

Fall 2011

Teach, Trust & Transform: SAGE Camp



In 1992, the Catholic Youth Organization (CYO) offered to host a weekend of recreational camping for women and children who had fled their homes due to violence and abuse and were living at Good Shepherd’s emergency shelter, Martha

House. The weekend proved to be magical. For a few brief days women and children alike escaped the uncertainty and fear that shaped their daily lives and they simply enjoyed themselves.

The lessons learned in that first weekend were profound. The healing value of allowing women with similar life experiences to come together to talk and laugh and cry in a safe place was clear. The chance for moms and kids to play together in

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MESSAGE FROM **BROTHER RICHARD**

Now more than ever, it’s a good time to reflect on what part gratitude plays in our lives. Are you someone who is able to find something to be grateful for, no matter what is happening around you? Can you give thanks in the face of a storm – feel gratitude even when confronted with pressures on the job, health issues or the loss of a loved one?

Recently, I find myself contemplating what being truly grateful means. I’m trying not to focus on what I don’t have but rather to focus on what I do have. I’m fortunate to have a warm, safe place to sleep each night. I’m so fortunate to live in a neighborhood where I can take walks and say hello to my neighbours. I’m also fortunate that I am able to see beauty around

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an environment where they didn't have to look over their shoulders was an exceptional gift. This unique opportunity to offer a transformative experience to women and children struggling to cope with the impact of violence and abuse would be the foundation for something bigger.

For nearly two decades, Good Shepherd Women's Services has operated the SAGE Family Camp Program. From the original weekend adventure, SAGE Family Camp has grown to include an annual weekend of winter camping, a week-long summer camp and a 2-day leadership development camp. Nearly 2,000 women and children have embarked on the SAGE journey over the years and participated in a recreational and therapeutic program that uniquely addresses some of the emotional consequences of living with physical, sexual and emotional abuse.

SAGE Family Camp promotes healing, empowerment and revitalization for women and children who are survivors of abuse. Program activities are geared to developing and enhancing self-esteem, trust and healthy relationships. Camp offers a focused time to help women and children rejuvenate, heal and find hope again; to re-ignite their belief that the future holds possibilities for change.

"There is life after abuse, but it took us coming here to figure that out."

Although adults may think that "the kids don't know," research shows that each year 360,000 children witness or experience abuse in their homes. These children are at risk of being physically injured, and long-term exposure to traumatic events can affect children's development and lead to a wide range of behavioral and emotional issues. Research also

shows that children who witness violence and abuse are at a higher risk for involvement in abusive relationships as adults.

Kids love camp! For many of the children who come to SAGE, it is their first exposure to the camp experience. For some it is their first experience outside of an urban setting. For all of them it is a chance to set their worries aside and simply enjoy being a child. At SAGE, children participate in a full range of traditional camp activities with their peers including hiking, crafts, swimming, canoeing and archery. They also have lots of opportunity for family time.

Children often talk about the changes they see in their moms as a week of camp progresses. A camp staff vividly recalls an 8 year old boy watching his mother participate in a group activity

and saying, ***“Look at my Mom, I’ve never seen her do that before.”*** ***When the worker asked what “that” was, the little boy responded in a solemn voice, “Laugh...I’ve never seen her laugh.”***

For women, SAGE Camp offers a uniquely nurturing environment. Supported by skilled Women’s Services counsellors, women participate in a range of activities that allow them to cast off the mantle of “victim” and celebrate their strength and resilience. In addition to enjoying lots of family activities, women are encouraged to participate in programs designed to promote healing. Workshops may include tai chi, yoga, journaling or meditation. In addition to promoting wellness and balance, these pursuits complement the challenges of SAGE Camp’s Adventure Based Counselling program. As ABC participants, the women take on, in groups and individually, a series of activities on both low and high rope courses that promote effective communication, renewed trust and enhanced self-confidence. ABC provides women with a challenging but safe context in which to explore how abuse has impacted their lives and to begin the process of re-discovering themselves as strong, talented, worthwhile human beings.

