

Season's Greeting's to all.
May 2002 bring peace, health & happiness.

Who would have thought 15 years ago that WINGS would be embarking on this exciting expansion. WINGS is presently located in a walk up apartment, which is over 45 years old. The twelve-suite apartment can no longer meet the needs of the families or the programs WINGS provides. We currently have 8 two-bedroom and 4 one-bedroom fully furnished self-contained suites. Our mission is: providing women and children who have experienced family violence with independent living in a safe, secure, supportive environment. WINGS is at a crossroads and faces two critical issues: WINGS' lease expires in June 2002 with the City of Edmonton and while the city will be very generous by allowing us to stay for a time WINGS needs to move. Far too many women and children in need are turned away from WINGS. In 2000-2001 fiscal year WINGS turned away 72 women and their 165 children. That, compounded with the very low vacancy rate in Edmonton, only add to the obstacles facing women fleeing family violence.

Critical needs create an exciting opportunity and now is the time. Our plans are in place. We have selected a site in a quiet community near schools and shopping - a community in which our clients can spread their WINGS to independent living. The new building will be fully secure and will feature a fenced outdoor playground for the children, 6 two-bedroom suites and 14 three-bedroom suites. The facility will provide administrative space, collective kitchen, and rooms for group counselling, workshops and programs for children. For the sake of the women and children we serve, we must take action now or women and children will be left to fend for themselves and that most likely means returning to the vengeance of the partner from whom they seek refuge. Today WINGS stands on the threshold of an opportunity to continue to help women and children in need and to help more victims break the cycle of violence. But we cannot do it alone. Violence in the home is a community issue that calls for a community response. The opportunity before us promises to change the lives of the women and children who live with violence and it will impact our communities forever. By breaking the cycle of violence in this generation we leave a legacy of peace and safety for our children and our grandchildren. Communities inevitably become safer for all. Thanks to all our supporters who keep WINGS growing stronger.

A special thank you to all those who are helping build a new WINGS: Alta-Fab, Bateman Foundation, Ardis Beaudry, Ron and Betty Anne Pearson, Stollery Foundation, Royal Bank, Alberta Real Estate Foundation, Kiwanis Club of South Edmonton, Health Sciences Association of Alberta, Estate of Eileen Waterhouse, Roger and Marta Burns, Edmonton Housing Trust Fund, Knights of Columbus, Sisters of Providence, CMHC, Allard Foundation, Petro Comm Industries, Landmark Homes, Jane Hodges, Ron and Helen Taillefer, Bev Wittmack, Bob Bear, Honorable Marjorie Bowker and the many gifts from WINGS' closest supporters. I would also like to take the opportunity to thank our dedicated volunteers and Board of Directors who work tirelessly on committees to assist WINGS with our dream of a new facility. I would also like to take this opportunity to thank the WINGS' staff for their hard work to ensure the families at WINGS have a safe and happy Christmas.

Patricia Garrett
Executive Director

Growing Stronger ...

Gratitude Last night I couldn't sleep so I did what often helps me, I thought of all the things I am grateful for. I thought how good it is to have meaningful work and to be of use to others. I thought how much support I have in my life from friends and co-workers. I was grateful for my bed, my small apartment, my car with rust on it and the food in my cupboards. I was grateful for my health of mind and body. I thought as well of my education and experience which give me something to share with others. I thought of how we had laughed so hard at lunch that day and of the gift of joy which so often is part of my life. I am so rich!

Then, I thought of the women who each day suffer so much and who do not feel of use or of worth to anyone. I thought of how they so often cannot remember when they laughed or felt joy. I considered how they live in poverty and always have financial stress. I thought of how often they feel isolated and as if they don't have support or people who understand.

All of that begins to change when they come to WINGS. They are given a home with all the furnishings. They are given people who understand and care. They learn they are not alone and that they can trust. They learn they have worth and that they are of use. They also learn that others who are not at WINGS care. This is where **you** come in. You can help these women and children feel "rich" within themselves. When we give we receive. The Magi knew this. All cultures teach how important it is to be compassionate towards those who are in need and who are in pain.

