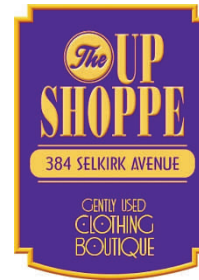
- Louise N. Annette, Linda and Bev for winning the Customer Appreciation baskets.

Bag sale dates are as follows:

- September 20th
- October 20th.
- November 18th



Up Shoppe has a wide selection of Fall/ Winter ladies fashion clothing for sale. Layettes (24.99) and Diaper Baby (14.99) are available and make a great gift.



***If you don't like something, change it.
If you can't change it,
change the way you think about it.***

~Mary Engelbreit~

YOGA

Free yoga classes for women are offered every Wednesday from 12:00 to 1:00 P.M. Yoga helps us regain flexibility if our joints have been stiff and builds strength in our muscles. Not only do we feel grounded and relaxed after each session but we also have clear thoughts. When it comes to our emotions yoga can help ease anxiety, anger, depression, and sadness. Each time we work on our body we are also working on our emotions, our spirit and our mind. Practicing yoga regularly will help you get through the most difficult issues whether you are healing from violence, abuse, or trauma. When we

don't take advantage of our natural instinct to move...life can feel more difficult.

Our classes allow you to work at the level you are at...gently and with care. Mats and equipment are provided, as are child minding and bus tickets. Hope to see you here.



BETTY BERG HOUSE

Summer time at Betty Berg House was very busy yet fun and exciting!! Right at the beginning of the summer our Social Change Agent successfully landed a position at the Centre. Saying farewell to her was tough but we are all excited for her to begin her new journey.

This summer was all about summer time fun and safety. We attended NWTC annual Pow Wow and spent some time at Birds Hill Park. The participants really enjoyed this and started to do activities on their own such as sun tanning therapy at Assiniboine park, and going to the beach on their own with each other or family members. The relationships growing between the women in the summer was pretty powerful, however that is not the only thing growing at Betty Berg House!!

One of the participants took it upon herself to plant a garden with tomatoes and cucumbers in the front lawn! Watching her care and help her garden grow was awesome! Those tomatoes and cucumbers are just about ready and we all can't wait for some tomato and cucumber sandwiches, fresh from the garden!!

Mid way through August we welcomed the new Social Change Agent Marcie and she is fitting in the program quite well!!

As we say good bye to summer, everyone at the house is actually excited to get back onto a new scheduled routine!!

Betty Berg House is always accepting referrals for the program. Just call 632-5721 for any program information

If nothing ever changed, there'd be no butterflies.

Author Unknown

CHILDREN'S PROGRAM

The Children's Program is for children aged 0-12. This program aims to strengthen your relationship with your children through playing games, crafts and other fun activities.

The Children Program offers support session (individual or group session) as well as Stay 'n' Play (Tuesdays 1:30-3:30) and Parenting Groups. Support sessions are open to children of women who are attending counselling appointments and/ or group sessions.

Participant's voices:

"Stay n; play group has helped me increase my parenting skills"

"I like coming here, its welcoming."

"My child has learned to play with other kids."



WHAT'S NEW AT NEWC

Hello everyone!

My name is **Amanda** and I'm the new Addictions Counsellor for the Addictions Program here at NEWC.

Although I'm new to the position, I'm *not* new to NEWC! Before this position, I was working as the Social Change Agent for Betty Berg House for the last year and a half – which was an absolutely amazing experience! Working at the house has prepared me to do a great job for the Addictions Program here at the Selkirk location!

I'm so excited to meet all of the women that attend groups and counselling in the Addictions Program and of course everyone that uses the centre in any way!

Marcie

I'm so excited to join the team at North End Women's Centre, being a round a strong empowering group of women is a great feeling and I'm so proud to be apart of it. I have 8 years experience working with women as an advocate with my previous employment.

I'm a First Nation's woman from Skownan First Nations. I'm a mother to two beautiful girls who keep me on my toes. I'm a soccer mom and proud of it.

I love to read and to be on a beach under the hot sun soaking up the sun rays, one of my ultimate guilty pleasures is watching lots of reality T.V.

I look forward to meeting everyone

SOCIAL CHANGE AGENT

Fall is quickly arriving. For many of us it is a time to go back to school, take a new program or simply find something to keep us busy during the long winter. NEWC has various groups and programs coming up. Now is a good time for change.

As the Social Change Agent I see change every day - women changing their lives and the lives of their children for a better future. Change can be difficult but also rewarding.

We can all make change in our lives but sometimes we need help. If you would like help in returning to school,

finding safe and affordable housing, dealing with a social worker or community support for appointments or court appearances please call me at 589-7347 to see how I can assist you with your goals.

ChangeDawn E.
Social Change Agent

Awakening the Wise Woman

This is a drop in group which runs every Thursday morning from 9:30 – 11:30 A.M. and is open to all women. We cover many topics like the Medicine Wheel, the Chakras, Feng Shui, Flower Essences, mindfulness and more. This past month we learned about flower essences and how they can be used for healing of not just the body but of the mind and spirit as well. We also talked about Feng Shui, which is the Chinese way of bringing order and care into our home. The things we learned through paying close attention to where and how things are

placed in our home mirror our inner thoughts and behaviours. We use Feng Shui as a way of understanding the things we take for granted and receive a little more self awareness and healing for our efforts and usually a cleaner house.

This is a drop in group and each month we work with the Medicine Wheel, the Chakras and other areas of interest to help us raise our self esteem and heal from issues relating to violence, addiction, abuse and trauma and emotional imbalance. Children's Program, snack and bus tickets are available.

