



Freespace

Fall Edition
2009

Richmond Women's Resource Centre

#110—7000 Minoru Blvd. Richmond, BC V6Y 3Z5 Phone: 604 279-7060 Fax: 604 279-7069 www.richmondwomenscentre.bc.ca



Spotlight on.....Anastasia Gavrilova

Anastasia Gavrilova has been a volunteer with the Richmond Women's Resource Centre since 2005. This outgoing 25-year-old always has a smile on her face despite the many hardships she has faced throughout her lifetime, some of which include growing up with cerebral palsy, surviving numerous epileptic seizures and recovering from a cochlear implant after going completely deaf a few years ago. Not only has this amazing young woman refused to let these roadblocks prevent her from living a full, happy life, but with the support of her wonderful family Anastasia also recently achieved one of her many dreams when she won the bronze medal in ten-pin bowling at the B.C. Special Olympics in July of this year.

"I was surprised and happy at the same time," said Anastasia, who went on to add that this was not the first time she had won a Special Olympics medal.

Anastasia won a gold medal and three silver medals for rhythmic gymnastics in

Good Bye, Good Luck, and Hurry Back



For those of you who haven't already heard, Board President, Lindsay Setzer is resigning from the Board and will be leaving Richmond soon to take up residence nearer her family members in Ottawa and Montreal.

Her strong understanding of issues effecting women

and her commitment and dedication to working to prevent violence against women will be hard to replicate. Many of us who have worked and volunteered at the Centre found something very special in Lindsay's style and personality. We will miss her very much but are grateful for having had the chance to know her. We hope you return often Lindsay. You can run, but you can't hide so don't be surprised if some of your RWRC friends show up in Ottawa to meet you for lunch. All the best for a happy and fulfilling life in your new city. Sincerely, your Fan Club at RWRC.

Spotlight on...	
Anastasia Gavrilova	1
Good Bye Lindsay	1
Remember our Sisters Everywhere	1
Introducing some of our Program Facilitators	2/3
Women Ski Jumpers Not equal	3
Notes form Staff	4
Upcoming Events	4
RAG's Event	4
Federal Budget Excludes Women	5
Memories, our partner	5
Message from the Board	5
Our new Baby.... Richmond Shares	6
Anastasia Kirk	6
Canadian Thanksgiving	7
Pumpkin Pie..yum	7

2005. What's more amazing....
Continued on page 6

Remember our Sisters Everywhere



RESERVE A SEAT and lend your support to the work of ROSE, the Remember Our Sisters Everywhere website project. Funds raised at the filmathon will go towards the creative process and public event being planning for the 20th anniversary of December 6th,

Canada's *National Day of Remembrance and Action on Violence Against Women*.

Can't reserve a seat? For those who want films and be inspired by the speakers and drop in anytime during the day. Come amazing feature film! Admission is free, gratefully accepted.

October 24, 2009
10:30am to 4:00pm
Room 2203, Douglas College



to see the their stories, see the but donations

~Mission Statement~

To provide a supportive environment in which all women are encouraged and enabled to achieve their fullest potential.

Presenting Our Facilitators

In the next several editions of our Newsletter we will be introducing our facilitators.

In this edition we are presenting—***Jenn Farrell, Sarah Ross, Marielle Demorest, Vicky Sun, Marie Tamby, and Laurie McEwan***

JENN FARRELL

Jenn Farrell is a published author and a creative writing professional who has selflessly reached out to extend her expertise to teenage girls with a knack for the written word. Since 2007, the RWRC has been running Hot Ink, free after-school creative writing workshops for teen girls from all over Richmond. Jenn is the Hot Ink program coordinator and is currently in the process of setting up this year's writing workshops. Every fall season, all the work submitted over the previous year is compiled and published in a literary magazine and is available free of charge at the RWRC. Jenn has given purpose and passion to many young women enthusiastic about the art of creative writing. We look forward to having her on-board for another exciting year.