There are many ways to give. There are the gifts Santa brings. The gifts of time by volunteering. The gift of dollars through our capital campaign so that we may serve more families. The outcome is clear. These families become abundant in strength and joy when they feel understood and valued. This is the gift you give that, as the Mastercard advertisement would say is "priceless". Come! Let us bring gifts of joy, peace and love to those who need it most.

May your own homes and hearts be filled with gratitude and Great Love this Christmas.

Karen Kingdom
Support Worker

The Season of Giving.

What does giving mean to you? Is it that special feeling you get inside when you see the expression on someone's face? Is it a sense of fulfillment when you know you've done something to brighten another's day? Or is something that cannot be expressed by mere words? Well I'm one who believes that giving is receiving. With every kind gesture, thoughtful word and generous act we are able to feel just a little better about ourselves- giving is a gift to yourself!

Christmas is a very special time for most families and the families at Wings are no different. The mothers here want to give their children a wonderful Christmas experience. The unfortunate reality of poverty, however, is that after the rent and bills are paid there is not much left over for Christmas presents and goodies. But at least this year they are safe - Wings gives these triumphant families a place to celebrate the joys of healing, hope and peace of mind. These are gifts that truly make a difference.

As we proceed into this season of giving please remember any gesture large or small can make a difference - put on a happy face when you are stuck in those long lines at the mall, treat those around you with courtesy and respect, be generous, give compliments and thanks, and take time to spend with your friends and loved ones for we can only receive from that which we give!

Thank you to all our wonderful supporters and volunteers who have gone above and beyond the call of duty this past year (as well as the 14 before it) for your time, efforts, kind words and generous acts. We hope you have received much goodness in return!

Merry Christmas to you all and a prosperous New Year!

Tanya Meikle, Office Manager

Fundraising News:

What a busy and upbeat year it has been for the fundraising committee, and do we ever have great things in store for the upcoming year!

Starting almost immediately, we are again hosting a gift-wrapping booth at Capilano Mall during the month of December. If wrapping is your calling, or if you just would like to donate a few hours of your time, please give us a call. We would love to have you! 426-4985.

Need a Christmas Gift for that hard- to- buy- for person - consider an Entertainment Book – they are available for sale at \$40.through the office (426 – 4985).

Mark your calendars early this year – our 7th Annual Mothers' Day Tea will be held on Saturday, May 11th, 2002. This has been a sell-out event the last couple of years, so please be sure to get your tickets early. If we haven't called you by mid-April – please feel free to call me – Betty Hillier 486 – 0938. The details of the Tea will be in our next newsletter.

Some of our fundraising committee members have moved on to other projects and we thank them for their past support. We have gained several very enthusiastic new members and we are optimistic that this will be a successful year for fundraising. I would like to thank the fundraising committee, consisting of: MaryAnne Hart, JoAnne Graham, Marie Desrochers, Wendy Barrie, Sheryl Kainz, Linda Churchill, Nuala Craggs, Shirley Garsonnin and Marta Burns. Such a committed group!

On behalf of the Fundraising Committee, we wish you all a **Merry Christmas and Happy Holiday Season.**

Betty Hillier, Fund Raising Chairperson

Learning together ...

Holiday greetings from this Grant MacEwan social work student! I began my social work field placement at Wings of Providence just four months ago, and already I feel that I have learned a great deal from the staff and families here. The staff has been exceptionally supportive and encouraging. I am very excited to begin the Collective Kitchen in December, which involves all the mothers working together to select, shop for, and create delicious and healthy meals. During my yearlong placement, I hope to gain a better understanding of domestic violence and how group and individual counseling helps families heal from abuse.

