

people are saying...

"If evolution really works, how come mothers only have two hands?" Milton Berle

"Motherhood has a very humanizing effect. Everything gets reduced to essentials." Meryl Streep

"Grown don't mean nothing to a mother. A child is a child. They bigger, older, but grown? What's that suppose to mean? In my heart it don't mean a thing." Toni Morrison, *Beloved*, 1987

"It's not easy being a mother. If it were easy, fathers would do it." From the TV show *The Golden Girls*

wish list

Please help us provide the following items to our clients:

- Gift certificates to Wal-Mart, Zellers, and grocery stores
- Toiletries – soap, shampoo, conditioner, toothbrushes, toothpaste
- Diapers – all sizes

Food Bank Items:

- peanut butter
- pasta
- rice
- baby food
- powered milk
- canned vegetables

To arrange delivery of your donation, please call our donation line at 416-746-3701 ext. 2100 and leave a message. Thank you!

our mission

Ernestine's Women's Shelter, an organization run by women, provides support and shelter for women and children escaping violence.

Ernestine's assists women and children in rebuilding their lives by providing crisis intervention and a range of holistic support services, while acknowledging the multitude of issues facing survivors of abuse.

Ernestine's adapts its services to honour diversity and the unique needs of the individual.

Ernestine's promotes awareness, education and advocates for early intervention and prevention.

Ernestine's
inspire.

Ernestine's Women's Shelter P.O. Box 141, Station B Etobicoke ON M9W 5K9
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Inspirations

Happy Mother's Day

Written by Jane Rogers, Marketing and Fundraising Coordinator

Not everyone reading this newsletter is a mother, but everyone has or has had a mother. It is still the only way to get into this world! In this issue we would like to honour mothers, all mothers, for their caring, compassion and love.



Ernestine's is a special place for mothers. It exists for mothers and their children who need a safe, secure place: to be together; learn to grow; regain self-worth; learn new skills; and prepare for a new life without violence and abuse.

This year we have chosen a simple flower, the Iris, to demonstrate the inspiration that EWS provides for our clients. Some flowers have meanings and the Iris means: a mother's love, faith, hope and inspiration – so it was the natural choice to represent Ernestine's. It is our hope that this will be the beginning of an annual Iris fundraising campaign which promotes the important programs and encourages financial support of Ernestine's and zero tolerance of domestic abuse.

With a financial donation an Iris with the name of your mother or another special woman will be put up on a designated wall at the shelter to show all those who enter the doors that people care about our mothers and children.

If you'd like to purchase an Iris for our wall please call 416-743-1733 ext. 2015 or e-mail fundraiser@ernestines.ca.

In Memoriam – Glenda Hummel (1955 – 2010)

It is with great sadness that we announce the passing of Glenda Hummel. Glenda was a board member at Ernestine's Shelter for Women during 2003 and 2004. She served during this time as the Board Chair.

Glenda was an employee of the Bank of Nova Scotia and she was instrumental in bringing Scotiabank to Ernestine's, not only as a corporate donor but also as part of the corporate volunteers program. Although Glenda had to leave the board in 2004 due to her health she continued to work from the sidelines nurturing the partnership with EWS and Scotiabank.

Glenda passed away on March 21, 2010 with her family by her side. She fought a courageous battle with cancer.

A regular newsletter by Ernestine's Women's Shelter
May 2010

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inspire.

It's the little things...

...that have a big impact



Saturday, March 27, 2010 from 2:00 – 6:00 the Royal Canadian Legion, Coronation Branch 286 held a special Food Drive for Ernestine's Women's Shelter. The branch appealed to all their members to bring in items of baby food, including baby cereals, jars of fruit and vegetables as well as juices. Other non-perishable foods were donated, like rice, pasta, peanut butter, oil, and flour. It was a very successful food drive which the legion will be repeating three more times this year. Food drives will be organized for Canada Day, Thanksgiving and Christmas. Many thanks to the members of the Coronation Branch 286 for being such generous supporters.



