



REGINA TRANSITION HOUSE

NEWSLETTER



WINTER 2015

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Regina Transition House has offered safe refuge and support services to over 14,000 women and children since 1976. The shelter operates around the clock, has eight family rooms that accommodate up to twenty seven people. In addition to providing short-term, safe housing to women and children fleeing domestic violence, the shelter provides support counselling, information, advocacy, referral services, basic personal needs, emergency transportation, as well as, a children's program, outreach follow-up and public education.

Season's Greetings

The season of giving is upon us! Thank you to all of the people, groups, organizations and companies that support the work of Regina Transition House. Your contributions make it possible for us to live our vision "supporting women and children to live violence free".

The staff at the shelter are getting into the spirit and are planning to make it extra special for the women and children who use the services of Regina Transition House. We are fortunate to have a committed team working at the shelter and we wish them and their loved ones a peaceful and happy holiday.

To my fellow board members and all of the shelter's volunteers – thank you for your commitment.

May we all open our hearts this season and give.

Tracy Kutzt, President



HAVE YOU HEARD THE NEWS?

2016 will mark Regina Transition House's 40th year of operation!

In the mid-seventies, concerned Family Mobile (now Mobile Crisis Services) workers noted the inadequacies of service to women who were experiencing domestic violence. A night or two at a local budget hotel, with frightened children in tow, resulted most often in women returning home.

Lisa Brownstone and Karen Howe mobilized a group of concerned community members and formed Regina Transition Women's Society. The doors of Regina Transition House opened in January 12, 1976.

Many things have changed in the last forty years. Legislation, government policy and societal attitude have, to a large extent, removed family violence from the closet. Unfortunately, family violence is still very much an issue in our community and in our province.

Regina Transition House continues to provide service and support to hundreds of women and children each year. We are thankful for the foresight of our founding sisters, grateful for the support from our funders and our community and, on a daily basis, appreciative of the commitment of our employees and volunteers to the work of Regina Transition House.

We will be sharing news and information about violence against women, our shelter programs and events to commemorate our 40th Anniversary on our website at www.reginatrtransitionhouse.ca throughout the year.

With your help and by working together we can make the world a kinder and safer place for everyone. Best wishes for a happy holiday season and a safe 2016. Warmest regards,

Maria Hendrika, Executive Director

A big thank to the staff that participated in Black Shirt day! Maria donated \$100 to the United Way Campaign for every black shirt worn to a recent staff meeting for a total of \$900!! That's 22.5% of our goal!!! Maria, thank you for your generosity and leadership! We all extend a huge thank you to the United Way for many years of funding and support.

Welcome to Lenore Mossing

That's her—the woman taking the selfie/group photo .

We were thrilled to welcome Lenore as our new Operations Manager. Lenore brings excellent knowledge, skills and experience to Regina Transition House. Most recently, she has been employed at the YWCA as the Director of Housing for Children and Youth responsible for program development, human resources, administration and public relations. Prior to her current position, she was the Manager of My Aunt's Place. Lenore also brings valuable experience in marketing, operations management and organizational planning.



Black Shirt Day - Raising Funds for United Way Regina

OUTREACH PROGRAM WELCOMES

SUKHI PANGLI

The Bridges of Hope Outreach Program at Regina Transition House supports women and children after they leave the shelter. Most recently, board member, Suneil Surai provided 2 evenings of information on custody and other family law matters. Thank you Suneil.

We are pleased to welcome Sukhi Pangli as our new Outreach Advocate. Sukhi joins our team with over 10 years of Social Services related work including transitional housing, supervised access, family outreach, rapid response, and coordinator with the RCMP. She has worked across Canada, as well as, in Sydney Australia where she worked for the Australian Red cross with asylum seekers.

Here she is with her buddy Blake.



Meet Hayley Mitchell

Hayley has been working as our Office Manager since January. She is responsible for finances, administration and technical support at Regina Transition. Hayley brought many years of management, and supervisory experience from the retirement industry. Hayley is an avid cyclist, yoga practitioner and a lover of cats.

"I like this big house"

We are always happy when children come back to the shelter with their moms to participate in Outreach programming. They enjoy the volunteers, the snacks and the activities. We hear children say that they want to stay at the house, how much they miss it (and us!) and how much they want to come back the following week!

One family delights us by arriving with excited children all wearing matching PJs!