I feel very fortunate to be a part of the WINGS family. WINGS is a wonderful place because it offers a safe, supportive and loving environment where women and their children can focus on healing. I am also grateful to experience the tremendous Christmas spirit that is alive here. Thank-you for your support in making this very special place possible. Wishing you all a safe and joyous Christmas!

Connie Fleming

Testimonial

The first day of my new life started when I came to WINGS. Leaving behind a two year, violent relationship with a man I thought I knew. The typical day in my life was doing everything I was told to keep my husband happy. I would get him up every morning with his coffee and lunch made and told him I loved him as he left. The problem was that when he left I was consumed and obsessed with making everything the way he liked it, so that when he came home he wouldn't get mad. When things weren't his way or just because he was in the mood I was slapped in the face, pushed into walls and tables, kicked punched and jumped on. I was being abused and treated like garbage and my two wonderful daughters would shake their heads at me wondering when their mother was going to realize he would never change. The only time I had peace and wasn't scared was when he was asleep. He isolated me from my friends and family and made me feel worthless. Three months ago I found enough courage to leave, with the help from the staff at WINGS I'm realizing what he did wasn't my fault. They are helping to build my self-esteem and guiding me and my children down a road to a future free from violence. I'm so grateful there is a place like WINGS and would like to thank from the bottom of my heart all the people involved for providing me and my children with a safe place to live and not having to worry if I'm going to wake up each day.

Current Resident at Wings

Message from the President ...

As I think about the upcoming season and the energy required to make the *season bright* I keep thinking of the committed volunteers who do so many things for WINGS. The United Nations has declared 2001 as the International Year of the Volunteer and what better time to acknowledge all our friends. Volunteer participation at WINGS is at an all time peak – the news of our expansion is spreading and so many talented people are offering their help. I would like to say thank you!

Thank you to the volunteer Board of Directors who work tirelessly behind the scenes to ensure WINGS is operating well. Those Board members usually go one step further and chair committees. Marta Burns is Chairperson of the Steering Committee for the Capital Campaign. She is doing an incredible job. Jim Cregan and the Building Committee make my job easier. Betty Hillier is Chairperson of the Fund Raising Committee; she leads a very hardworking and talented group of people to make certain fund raising endeavours are successful. Bev Wittmack, Ester Ondrack, Bob Westbury and many others have rallied behind our capital campaign as advisors. Alice Keylor just stepped up to the plate for the Major Gifts Sub-Committee. Patricia Garrett and her dedicated staff at WINGS – daily they go above the call of duty and fall into the ‘volunteer’ category often. Thank you.

Individuals volunteers do the mundane to the extraordinary: move furniture, work Bingo, wrap gifts at Capilano Mall, dress up in costume or sing for the Sound of Music, make name-tags, join a committee, bake cookies, cuddle babies in our child care, work at the reception, make phone calls and on and on and on. I am always amazed by the generous spirits we see at WINGS. Each one of these volunteers wants to put an end to family violence. Each one of these volunteers does their part humbly with no expectation of reward. Thank you.

More than 500 families have lived at WINGS. To assist these women and children to go on to independent living in safe homes with renewed spirits – that is the reward. A caring community. That is why people volunteer. That is why I volunteer.

Season's Greetings to all,
Laurette Braconnier,
President

From a Volunteer:

A warm feeling comes from helping others adjust to difficult times in their life. Christmas preparation brings warm feelings. Children's laughter has a radiating warmth. The silliness of adults, as you work in a group on a WINGS' project, is heartwarming. Baking cookies for the WINGS party warms the kitchen. As Christmas approaches with its inevitable snow and cold weather I am happy to say I am feeling kind of cozy.

When I was asked to write a little Christmas article I was a bit shy. I volunteer because I like to not for recognition. I am a 'lifer' at WINGS: I have volunteered in childcare, been involved in fund raising, wrapped some gifts, taken some pictures, cooked some turkey, made some decorations, donated things, helped make decisions, been on committees. You know what – I am not finished yet. I will only be finished when there is no more family violence and WINGS will have to close.