“For the first time in my life, I was proud to be a woman. Camp taught me to celebrate being female. I had always looked at women as being weak and pretty much useless, because that is what I had been told all my life, and I desperately wanted to be more. The women at camp so inspired me, that just a few months after being home from my very first camp, I started my own business, and now I have the confidence to build a better life for me and my children.”

Confident that their children are safe and well-cared for at Camp, the women also find time to re-connect with some of life’s joys. Candle-lit night hikes, campfire sing alongs and early morning coffee and sunrise gatherings are just some of the highlights from camps past.



“Spa extravaganza” is also a SAGE tradition. Community volunteers visit at the end of the week for an afternoon of manicures, make-up applications and hair styling. Spa activities are followed by an evening of music, dancing and laughter. This is a transformation point in the week-long program and is an opportunity to celebrate the learning and accomplishments that have taken place. Women are encouraged to embrace their unique inner and outer beauty.

How much change can be accomplished in a few days of Camp? Anyone who has attended SAGE Family Camp will tell you that a great deal of good can happen in this brief time. Children talk about the powerful, positive role models they find in Camp staff and about the positive impact this time has on their families. Women tell us that Camp breaks down walls of isolation, instills courage and hope and serves as an important milestone on their journey towards a safer, happier future. Many of these same women return to the program as volunteers on the SAGE Advisory Committee. The Advisory has adopted the motto “SAGE: Women Growing, Learning and Leading.” The members contribute their valuable skills and knowledge to ensure that SAGE continues to be relevant, healing and accessible to as many women and children as possible.

“This is my second summer at camp and I had the opportunity to go to winter camp as well. This is a chance for me and my two boys to get out of the city, which we can’t afford otherwise. My first year at camp, I had just gotten out of an abusive relationship and really needed the support. This year, I’m here to help women who are new to camp and give them support. I’m paying it forward.”

The partnership between the CYO and Good Shepherd remains strong after all of these years. This unique program exists largely due to the generosity of our community. Good Shepherd relies on our donors to ensure that women and children can learn, play and find peace.

This past summer, campers were placed on high alert as treacherous thunderstorms swept through Southwestern Ontario. Nearly 100 campers – women, children and staff – gathered in a small basement area for several hours as a safety precaution. Despite a pervasive anxiety felt by many of the women and children, the situation proved to be a wonderful demonstration of the spirit of SAGE Family Camp. Support, camaraderie, respect and humour turned a tense, uncomfortable situation into a safe, peaceful “family” evening.

MESSAGE FROM BROTHER RICHARD

me. I know that even the negative things in one's life can be hidden blessings, worthy of our gratitude.

Each of us has experienced true blessings in our lives, things that have touched our very souls and changed us forever. Think about people you've known that you are grateful for having in your life. Think about your family and your friends. The people who love you even when you are at your most unlovable. The people who pick you up when you stumble and fall. Think about the people who support your dreams, encourage you and cheer for you in good times and bad.

It is through people such as these that God fills our lives with an abundance of love, joy and gratitude.

I am truly grateful for the hundreds of people who work and volunteer at Good Shepherd every day. As we look back on 50 years of service to the community, I would like to take this time to celebrate our many co-workers who work with the Brothers to achieve our mission. They are truly angels among us.

Living with an attitude of gratitude means letting people know that you are thankful for them. I would like to tell all of you how much I appreciate the presence in my life of each and every one of my co-workers at Good Shepherd.

The work that we do here is very rewarding but can also be very difficult. This past summer, two Good Shepherd clients lost their hard fought battles with mental illness. The first was a man who lived in a Good Shepherd supportive housing program. His suicide deeply impacted his fellow tenants. The second death was that of a young woman who frequently accessed our Youth Services programs in her struggle to survive. Her tragic death reverberated throughout Hamilton's community

of street-involved and homeless youth. Both deaths also left Good Shepherd staff shaken, questioning and mourning.

Despite their own grief, the staff offered support and assistance to the families of these individuals, assisted with funeral and memorial arrangements and provided grief counselling and support to those in need. The staff found ways to share a sense of gratitude for the gifts that these individuals had brought to our world.