Here is some of our children's artwork—Look what I made!



Many thanks to the customers, staff and sponsors of Scotiabank's 21st Annual Charity Golf Classic. Regina Transition House received a very generous \$40,000 from the tournament.



Thank you to the Donald and Claire Kramer Foundation for supporting Regina Transition House.



Thank you for making our Annual Soiree a Success!

Thank you to Lois and Steve Alport who graciously opened their home for our fundraising Soiree event in September. Thank you as well to the Friends of Transition House for all of their volunteer efforts and to our sponsors for their great support. The event was a great success!



Soirée 2015



Thank you to our sponsors

Our Official Soirée 2015 Sponsor Sun Life Financial, Regina Office
Graciously hosted by the Alport Family


Carla Koot








LIVE IS BETTER























Music Provided by Ken Jefferson



Christmas Wishlist



- Air mattresses
- School supplies
- Craft kits for children
- PJs & robes for women
- Grocery & general gift certificates
- Bath towels & facecloths
- Single bed linens & washable blankets
- Toothbrushes & toothpaste
- Clothing items & PJs for children and teens
- Children's boots & running shoes
- Winter jackets, mitts/gloves for children, teens and women
- Hair brushes, blow dryers & ponytail elastics
- Small household items: dishes, pots, can openers, fry pans, utensils
- Full size shampoo, conditioner, bath products, disposable razors
- Diapers
- Pillows

Connect & Act

to end violence against women

Regina Transition House had two delegates at the 3rd World Conference of Women's Shelters in The Hague, Netherlands. Allison shares her thoughts...

Having attended the 3rd *World Conference of Women's Shelters* in November, I have taken some time to reflect on conversations shared, lectures heard, and experiences confided. The resounding theme that emerged was, of course, that violence against women and children is a shameful web that unites us. The degree to which it is dangerous to simply *be* a woman is dependent on many factors, none of which justify the horrors that so many women and their children endure. The passion of the hundreds of those who joined together to share information intended to eradicate this global pandemic was only seconded by the courage, strength, and pride that radiated from the women who stood before us and shared their own stories, as well as the stories of those women they accompany on their journeys of recovery.

During the plane trip home, I reflected on those stories. Though the desired effect of this violence is the same worldwide, to disempower by gaining and maintaining total control of women, the methods used by men to exert their power and control take many different forms.

Dr. Dennis Mukwege is a gynecologist in the Democratic Republic of Congo, where systematic rape and genital mutilation is used as a weapon of war. Dr. Mukwege founded the Panzi Hospital, where he works tirelessly, risking his own and his family's welfare, to repair the physical and psychological damage to women and children who have suffered unspeakable pain and indignities at the hands of rebel forces. Dr. Mukwege not only believes in the protection of women, but in the education of boys and the rehabilitation of men. He is making a difference.

Toos Heemskerk is the Director of the Netherlands chapter of 'Not for Sale', a global initiative that provides skills training and access to dignified employment to survivors of human trafficking and those who are at particular high risk of exploitation. She works in the heart of the Red Light District of Amsterdam, where she and her team have been successful in assisting vulnerable and high risk women transition from the legalized but not decriminalized world of prostitution to self-sustainable independence. She is making a difference.

The Acid Survivors Foundation in Dhaka, Bangladesh was formed in 1999, as a response to the rising trend of acid violence in that region. Acid violence is a particularly vicious form of gender based assault, meant to damage women and children physically, mentally, emotionally, spiritually, and economically. It is intended to impede on her right to contribute to society in any

meaningful way, as well as rob her of her dignity and self-worth. In some regions of Asia, a woman's face is considered sacred; to permanently scar it brings dishonor to her family and is a public mark of shame. It is perpetrated often as a response to a refusal of marriage or sexual advances, or to 'punish' those who reject subordination. Of the nearly 3000 (reported) acid attacks in Bangladesh in the last ten years, fewer than 450 have resulted in conviction. Selina Ahmed is the Executive Director of ASF. She and her team run a 20-bed hospital equipped to provide comprehensive medical and psychological care, as well as financial and legal assistance to aid these women and children's economic rehabilitation. They also run local and National campaigns to shed light on this barbaric form of abuse. Since the development of the prevention campaign in 2002, Bangladesh has seen a steady decline in attacks, from 496 reported cases in 2002, to 58 reported cases in 2014. She is making a difference.