Merry Christmas
Anonymous Ms. Valerie Volunteer!!

Hats off to volunteers

We Honor your contributions
And Celebrate your achievements

INTERNATIONAL YEAR OF THE VOLUNTEER

**CAPILANO MALL GIFT WRAP CENTRE
PROCEEDS TO WINGS
COME AND VOLUNTEER A FEW HOURS?
CALL 426-4985 LINDA**

Hours of operation: Daily from December 1 until December 24th, 2001

A gift wrap centre and on Saturday and Sunday afternoons –a cookie decorating station.

Gift wrap	Monday to Friday:	11:30 AM - 1:30 PM and 4:30 PM - 7:30 PM
	Saturdays	11:30 AM - 1:30 PM and 4:30 PM - 7:30 PM
	Sundays	1:00 PM -4:00 PM

Cookie decorating ... Saturdays and Sundays 1PM- 4PM

In need but growing stronger ...

Well the snow has finally arrived and it looks like it will stay this time. I guess that means Christmas is just around the corner! As the end of the year approaches I look back to see a year full of challenges and growth. We've had our share of flu, sniffly noses, and chicken pox and we have also shared in the joys a newborn brings. We've learned together, cried together, laughed together and grown together. Most importantly we have supported each other through the good and the bad.

As I look forward to Christmas time I think of similar things. Newborns, sniffing noses, joys, laughter and sometimes tears. Mostly I think of the togetherness, the caring and the support that is WINGS. Merry Christmas.

Sharilyn Petrinchuk RN, BScN
VON Nurse

Child support ...

The snow is falling, the Christmas lights are going up and excitement is beginning to fill the air. Child-care is slowly filling up with Christmas decorations. Each day the children come in to child-care with big smiles and twinkling eyes as they take in the added creations they have made. They are so proud to see their work displayed, pointing out the ones that belong to them. As I think about the violence these children have witnessed or experienced I am so thankful for WINGS – a place where children can come to live free of violence.

To see the change in these children as they spend time at WINGS, how they begin to relax and are allowed to be children, I am very grateful to all those who support WINGS which helps make child care such a special place. Wishing you all a Blessed Christmas.

Jane Koistra
Child support Worker

Statistics

From April 1, 1987
until November 2001
WINGS has accommodated

508 families

That is 508 women and 1159 children for a total of 1667 persons.

Growing stronger through follow-up ...

The Christmas Season is upon us once again and being a former WINGS resident it is both a happy time and a difficult time. It has been 2 ½ years since I left my abusive situation and began my new life with my children. Although the road has been extremely long and at times difficult I have made it!!

It is thanks to WINGS, its sponsors, supporters and the Edmonton community that I feel I have any life at all. I left my marital home with 2 changes of clothes for myself and 3 changes of clothes for each of my children. I felt scared, lost and alone. Then, I didn't know where I would go after WINGS, how I would support my family, where we would live or how would I furnish a home.

Our first safe Christmas together we had the generosity of the Edmonton Christmas Bureau and although I never wanted to be on their list, the look of shock, surprise and pleasure on my children's faces, was a small sacrifice to my pride. Many women who are in abusive situations take great pride in the fact that they can and have survived and can provide for their families. I have learned that the Edmonton Community does care for those who've fallen on difficult times and not only responds, but responds in droves.

I would love to thank each and every person who has had anything to do with my new life. A life filled with love, happiness, safety, necessities, security, fun and most important of all peace. God bless you, your families and your ever increasing generous donations.

A mom who lived at WINGS

Family violence affects children

- ❑ More than 1 million children in Canada have witnessed violence in the home.
- ❑ Children are often 'caught in the crossfire' of violence between their parents, and are physically hurt themselves.
- ❑ Children gain a warped perception of how a 'normal' family interacts.
- ❑ Children, particularly boys, may begin to accept violent behaviour as a way to solve conflicts. They may begin to mimic their father's treatment of their mother.
- ❑ Children, particularly girls, may believe that being a victim of violence is inevitable, and allow violent behaviour to take place even in their adolescent dating relationships.