SARAH ROSS

Sarah Ross is the facilitator of the RWRC's Work Ready program, which is now in its fourth season and is growing evermore popular. With the help of RWRC's Suzan Burke, Sarah is achieving her goal of helping previously unemployable women get hired in today's competitive work force. The Work Ready program teaches skills like English writing, business correspondence, job search and interview skills and how to dress for success! Sarah has helped women from all corners of the earth get ready for work in Canada. As only six women at a time are accepted into the program (due to lack of space and resources), the Work Ready program is one of our most popular services and is always in demand. Good work!

MARIELLE DEMOREST

Marielle is a permanent fixture at the RWRC. She has been volunteering here for 23 years and was one of the original founders of our organization. She also runs the French-Speaking Women's Support Group, which operates much like the resource centre, except that it's in French! Marielle meets with her group of Francophone women on the first Wednesday of every month at the local White Spot restaurant. She has been working with French-speaking immigrants for over two decades and her smile shows how proud she is of her hardworking femmes. The Group is open to French-speaking women of all backgrounds. The intention of the group is to connect with each other and help Francophone women find their way in Metro Vancouver's English-speaking world. With Marielle's help, many women have already found jobs, learned new skills and made new friends. Merci beaucoup Marielle! Bisous.



VICKY SUN



Vicky coordinates the Ivy Women's Group here at the RWRC. Because of the nature of the program, she is heavily involved with Richmond Women of Chinese origin, and is committed to working, playing and dancing with them both here at The Caring Place and throughout the week at other Richmond locales. Every Wednesday, Vicky teaches traditional Chinese dance to anyone who wants to join in. She expresses great pride in her work and says it is great to see how much the Ivy Women's Group has benefited the Richmond community—not only for the dancers, but also for the audiences left with smiling at the end of a performances. When she's not occupied with Chinese dancing, she can often be found teaching Tai Chi and sword dancing in the field at Minoru Park. No need to fear the rain though. When the weather's bad the group moves indoors. However, Vicky seems to be the type to embrace whatever life throws at her, so don't be surprised if you catch her dancing in

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead." —**Louisa May Alcott**



MARIE TAMBY



Marie is truly a dynamic woman. Originally from southern India, Marie grew up speaking English, French and Pamil. She moved to France where she met her husband and became a Parisian model for 15 years. Now a proud Canadian, Marie continues to strive for the best in everything she does. Her English Conversation class at the RWRC is no exception. Marie studied English in University and felt strongly about sharing her knowledge with others in Metro Vancouver. She teaches Business English classes in Vancouver and still finds spare time to help women of all English-speaking levels gain a better understanding of the language and how it applies to everyday life. She says she doesn't waste time with useless parts of the English language which we hardly use, but focuses on teaching basic English vocabulary and conversation skills to new (and some not so new) immigrants wanting to learn how to communicate at a level that makes everyday just a little bit easier. Marie makes her students feel comfortable and capable of mastering the basics of the

English language. Marie says she can always use more help, and welcomes all fluent English speakers who are interested in volunteering with her English Conversation class.

LAURIE McEWAN



Laurie is very involved with the RWRC. She does double duty by overseeing the Richmond Shares program as well as running the Computer Skills program held every Monday at the centre. Her presence at the centre shows her passion and commitment to helping Richmond women and their families succeed in every way. The Richmond Shares program is growing evermore successful with dozens of donated items now posted on the website, and the Computer Skills program is continuing to help many women get the training and certification they need so they can take on the workforce at full speed. Laurie, we know you're a busy gal, and I'm sure all the women you've worked with would agree that the help you provide is invaluable.

Laurie also donates her time and skills to the production of the newsletter. She is responsible for the page layout, design, and all the graphics. In addition Laurie volunteers her desktop publishing skills creating and producing many projects for RWRC including everything from fundraising tickets to posters.



We Want To Hear From You

We would like to get your feedback. Tell us what you like about the Centre and its programs, what would you like to see offered that isn't currently available, and how we can improve?

We are also interested in hearing about your favourite family tradition or celebration?