I too mourn the loss of these unique individuals. Their loss reminds me, however, to be truly grateful for the compassion and fortitude of those who work with our clients everyday. For the past 50 years, Good Shepherd staff and volunteers have been building community and helping people transform their lives. We have faith in people so that they can have faith in themselves. This is the heart of our mission.

In this season of Thanksgiving, I am grateful for this opportunity to celebrate the accomplishments of the talented and committed Good Shepherd staff and volunteers who

make a difference in our community every day of the year. I am also most thankful for this opportunity to express my gratitude to each of you. Without the support of community partners like you, Good Shepherd could not respond to the urgent needs of vulnerable individuals and families. It is only through your generous support that we are able to provide food, shelter and unconditional support to our brothers and sisters in need. And so I give thanks to each of you who so generously support our mission of "Never Stop Loving". Please know that your contribution is truly an expression of love and gratitude.

In gratitude for the blessings that God has bestowed on us and for each and every one of you, I wish you and your loved ones a very Happy Thanksgiving.

In thanksgiving I remain your brother in the Good Shepherd,

Bro. Richard
Brother Richard



The Christmas Gift That Keeps On Giving

Honour a friend or a loved one this Christmas season by making an In Honour donation to the Good Shepherd. This is the perfect gift to acknowledge the important people in your life. Your gift is triply blessed – it recognizes someone special, it helps someone less fortunate in our community and it benefits you as the donor with a tax receipt. Consider making a meaningful gift for all the wonderful people on your Christmas list. We will send a Christmas card to the person you wish to honour acknowledging your thoughtfulness.

Donations can be made online at www.goodshepherdcentres.ca or by phone at 905.57.ANGEL (26435).



Harvest for the Hungry Food Drive 2011

Please help us refill our empty shelves.
Your donation is vital to our food bank!

Below is a list of most needed items this season:

Cereal	Canned Fruit
Crackers	Canned Pasta
Dry Pasta	Canned Soup
Pasta Sauce	(Vegetable, Chicken Mushroom, Tomato)
Tuna	Canned Vegetables
Instant Oatmeal	Coffee
Peanut Butter	Regular Tea
Juice	Pork and Beans
Macaroni and Cheese	Baby Formula
	Diapers
	(Size 4, 5, 6, and pull-ups)

For more information or pick up, please call Brother Terence @ 905.528.9109



In Memory Gifts July - August

Good Shepherd gratefully acknowledges that gifts have been made in loving memory of the following people:

Michael L. Baker	Michael K. Irwin	Patricia A. Pletsch
Vytas Beniusis	Edward J. Jacobs	Agata Rappazzo
Ivan J. Bermaraja	John Keczan	Karolina E. Reinhardt
Gladys S. Blakelock	John K. Kennedy	Elio Salciccioli
Derrick P. Brady	Terry L. Lockey	Earlene R. Sherwood
Garnet Brown	Helen M. MacKenzie	Eileen M. Smith
Jean L. Burns	Joseph P. Maguire	Kevin Smith
Brian Burse	Gloria Mallay	Francesco Spadafora
Pietra Campanella	Liz McDermott	Carl J. Spaziani
Homer S. Chapple	Rita McIvor	Mary E. Sweeney
Paolo Chiarelli	Valentino Mercuri	Melissa J. Switzer
James Dillon	Michael Moran	Sid Tripp
Giustina Forcione	Richard P. Mulligan	Chris Tyler
Giovanni Fortino	Benita Muraca	Gerrit J. Van Zeben
Frances M. Gerrie	Luciano Nardi	Steven E. Vogl
Maria Giglia	John G. O'Neill	Anne-Marie Walker
Julio Grazioso	Edward Partito	Margaret E. Walker
Grace M. Guay	Cecillia M. Perino	Helen F. Wiles
Sally Haiko	Amalia Peripoli	Michael Wilkovesky
Kenieth W. Haskins	James S. Phillips	Robert E. Wilmot
Gwen Hopper	Marie L. Phillips	
Teresa Ialungo	Mavis Pieczonka	

THE VOLUNTEER Outreach

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~W.T. Purkiser

The fall season is a special time to give thanks... not just for the obvious things, but for the thousands of fortunate moments, the multitude of blessings that we receive each year. Giving thanks is not as easy as it sounds as many of us had to focus on the bad much more readily than the good. Having an attitude of gratitude can make thankfulness an everyday habit that benefits you throughout the year.