Donate-A-Ride

A big thank you to Allan Bolstad and his committee for the generous donation of 55 books of adult bus tickets and 20 books of children bus tickets. Transportation costs are always a strain on the family budgets and this certainly helps WINGS' families make appointments with the confidence they will be able to get there.

"There are high spots in all of our lives, and most of them came about through encouragement from someone else." George Adams, writer.

All donations gratefully accepted.
BN# 119300549RR0001

WINGS Wish List

Calendars	Turkeys	Shrek
Aluminum Roasting Pans	Wrapping paper	Bus tickets
Snow Boots Snow Suits	Disposable camera/each family(12)	Diapers
Mittens, hats, scarves	Can openers	Baby formula
Undies for moms and kids	Towels, face cloths	Baby clothes
Personal care items	Child care snacks	Coffee

No more family violence

Gift certificates for Alternative Video or Block Buster Video. Safeway Gift Certificates.

Truck and movers for families when they move and to help pick up donated large items

Volunteer to make phone calls for Bingo ... Bingo Workers

Helpers at the Capilano Gift Wrap Centre December 1 – 24 th.

Peace on Earth

Our new home ...

The fund-raising campaign in support of a new WINGS was officially launched on November 6, 2001. Nearly one-hundred friends and donors gathered at the Royal Glenora Club to hear from Executive Director Pat Garrett and former residents of WINGS about the importance of expanding and relocating WINGS' services.

As of the beginning of December, the *Growing Stronger Together* Campaign had raised more than \$2.75 million dollars toward a \$4 million goal. More than \$100,000 of this money was received after the launch and we anticipate that the Christmas spirit of giving will prompt a few more gifts by the end of the year.

Current and past members of the Board and staff members at WINGS have made impressive gifts to the campaign, totaling more than \$54,000. These gifts, made by those closest to our organization, clearly illustrate how important the need is for a new facility. I thank these people for their generous support of WINGS, which goes above and beyond their already significant gifts of time and talent.

We are delighted to recognize all of our campaign donors to date in this newsletter, as well as our campaign volunteers. The leadership and generosity shown by these donors and volunteers are an inspiration to others. Thank you for your gifts. We could not have come this far without your support.

We look forward to announcing the completion of our campaign some time in 2002. Until then, the Steering Committee, Major Gifts Division and our Campaign Advisors will continue to meet regularly and work toward finding us the gifts we need to complete our campaign. I am told that the last \$1 million is the hardest to raise, but I have every confidence that we will reach our goal with the continued generosity of individuals and companies throughout Alberta.

I wish all of you a safe and happy holiday season.

Marta Burns

Chairperson of the Capital Campaign Committee

Thank You!!

WINGS would like to thank the following donors for their gifts to the *Growing Stronger Together* Campaign:

Alberta Real Estate Foundation
Allard Foundation
Alta-Fab
Bateman Foundation
Dr. Robert Bear
Ardis Beaudry
Honorable Marjorie Bowker, Retired Judge
Crystal Glass
Edmonton Housing Trust Fund
Estate of Eileen Waterhouse
Jean and Rocky Forest
Health Sciences Association of Alberta
Italian Women's Group
Kiwanis Club of South Edmonton
Landmark Homes
McCuaig Desrochers
Esther Ondrack
Peace Hills Trust –Employee's gift
Ron and Betty-Anne Pearson
Petro Comm Industries
Royal Bank of Canada
Sisters of Providence
St. Albert Inn
The Stollery Charitable Foundation
Ray and Helen Taillefer
Bonnie Thompson
Beverley Wittmack
Board, staff and close friends to WINGS

Volunteer Acknowledgements

WINGS would like to thank the following people for volunteering their time as members of the various committees for the *Growing Stronger Together* Campaign:

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