Share your memories. If your memory has a cultural component, or if you were born outside of Canada, and that is part of your story, include something about your country of origin.

Email all submissions, (they can be signed or made anonymously) to Suzan at: office.rwrc@shawcable.com, or drop it off at the office **before the end of October**



Women Ski Jumpers Not Equal

Women ski jumpers can take a "flying leap", just not as part of the Olympic Games. A recent news release from Westcoast LEAF stated, "Although the B.C. Supreme Court found in July that the exclusion of women's ski jumping from the 2010 Games is discriminatory, that their exclusion by VANOC does not represent a "Charter breach."

... 'We are disturbed by any trend in the law that exempts private actors engaged in public actions from Charter scrutiny', said West Coast LEAF Legal Director Kasari Govender. 'If Canada wants to be a leader in human and equality rights internationally, its credibility requires an accountable VANOC'."

"I think the key is for women not to set any limits."

— **Martina Navratilova**

A note from the staff...

As you know most of our programs were on hiatus during the summer months and we missed seeing many of you. We hope you enjoyed a warm and relaxing summer.



Now that summer is over and we are into fall it feels good to be getting back into the swing of things. It has been great to see many of you return to the centre and also to see the new faces that have joined the Centre to take advantage of the programs offered.

We have finished our first year of the 3 month "Work Ready" Program and started a new session on September 14th 2009. The women taking advantage of this program have found it very helpful. The program itself has found 65% success rate helping women secure employment.

We are looking forward to another successful fund raiser in collaboration with the Richmond Art Gallery to be held Saturday, December 5th 2009.

The RAG Exhibition will host Wanda Koop. Her "Face to Face" exhibit showing from Nov 20th to Jan 10th is "a series of dramatic paintings and drawings based on Chinese Opera masks, hockey

goalie masks, soldiers, robots, and human-machine hybrids." Through these immense heads and faces, Koop examines the impact of popular culture, the news media, and art history on our perception of the world. West Coast audiences rarely have the chance to see a major exhibition of work by *this nationally and internationally acclaimed artist.*



Come out and support the RWRC by attending this amazing exhibit. A live auction and panel discussion will also be part of the days activities.

Mark Saturday, December 5th, 2009 from 1-4 pm on your calendar. Tickets will be \$20.00. You will be able to purchase them through Richmond Women's Resource Centre Monday to Thursday from 10:30 to 4:00. Give the office a call at 604 279 7060 and ask for Suzan.

We would like to thank all our volunteers, both in the office and those on the Board for all the hard work that they do to help the centre run smoothly. Giving thanks for all the bounty which we have available to us in this country is the theme for the next couple of months as we celebrate the mid autumn festival, Thanksgiving, and Remembrance Day. We hope each of you can find something to be grateful for at this time of year. I know we are grateful for each of you!



Upcoming Events at RWRC

Grandmother's Group **Monday October 19**, 9:30 to 11:30

Topic: Accessing Health Service

Volunteer Potluck **Thursday October 22**, 11:30 to 1:30

Grandmother's Group **Monday November 23**, 10:00 to 12:00

Topic: To Be Announced

Fundraiser Richmond Art Gallery **Saturday December 5**, 1:00 to 4:00

(See "Notes from Staff" above)

Volunteer Potluck **Thursday December 10**, 11:30 to 1:30

Our year end potluck to celebrate the season!

Work Ready Program - **January 11.**

Registrations are now being accepted.



"Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose." —**Helen Keller**

Federal Budget said to be “Crafted to Exclude Women”.

The following is taken from a report: Budget 2009: Designed to Leave Women Behind--Again written by Law Professor, Kathleen Lahey from Queens University.

“Budget 2009 not only fails to target the most vulnerable, but it seems to have been carefully crafted to exclude women from as much of the \$64 billion in new deficit-financed spending and tax cuts as possible.

.....none of the infrastructure spending will be allocated to building new childcare facilities, which are needed to enable women on the economic margins to enter paid work, or to funding the costs of running childcare facilities--even though these would also be ‘infrastructure’ spending.