DRUMMING

The Buffalo Gals have been busy picking sage and oiling drums this past month. Feeding and watering our drums is important. Summer dryness can lead to cracking and splitting of the hide.

Be sure to spray your drum with water when it sounds too tight. The flip side of dryness is damp and sometimes our drums sound flat and the skin may actually buckle or ripple. This is our drum's way of saying "I'm too damp, dry me off." Drying the drum can be done over an open fire, not too close, but close enough to heat the skin. Or in these modern times when open fires are not always available we can dry the drum over the stove top. And if you're really in a pinch a lighter flame will help. Hold the drum over the flame...but not touching and be sure to move it over the heat source so

that the whole face of the drum is being heated and not just one part of it. And last but not least oil the drum. It may need this more than once a year. You can use bear grease or mink oil for this. Rub the oil or grease into the skin, top and bottom and sides, working it into the skin until the skin stops taking it in. Wipe off the excess and let it dry.



The "Buffalo Gals" meet every **Tuesday night, from 6:30 – 8:30 P.M.** All women of all nations are welcome. Drums, snacks, and bus tickets are available upon request. Children are always welcome.

COUNSELLING PROGRAM

The North End Women's Centre Counselling Program is for Women and Children who are affected by domestic violence, and dealing with multiple barriers. The NEWC counselling program offers individual counselling (up to one year), and Basic Life Skills counselling through our Social Change Agent who will help you with housing applications, advocacy as well as community support, job search and resume writing.

There is drop in or crisis counselling available Monday to Friday 8:30-12:00 and 1:00-4:30pm. We also have 8 weeks counselling groups and workshops.

Remember all our services are confidential and free of charge!

Watch out for our counselling program workshops coming up in the fall/Winter include:

- Inner Child (September 9th),
- What is Mental Health (November 10th),
- What is depression and anxiety (November 14th),
- Understanding Schizophrenia (November 17th),
- Understanding Bipolar and PTS (November 21st),
- Coping with Mental Health (November 24th),
- HIV Awareness (December),
- Forgiveness and Letting go (December 8th),

Participant voices who attended our program:

"I regained custody of my children"

"My experience in the group was enlightening and safe"

"I am more confident and more able to look past my issues".

Please contact the North End Women's Centre to sign up and book the Children Program!



NEW TRANSITIONAL HOUSING FACILITY

We continue with the construction of a new building that will offer transitional housing units in our community.

When complete this building will offer 6 transitional units for women struggling with addictions, mental health issues, and/or homelessness.

The construction is moving ahead slower than planned but we are making progress.



May, 2011



July, 2011



Aug., 2011

Summer Program

Summer is coming to an end and so has the North End Women's Centre Summer Program. The NEWC Summer Program ran from July 7th till August 26th on Monday's and Thursday's from 1:30pm till 3:30pm. The summer program activities aimed to promote and encourage positive relationships between women and their children through fun summer activities.

In July the summer program held their kick off Picnic with Carnival games and face painting; other activities included Garden Day, A trip to St John's Library, Mys-

tery Craft Day and a beach day trip to Birds Hill Park. In August the program featured just as exciting and fun activities such as fun in the sun day, Mad Science Day, a trip to the zoo, music day, hat and tote bag decorating, and a BBQ.

The Summer Program hosted the Community Spa Day for the women of the North End Community and was a day of relaxation and pampering. We wrapped up our summer program activities with a day trip to Tinker town.

NEWC WISH LIST

The following is a list of items that are always needed here at the North End Women's Centre and the Up Shoppe for our clients and our programs.

- Large area rug
- Gift baskets (Empty/all sizes)
- Cellophane for gift baskets
- Blankets
- Sheets
- Pillows
- Self care items
- Toiletries
- Wool
- Canadian Tire Money
- Gently used Newborn items
- Craft Supplies

Believe that life is worth living and your belief will help create the fact.

~ William James ~



BECOME A MEMBER!

HELP SUPPORT THE NORTH END WOMEN'S CENTRE

NEWC has provided programs and services to women and their families in this community since 1984.

Our Mission: The North End Women's Centre is a community based organization that provides women with support, knowledge, and opportunity as they move forward on their journey towards independence and a healthier lifestyle.

Our Vision: Women in charge of their own lives.

By becoming a Member of the NEWC you are helping to provide women and families in the community with important services such as:

- Individual and group counseling;
- Summer Programs;
- A drop-in with a community access phone;
- Educational workshops;

- Community development projects;
- Community economic development programs;
- 2 transitional housing units;
- Betty Berg House;
- Assistance in meeting basic needs;
- Volunteer and student placement opportunities;
- Support to other community agencies.

With membership, you will be welcome to vote at our Annual General Meetings, receive our quarterly Newsletter emailed to you, and support the many programs offered to our community.



MEMBERSHIP APPLICATION

Active Membership: An active member is any female adult who completes the application and is approved for admission. Each active member shall have one vote at the annual general meeting.

Associate Membership: An associate member is a man, woman, young person under eighteen (18) years of age, or an organization. Such members are in good standing and shall have all the privileges of membership except those of making motions and nominations, voting, and holding office.

There is no cost for membership to the North End Women's Centre, Inc.

Membership entitles you to:

- Attend and vote (if eligible) at North End Women's Centre's Annual General Meetings so long as membership has been acquired thirty days (30) days prior to the meeting.
- Keep informed of upcoming opportunities via Email such as:
 - >Volunteering >Special Events >Fundraising Campaigns >Quarterly Newsletter

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ POSTAL CODE: _____

PHONE _____ FAX: _____ EMAIL: _____

Signature: _____ Date: _____