On January 15, 2010 Donna Farrell presented a cheque for \$500 to Jill Cunningham, Director of Finance and Administration and Farhia Ahmed, Outreach Manager on behalf of the Royal Canadian Legion Branch 286. This donation represents a gift from the Nevada Fund of Branch 286. The goal of the Royal Canadian Legion is to support . . . country, veterans and community. Donna Farrell and her daughter Kathy Bignell have been instrumental in securing support for Ernestine's Women's Shelter. We thank them on Branch 286 for their support.

Positive Parenting Seminar Benefits Ernestine's

Claudia Tomlinson, a former volunteer with Ernestine's held a positive parenting seminar on March 28, 2010. Claudia, who holds a degree in criminology and works with Seminars 4 Life, has long been interested in teaching positive parenting as a way to help minimize youth and adult criminal activities.

Partial proceeds of this very successful seminar which included subjects which often affect a person's ability to parent ; nutrition for healthier parents and kids; and debt management, a serious stressor that effects parents mental and emotional health. The seminar took a more holistic look at how external pressures affect our ability to parent children in a positive way.

Claudia intends to repeat these seminars and her support of Ernestine's.

Inspire: community spirit

Mother and daughter are a dynamic duo!

Jane Rogers, Marketing and Fundraising Coordinator

There is a saying that "the apple doesn't fall far from the tree." And in the case of mother and daughter team Donna Farrell and Kathy Bignell this is certainly true.

Both Donna and Kathy are members of the Canadian Legion Coronation Branch 286. They are both on the executive committee of the branch. Kathy is the Entertainment Chair and Donna is the Chair of the Ways & Means Committee.

Christmas 2009 Kathy decided to organize a "Warmth Tree" in the legion. This is a tree where people hang donated items of warm, clothing – mittens, hats, scarves for children in the community. Kathy says "the legion's mandate is to support country, veterans and the community." She wanted Branch 286 to be much more involved in supporting community groups so she did some research on organizations in the area and discovered Ernestine's Women's Shelter.

Kathy and Donna were so moved by what they had learned about the clients at Ernestine's that they did a presentation about EWS at the branch executive meeting. The president of the branch called Donna the very next day and said she had decided that the legion must support Ernestine's and could Donna come and pick up a cheque for \$500 and take it to the shelter.

When Donna and Kathy came to Ernestine's to deliver the cheque they were given a tour of the shelter. It was upon seeing the empty shelves in the shelter's foodbank, particularly the fact that there was baby food, that spurred these two women into action. They organized a food drive at the legion "I was overwhelmed by the response," said Donna. "People responded very generously." These ladies collected boxes and boxes of food for Ernestine's foodbank.

Donna and Kathy want to do more for Ernestine's. Donna knits slippers for the welcome packages given to each new client entering Ernestine's. Kathy has Wish Lists with urgently needed items up on the walls of the Legion and boxes on the landings at the to encourage the members to keep giving to Ernestine's. Whenever anyone asks her if there's something that Ernestine's needs she always replies "Yes, bring in more baby food."

These two women exemplify community spirit and Ernestine's is very grateful for their support and the support of the Coronation Branch 286 of the Canadian Legion.

Would you like to reflect on how your support of Ernestine's has had an impact on you or those around you? To share your story, please contact: fundraiser@ernestines.ca or 416-743-1733 ext. 2015.

question & answer

Q: Does Ernestine's accept In Memory or In Honour donations?

A: There are many ways to donate to Ernestine's as there are people to make them. In Memory and In Honour donations are a wonderful way to honour someone. In Memory gifts are made in lieu of flowers to acknowledge the death of a family member, friend or colleague. Many families prefer this to a gift of flowers.

In Honour gifts are a very special way to acknowledge a birthday, anniversaries, retirements or births. For both gifts a special card is sent to either the family (in the case of an In Memory) or the individual (In Honour) notifying them that a gift has been made and providing them with some information about the work of EWS.

Please e-mail your questions to fundraiser@ernestines.ca