The current government is reinforcing the gender gap..... The key concern is that the Department of Finance does not seem to be aware that women's incomes and lives are very different to men's.

Virtually every item in the budget is going to disproportionately benefit men.

The United Nations recently reported that Canada--that used to be considered the most gender equal country--was ranked number 83 on the UN Gender Disparity Index. This is the bottom half of 157 countries.”

For more analyses of the Budget, google “Federal Budget 2009, Women”.



Board Report, October 5, 2009.

It is fall again and the RWRC is looking forward to the resurgence of many of our programmes. (See “Staff Report, pg 4)

Again this year, we will have a youth delegate from Volunteer Richmond who will attend our next board meeting.

We are already planning for RWRC's involvement with Memories Thrift Shop, in the Peace Project to celebrate the Olympics in 2010.

Our board for the coming year includes four new members, Mary Scott, Anne Christian, Patricia Wang and Linda Ramsey as well as our youth delegate, Charlotte Li. Our executive committee has changed with De Whalen leaving the president's chair and Lindsay Setzer moving to Ottawa. The wonderful supportive work of the board and the RWRC will continue with a different woman as president.



News From Memories Thrift Store

Our partnership with RWRC continues to grow: Thanks to your donations and help in “spreading the word”, we just had our best two-day sale of the year! \$400 in proceeds from that sale have been donated directly to RWRC.

2010 Peace Project: Memories and RWRC are teaming up to create a high-profile Peace Project that will run throughout the Olympics. We will transform the Memories into a Center for Peace, highlighting the things that make for a lasting peace: ending hunger and violence, creating affordable housing, promoting human rights and women's equality. We will also celebrate the achievements of 17 Richmond “Champions of Peace.” Learn more at www.memoriesthriftstore.com/2010_Peace_Project. *We still need lots of volunteers for during the Olympics.* If you can help, send us an E-mail: memoriesthriftstore@gmail.com.

Join us for the 2010 Peace Project Kick-off Celebration: At Memories Thrift Store, 6940 No. 3 Rd. @ Granville, Nov. 7, 1-4 pm. Live entertainment by CHERELLE JARDINE! Free parking in back.

Be A Partner With Us. How you can help:

1. Clean out that closet and unload that old dresser. Fall is traditionally a low time for donations. We welcome your donations of Clothes, household items etc.
2. Volunteer. Got a couple of hours to spare? Or got a high school student who needs to complete community service hours? Stop by the store, or call us, for more info: (604) 244-5939.
3. “Shop, honey – you need a new blouse!” Bring a friend, and come see what's new!

“We've chosen the path to equality, don't let them turn us around.” —**Geraldine Ferraro**
(*The first woman to be nominated as Vice President of the United States*)

A Special Thank You



The Newsletter Committee wishes to thank Anastasia Kirk who is an intern from the Vancouver Community Network (VCN) which runs the Community Access Program (CAP). One of her roles is to assist members with computer skills, including the internet-- check with Suzan for days and times. Anastasia contributed the pieces on our facilitators, complete with photos. She is also responsible for this edition's "Spotlight On.." segment. Thanks Anastasia. Great Job! (*Look for an in-depth profile on Anastasia in our next Newsletter.*)



RICHMOND SHARES

"The Spirit of giving all year round."

Richmond Shares is a public-service program run by the Richmond Women's Resource Centre (RWRC), designed to help low-income Richmond families. It was established in 2006 to encourage year-round community giving and sharing in Richmond, above and beyond traditional peak seasons of need.

The premise of Richmond Shares is simple: people can donate quality used goods for recycled use by other Richmond community members in need. The Richmond Shares website is the go-between for this exchange from the heart.

Now the RWRC is appealing to the public for help in continuing the operation of the Richmond Shares program. The two major areas that need help are donations and transportation.

Richmond Shares is in need of donated quality used goods that can be posted on the website. Donated items can include:

furniture, appliances, electronics, clothing, personal items, sporting goods, outdoor-gardening equipment, baby items, lamps, vacuums dinette sets, chairs, etc.