These are but a few of the appalling and inspiring stories told during the sessions I had the privilege to attend during the 3rd World Conference of Women's Shelters. As the final ceremonies approached on the last day, I looked around at the hundreds of participants in attendance.....

Historically, domestic violence was considered a private family matter. This is no longer the case. The 115 countries represented by the nearly 1000 participants at the Conference have united to take action against this violation of fundamental Human Rights. Entire nations are speaking up, making noise, and coming together to combat violence against women and children. We can all make a difference by ensuring that this movement remains on public radar and continues to gain momentum, that the message is heard loud and clear that domestic violence in any of its ugly forms will no longer be tolerated or silenced.

I thank you all for taking the time to read this message, and I wish each and every one of you, and your families a Blessed and Peaceful Holiday Season.



Happy Retirement Randi!

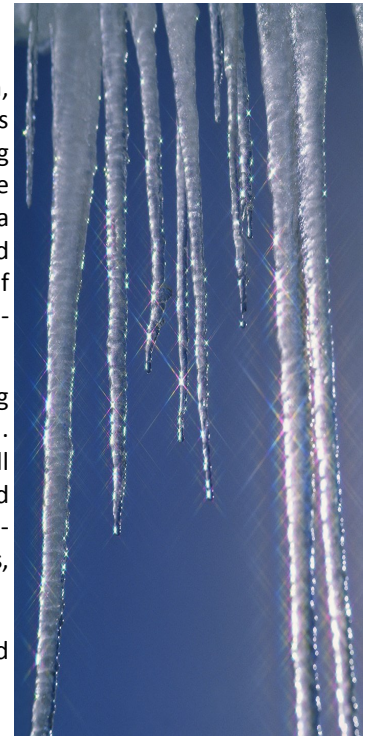
Randi Kennedy is retiring—for real this time.



Randi has made many contributions to our team, our workplace and to the community. She has taken an active role in training and mentoring new staff members, students and volunteers. She has been active in our union and has been a board member of SOFIA House, a local second stage shelter. Randi has a wonderful sense of humor, is respected and well-liked by our clientele and everyone in our organization.

During her career, Randi demonstrated unfailing concern for the welfare of women and children. Her exemplary contributions to ensuring the well-being and safety of thousands of women and children for 33 years has absolutely made women and children in our community safer and has, in some cases, saved their lives.

Best wishes from all of us for a well deserved retirement! We will miss you.



GREAT GIFT IDEA!

Friends of Transition House have compiled a wonderful cookbook of favourite appetizers and desserts which have been featured at Soirees over the years. \$20

They also have provided us with a limited number of beautiful batik aprons. \$25

Please call Hayley at 306-757-2096 ext 2 to place your order.

GREAT STOCKING STUFFERS!



THANK YOU

We would like to extend a thank you to the many individuals, businesses and groups who donate time, expertise and financial contributions to Regina Transition House.

We are going **GREEN** at
Regina Transition House
Please e-mail officemanager@reginatransitionhouse.ca

to do your part and

receive our news-
letters
electronically



Thank You to Our Funders and Sponsors



YES, I WANT TO HELP REGINA TRANSITION HOUSE!

Donate online at www.reginatransitionhouse.ca and click "donate" button or Call us at 757-2096 ext 2

Regina Transition House is able to accept donations of securities.
The donor pays no capital gains tax and receives the charitable tax benefit.

- I would like to purchase a membership to the Society. Individuals \$15. Organizations \$30.
- I would like to make a general donation to be used where needed. Amount _____
- I would like to acknowledge the 40th Anniversary with a one time donation of \$40.**
- I would like to make a monthly donation of \$40.**
- I would like to make a monthly donation of another amount _____.

Consider making your recurring donation through Canada Helps on our website.

NAME: _____

ADDRESS: _____ CITY: _____ POSTAL CODE: _____

TELEPHONE: _____ EMAIL: _____

Cheque enclosed. Please charge my VISA /MasterCard # _____

Expiry Date: _____ Signature: _____

You may acknowledge my donation publicly. Charitable donation receipts are issued for all donation of \$20 and over.

Please make cheque payable to: Regina Transition Women's Society. Please mail to: Box 1364, Regina, SK S4P 3B8.

Federal Charitable Registration Number 13016 7232 RR0001

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