

# people are saying...

The results are in...

... and we want to thank all of you for completing the survey that was mailed with our previous newsletter. We received lots of positive feedback letting us know that you value the work that we do. In turn, we value your helpful critiques. We hear your voices – and we will try our best to take your opinions into account.

It's great to know that we have the support of such loyal donors. Don't wait on us to send you the next questionnaire – let us know what you're thinking! Send your questions and comments to [fundraiser@ernestines.ca](mailto:fundraiser@ernestines.ca).

## wish list

The recent state of the economy has affected everyone; however many are worse off than others. Please help us provide the following items to our clients:

- Gift certificates to Winners, HBC, Wal-Mart, grocery stores, drug stores, and clothing stores
  - Toiletries – soap, shampoo, conditioner, toothbrushes, toothpaste
  - Diapers – all sizes
- Food Bank Items:
- Rice
  - Pasta
  - Tuna
  - Oil
  - Sugar
  - Cereal
  - Flour
  - Pancake mix
  - Macaroni & cheese
  - Baby food
  - Canned milk

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.*

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## Happy Fathers' Day

Make a donation to Ernestine's Women's Shelter in your father's name to support women and children escaping violence.



Staff from Mastermind Educational Technologies Inc. donate toys to Ernestine's Women's Shelter at their annual warehouse sale. Ernestine's staff were able to go shopping at the warehouse for toys that will be used in our Child & Youth Program at the shelter, as well as our Outreach Child & Youth Program.

# Inspirations

## Planting for the Future

Community garden initiative creates sustainable living

Written by Sayurie Naidoo

Members of the community have come together for a new initiative which will develop a sustainable future in our own backyard. Ernestine's Women's Shelter has partnered with North York Harvest Food Bank, Women Helping Out (WHO), and Parkdale Green Thumb. This project will enable volunteers, staff members, women and children to create a garden in the shelter's backyard to grow vegetables, fruit, and herbs.

The products of the garden will be used for in-house cooking, in addition to being given to our outreach clients. This new initiative will allow us to grow many different foods, including tomatoes, cucumbers, okra, spinach, squash, blueberries, strawberries, thyme, mint, and other herbs. As the women at our shelter come from different backgrounds, many come from communities where fruits and vegetables are often grown and eaten fresh, rather than purchased from a grocery store. One reason for this is that many cultural foods are not easy to find at your typical grocery store. Our clients will be consulted as to which foods they would like to see in our garden.

We have seen an increase in food bank usage over the past few months. In addition, we have noticed a decrease in the amount of food donations we receive from local food bank services. It is safe to say that this is an effect of the current economic situation, which has trickled down to our agency. However, this initiative will allow us to be less reliant on other agencies, and be able to continuously provide for our clients no matter how grim the economy may appear.

In addition to keeping our clients well nourished, this will also be an educational project for the women and children at the shelter. As a part of our Skills Exchange program, we will offer workshops for the women so that when they move out on their own they can take with them practical gardening skills. Workshop topics will include how to store seeds, and how to start your garden indoors or in small spaces. Many of the women who move out of the shelter will move into apartments, so it will be a useful skill for them to know how to create a garden on their balconies.

This project will also teach children about nature and the environment around them. This will create a connection for the children to help them understand where food comes from, how it grows, and about the cycle of life.

Planting began in late May and will continue for the duration of the summer. Workshops for the women will occur during our Thursday night Skills Exchange program. To make a donation of seeds or gardening tools, send an e-mail to [fundraiser@ernestines.ca](mailto:fundraiser@ernestines.ca).



Woodbine Entertainment Group held a food drive for Ernestine's at their annual Community Day. Members of the Etobicoke community donated non-perishable food items for our food bank. MP Dr. Kirsty Duncan, right, joined in to support Ernestine's Women's Shelter.

A regular newsletter by Ernestine's Women's Shelter  
June 2009

**Ernestine's**  
*inspire.*

## It's the little things...

...that have a big impact

Thank you to everyone who attended this year's Ernestine Affair. We are pleased to have held such a wonderful event for the past 14 years, with a loyal group of guests who attend year after year. We all had a wonderful time, and hope you did as well. See you next year!

Send us your pictures! We would love to see how our guests enjoyed the evening. If you attended this year's Ernestine Affair and took pictures, send them in – you could be featured in our next newsletter!



MP Olivia Chow joined us as auctioneer for our Live Auction portion of the evening. She was a great motivator and did a great job at attaining the highest bids possible.



The CUPE Freedom Singers performed inspirational songs for the guests at the Ernestine Affair.



Sharlene Tygesen, left, Director of Community and Staff Relations, and Jill Cunningham, Director of Finance and Facilities, lend a hand to exhibit items during the Live Auction.

## Inspire: Knowledge

The Child & Youth Programmers at Ernestine's Women's Shelter work to ensure that the children at the shelter will develop at the same rate as their peers. The programmers focus on cognitive, linguistic, physical and emotional development through many methods, one being art. It has been known that encouraging creativity and self-exploration can be a therapeutic process as this is a way for many people to express thoughts and feelings that would otherwise be difficult to articulate.

Here is some of the artwork that the children at the shelter have created.



Artwork by: Heather, age 10 - A portrait of her Mother



Artwork by: Christina, age 12 - A portrait of her sisters

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 Sayurie Naidoo, Fundraiser at [fundraiser@ernestines.ca](mailto:fundraiser@ernestines.ca) or 416-743-1733 ext. 2015.

SHAMBA Nights presents:

Around the World - the recession chic way to travel!



Take a trip around the world in support of Ernestine's Women's Shelter on Thursday, August 27! Mark your calendars for an evening of fun with wine and food pairings from around the world and a chance to buy travel-themed photographic art. It's the smart way to travel during the recession! Details will be available on the Ernestine's Women's Shelter web site ([www.ernestines.ca](http://www.ernestines.ca)) shortly.

## question & answer

Q: How long is a typical stay at the shelter?

A: This really depends on each person's individual circumstances. A woman and child could stay at the shelter for one month, five months, or even ten months. A woman does not have to move out on her own until she is safe, emotionally ready and financially capable to provide for herself and her family. The length of stay at the shelter also depends on whether subsidized housing is available, or if there is a waiting period. We focus on each person's unique situation as is stated in our mission: Ernestine's adapts its services to honour diversity and the unique needs of the individual.

Please e-mail your questions to [fundraiser@ernestines.ca](mailto:fundraiser@ernestines.ca) or send them to us in the mail.



April 30, 2009  
Villa Columbo  
Toronto, Ontario

## thank you to our sponsors



Beth and Ian Croft  
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## production



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