The thousands of volunteers here at Good Shepherd live their lives with an amazing attitude of gratitude, by giving back as often as they can. They know that true gratitude involves action and our volunteers show it. They pitch in, lend a hand, and give their time. Our volunteers know that even a friendly greeting can make all the difference in the world to a guest or resident of a Good Shepherd program.

With all the Good Shepherd programs in Hamilton, we couldn't do our work for the past 50 years without the dedication and commitment of our volunteers.

Here are just a few fond memories from some of our volunteers.



Angela

(Volunteer since 2009)

I've lived in Hamilton my entire life so it's amazing to have the opportunity to help people in my own backyard. Good Shepherd is an amazing organization. I get the chance to do and see things that a lot of people don't get the chance to do or see. I just feel really grateful to be a part of it.



Rosalie

(Volunteer since 2002)

I started out volunteering here with a friend. My husband Larry has been working here for about 18 years in the clothing room. It's become a family affair and we get great satisfaction in doing these jobs.



Nguyen

(Volunteer since 2009)

I enjoy the smiles on people's faces when I help them out with their groceries. That's what I enjoy the most.



Henry

(Volunteer since 1989)

I work in the warehouse with a group of about 15 people. We're in charge of getting the place in order. We sort food that the truck drivers bring in from churches, schools or from any association that donates food. If it's tomato soup it all goes into one case of tomato soup. That's what we do. Everything gets put in big boxes ready to be shipped to all of the various Good Shepherd homes and programs. We do it because there's a reason - you give it to the people that really need it.



Ann

(Volunteer since 1984)

I was born in 1915 in July. You can figure out that I'm over 90 already. Instead of sitting home and doing nothing or watching TV, you're here and you're helping people. And people remember you when they come back again.



Don & Joan

(Volunteers since 1983)

Don: A lot of these folks that the Good Shepherd helps are just down on their luck. There's really not a lot of hope for them. So what happens when there's no hope? Good Shepherd is open - and it's thanks to the Brothers that these homes are open, and people in our community have a place to go where they can be taken care of, when there's nowhere else to go.

Joan: One of our favourite volunteer experiences is working at the Christmas store. The little kids come in and they are just bouncing off the walls, because they know you're going to get all sorts of presents, and they get to choose their toys, it's very exciting to see the joy in their faces. But with the joys comes sadness, Don's had many experiences where the men or the women, mothers and fathers, just break right down. That's just part of the experience, and it's important to be there for them, and know at least they'll have some food and presents this year.

If you have a special Good Shepherd volunteer memory you would like to share, please contact Marilyn Markow at marilynm@goodshepherdcentres.ca or by phone 905.528.6565 x3333 to tell us your favourite stories.

VOLUNTEERS URGENTLY NEEDED!

Machine Maintenance Volunteers are needed who can do minor repairs and routine maintenance on landscaping equipment such as oil changes, resetting of the pull ropes, wheel repair and replacements.

Food Prep Program requires volunteers to help with food preparation from 9 am – 12 pm on Fridays.

To volunteer: Call Marilyn or Wendy at 905.528.6565 x3333 or x3321.

COMMUNITY INITIATIVES

You are the champions of our community

Friends of Good Shepherd host special events, designating the funds to our various program and services. These friends, (individuals, groups, schools, sports teams, and businesses) plan and organize their own events, naming Good Shepherd as their charity of choice. We can help guide you in the planning of your special event. To find out how you can get involved, please contact Wendy Kennelly at 905-528-6565 ext. 3309. Here are some highlights of recent community initiatives this summer.

SWIM FOR GOOD SHEPHERD

This past August, Dr. Marilyn Korzekwa, a 53-year-old Hamilton psychiatrist, became the oldest Canadian woman to swim the English Channel. Dr. Korzekwa entered the water at England's Shakespeare Beach near Dover and completed the 35 kilometers to France in 16 hours and 28 minutes. What an inspirational feat! "I still can't believe I swam the English Channel. I did not think I would make it until the last 500m," said Dr. Korzekwa.