Since transporting large items like couches, beds and large appliances is often an impossible task for residents lacking a vehicle, Richmond Shares is asking community members with large vehicles and a little time, to occasionally help transport these goods from donor to recipient.

All program efforts stay in the community, and can help a wide range of people in need: new immigrants, refugees, women coming out of transition houses, fire victims, single mothers, single fathers, and seniors.

Anyone interested in donating, transporting or "shopping" for goods can visit the Richmond Shares website at www.richmondshares.bc.ca or call 604.279.7061.



Anastasia.....Continued from page 1

Is that she was completely deaf at the time.

"I had to practice every day for gymnastics. I was deaf. I couldn't even hear the music, but [my team] asked me [to compete] and I couldn't say no. It was very exciting," she said.

Anastasia literally went deaf overnight in 2005, right before her work experience program was to begin at Kwantlen Polytechnic University, where she was working towards a certificate in the Access Program for people with disabilities.

"One day at school I just started hearing these weird noises, and then somehow overnight it just happened and the next morning I woke up and couldn't hear anything,"

she said. "My parents took me for a walk and I started walking all wobbly."

Anastasia pulled out of school that year because her teachers couldn't communicate with her anymore.

"My teachers had to write everything on the dry-erase board and I had to carry pens and paper with me everywhere so I could communicate," she said with an ever-present grin on her face.

While she could have looked at her cup as half-empty, Anastasia pushed forward and believed in herself. Today she is unstoppable and she knows it. With a wonderful family supporting her in everything she does, Anastasia is living proof that anything is possible if you just believe in yourself. She is a valued member of our organization and a perfect example of the strength we hope to see in all women one day. Congratulations Anastasia! We are blessed to have you as part of our team!

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott

Origins of the Canadian Thanksgiving

In Canada, Thanksgiving is celebrated on the second Monday of October. The history of Canadian Thanksgiving has been influenced mainly by three older traditions.

European farmers held celebrations in the fall to give thanks for a bountiful harvest and the abundance of food it provided over the winter months. They filled a hollow, curved goat's horn with food and grain. This adorned the thanksgiving table. This was known as a cornucopia or horn of plenty.

When Europeans immigrated to Canada, they brought this tradition with them. It is believed this was a great influence on the way we celebrate Thanksgiving today.

Another influence came from English navigator Martin Frobisher, for whom Canada's Frobisher Bay is named. In 1578, Frobisher landed on what is now known as the province of Newfoundland off Canada's East Coast. He held a celebration of thanksgiving for surviving his journey to the New World. Later, settlers continued to celebrate the thanksgiving feast.

The third influence occurred in 1621, when the Pilgrims of the United States gave thanks for their first harvest in the New World. In 1750, American settlers who immigrated to Canada brought the tradition to Nova Scotia. At the same time, French settlers were enjoying feasts of Thanksgiving.

On January 31, 1957, Parliament proclaimed, "The second Monday in October will be a day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed."

Canada has many different Thanksgiving traditions but most all meals include a roasted turkey. Usually, the turkey is stuffed with breadcrumbs to which apples, sage, onion and walnuts have been added.

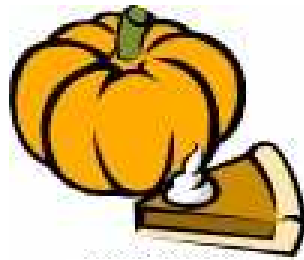
Years ago, wild turkey or pheasant was served at the traditional Thanksgiving meal. That is because the men of the household went hunting for the meat for the traditional dinner. The main course consisted of corn, potatoes, turnip, squash and other vegetables from the family garden. Today, most families still serve these vegetables, either from their own gardens or purchased from the local produce store or farmer's market. Desert still consists of the traditional Pumpkin pie and often this is accompanied by fresh apple cider, which was also served on Thanksgiving tables many years ago.