Even more inspirational was that Dr. Korzekwa used this opportunity to raise funds for Good Shepherd. "They strive to support people through crisis and help them re-establish healthy and productive lives. They have been very good to my patients over the years and for this I am grateful."

Imagine suffering from hypothermia, swimming for more than 16 hours straight in water with an air temperature of 16 degrees Celsius and the water itself 17 degrees. Dr. Korzekwa encountered waves as high as three metres and choppy one metre waves for most of her swim. She also had to avoid ferries and tanker ships along the way.

"What kept me going? Thinking of all the people who wished me well. Knowing I paid a lot of money and inconvenienced a lot of people and this was my only shot at this this year. I did not want to come back next year. Finally, I couldn't come up with a good enough excuse to quit."

Dr. Korzekwa's English Channel swim has raised close to \$5,000 for the Good Shepherd and donations are still being accepted. To donate online in recognition of this incredible feat, visit www.goodshepherdcentres.ca or call 905.57.ANGEL (26435).

When asked how she was feeling the day after the swim, Dr. Korzekwa replied, "Every muscle in my body aches, including ones in my chest wall and back I never knew existed... Amazingly I can lift my hands over my head (gingerly). My throat is swollen. Everything still tastes like salt water. Finally, I am tired! However, I could probably swim again in 2 days if I taped my wrist." Dr. Marilyn Korzekwa is truly an inspiration to us all.



On hand at the Moore's Suit Drive Celebration were (l to r) Good Shepherd's Brother Sean, former Ti-Cat Paul Osbaldiston, Ti-Cat Cheerleaders, Wendy Kennelly from Good Shepherd and Mike McGarland from Moore's Clothing.

Moore's Clothing For Men Canadian Suit Drive

The 2nd Annual Suit Drive was held by Moore's Clothing for Men in order to assist men striving for self sufficiency while transitioning back into the work force. For the last two years, six retail locations in the Golden Horseshoe have been dedicated to accepting gently used suit donations for our Good Shepherd Centre's clothing bank. 2011 has surpassed last year's donations with over 23,000 suits donated across the country to benefit a variety of charities who ultimately work together in assisting the most vulnerable in Canada. This year's event ran from July 27- August 31 and participants received 50% off merchandise when donating gently used professional attire. Once again, this year's event proved that the Moore's team and clientele truly believe in giving those in need a second chance.

8th Annual

Golf for a Cause

More than 100 women gathered at the Hamilton Golf & Country Club this past August to *Golf for a Cause* close to their hearts - to raise funds for Good Shepherd Women's Services which offers safety and support to survivors of abuse, poverty and homelessness. The day started out with Brother Terrence of Good Shepherd arriving in his truck to pick up donations from all the golfers who had organized a clothing drive as part of the tournament.



Although Mother Nature didn't cooperate, most didn't let rain showers deter them from a great round of golf at the famed Hamilton Golf & Country Club. The golfers learned first hand how their support makes a difference in the lives of so many women when Wendy, a client at Good Shepherd's Women's Service shared her story. Here is an excerpt of Wendy's story:



I was completely alone with no family to turn to and no understanding of what it meant to have a 'normal' or 'healthy' relationship. I see children and their moms walk through the doors of Good Shepherd Women's Services every day with similar experiences to my own.



The day I walked into Martha House changed my life. I would not be here today. Good Shepherd Square is a safe community where I find myself regularly - a place to seek refuge, and to find a sense of belonging, connectedness. Of the four years I have been receiving services, three of those have been free from violence and I no longer hate myself. I live on my own and hold healthy relationships. I have gone from not speaking to standing in front of all of you - thanks to Good Shepherd Women's Services and the generosity of people like you who make the programs at Good Shepherd Women's Services possible.

I am often asked after all of the abuse I suffered, what is the most difficult emotion to deal with. Gratitude. I am overwhelmed by the thought that my story may finally have a positive meaning, to help others.



Wendy's sense of gratitude is truly inspiring. Her words certainly had an impact on those at the tournament. In fact, one guest purchased a beautiful necklace from the silent auction and presented to Wendy, thanking her for sharing her experience and wisdom.