Suzan's Old Fashioned Pumpkin Pie Recipe

Ingredients

2 cups of pumpkin pulp purée (homemade) or canned pumpkin purée
1 1/2 cup heavy cream or 1 12 oz. can of evaporated milk
1/2 cup packed dark brown sugar
1/3 cup white sugar
1/2 teaspoon salt
2 eggs plus the yolk of a third egg
2 teaspoons of cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamon



Method

- 1 Preheat oven to 425°F.
- 2 Mix sugars, salt, and spices in a large bowl. Beat the eggs and add to the bowl. Stir in the pumpkin purée. Stir in cream. Whisk all together until well incorporated.
- 3 Pour into pie shell and bake at 425°F for 15 minutes. After 15 minutes reduce the temperature to 350°F. Bake 40-50 minutes, or until a knife inserted near the center comes out clean.
- 4 Cool on a wire rack for 2 hours.
Serve with whipped cream. Serves 8.

"There never will be complete equality until women themselves help to make laws and elect lawmakers."
—**Susan B. Anthony**



Board Volunteers

- Barb Knodel
- Charlene Wong
- Colleen Glynn
- De Whalen
- Grace Hsueh
- Iveta Williams
- Lindsay Setzer
- Magnolia Villalobos
- Marielle Demorest
- Reg Brennan
- Rita Knapp
- Linda Ramsey
- Anne Christian
- Mary Scott
- Patricia Wang

Volunteers

- Agnes Chen
- Amy Lu
- Anne Christian
- Alifa Bandali
- Anastasia Gavrilo
- Bianka Coronado
- Carolyn Chen
- Gail Thompson
- Hadiyah Khan
- Jacque Seimens
- Josephine chen
- Kathy Kent
- Lan Ma
- Laurie McEwan
- Leah Tugonoa
- Lilia Lorenzo
- Linda Hamade
- Lisa Wu
- Masumi Sekimoto
- Marielee
- Nisha Apputtan
- Paulina Shen
- Parvaneh Farajollahi
- Portia Kwok
- Rukia Said
- Ruth Lindsay
- Sabrina Kunic
- Sara Baghbannezhad
- Shishivan
- Sheryl Jaud
- Shiva Aslan
- Smandy Wu
- Vicky Tse
- Virginia Choi
- Sidika Mohamed
- Yun-Jou Chang
- Zaynah Khan

SPECIAL THANKS TO
James Adams
(Computer Technician)

Richmond Women’s Resource Centre
#110—7000 Minoru Blvd. Richmond BC, V6Y 3Z5 Phone: 604 279-7060 Fax: 604 279-7069

Support the Richmond Women’s Resource Centre Today!

Name: _____
 Address: _____ Postal Code _____
 Home Phone: _____ Work Phone: _____
 Email: _____

One Year Membership: _____ \$30.00 _____

Membership fees will be billed on the anniversary date of your membership.
 Membership includes: free access to programs, subscription to our newsletter, a discount on workshops, access to the Centre’s library and resources as well as opportunities to volunteer, assist in the planning and implementation of activities, programs and services.

Cheques can be made out to:

Richmond Women's Resource Centre
110-7000 Minoru Blvd.
Richmond, B.C. V6Y 3Z5
604.279.7060

YES! I would like to contribute to providing services, education and support for women in our community.

Please accept my gift of: \$100 \$50 \$20 \$10 or I'd rather give \$ _____

“Friends of RWRC Endowment Fund” \$200.00 (or more) \$ _____

The Richmond Women's Resource Centre is funded by:
 City of Richmond
 BC Gaming and Policy Enforcement Branch
 Richmond Community Foundation
 Government of Canada Community Access Program
 Individual Members and Donors
 Vancity
 Coast Capital Savings
 Rotary Club of Richmond Sunset



The Newsletter committee would like to thank all those who submitted material. Due to space constraints we were limited in what we could include. However, we continue to welcome submissions for the next edition. Please forward submissions or feedback to Suzan at: office.rwrc@shawcable.com."