Through sponsorship, donations and a silent auction, *Golf for a Cause* raised \$38,000 for Women's Services at Good Shepherd. Special thanks to the presenting sponsor of *Golf for a Cause*, Grimsby Chrysler Dodge Jeep Ltd, for their support. A round of applause to this year's golf committee: Marie McCluskey (Chair); Gay Coates; Anita Mullen; Janice Inch; Carm Sakas; Cathy Wellwood; and MaryEllen Bray.



Good Shepherd's
The **17th** Annual
Good Shepherd Youth Services

GOLF

On September 13th, golfers came together at Heron Point to support Good Shepherd's 17th Annual Youth Services Golf Tournament which raised more than \$40,000 in support of youth programs and services in our community. Sponsored by Budd's BMW of Hamilton, the Youth Services Golf Tournament raised funds for Brennan House, Notre Dame House, Angela's Place, Notre Dame School and Jeb's Place.

Brother Richard and Cathy Wellwood would like to express their thanks and gratitude to all who participated in making this a great day – our golfers, sponsors, partners, advertisers, volunteers and event committee. We can not do what we do without you. Thank you for your faith in people!



SPONSOR-OUR-FAMILIES CHRISTMAS PROGRAM

Christmas is a joyous season but for many families in our community, who are already finding it hard to make ends meet, Christmas can be very difficult, especially for families with children. Thanks to the Good Shepherd's Sponsor-Our-Families Christmas Program, more than 150 families are given the chance to celebrate Christmas just like everyone else this year.

Your family, office, organization or sports team can make a struggling family's Christmas brighter by participating in the Sponsor-Our-Families Christmas Program. You can provide a family in need with a Christmas that they would otherwise not have.

Your financial commitment to sponsor a family will provide each child with new toys, a grocery gift card to prepare a Christmas meal and something special for the parent(s). Children who would normally wake up on Christmas morning with little or nothing under the tree can have a memorable Christmas thanks to your generosity.

Consider bringing Christmas joy to a family in need this holiday season. For more information on how you can sponsor a family this Christmas, please contact Rebecca Llewellyn at 905-528-6565 ext. 3330 or RebeccaLlewellyn@goodshepherdcentres.ca.





MESSAGE FROM
CATHY WELLWOOD

No matter what's going on around us, we can always find something to be grateful for – whether it's the warm sun on your face or a friend bringing homemade soup to you in a time of need. Think about what makes you smile – a favourite place to walk, a quiet corner in your house, the laughter of a special child. Think about the animals that have given you joy – dogs that love you with every inch of their hearts, cats that think your lap is the best place in the whole world or birds whose songs uplift your spirit. Give thanks for all these things.

When you live a thankful lifestyle by focussing on the blessings in your life, you become free to live a life filled with passion, purpose, joy and fulfillment. All too often, many of us forget to practice gratitude in our daily lives, but it really doesn't take much to incorporate gratitude into daily life. Having a grateful heart is worth its weight in gold.

Notice when others do kind things for you and show gratitude by your actions or words. Encourage someone with a compliment. When you feel like complaining about life, do special things to cherish time with your family for we never know what tomorrow will bring. Watch for someone in need. Remember to thank God for your blessings each day.

At Good Shepherd, we try to practice gratitude not just at Thanksgiving, but daily. We have Faith in People, which means seeing the whole person, not the problem. It means hearing the warmth in their voice, not just the despair. We see the potential and promise where other can't – or won't. For those we serve at Good Shepherd, our Faith in People means all of this. Most of all, it means they discover their faith in themselves. And for that, we are all truly grateful.

With much gratitude,



Cathy Wellwood
Chief Development Officer



OUR COMMITMENT TO YOU

The Good Shepherd Newsletter is published each season. It is our way of sharing with you Good Shepherd news, events and stories. As our supporter, you can also expect to receive greetings from the Brothers and Staff of Good Shepherd at Easter and Christmas.

Each of our mailings is accompanied by a reply card and a return envelope for your giving convenience. Although your support is vital, we understand that not everyone can make a donation in response to each mailing. However, we are committed to keeping you informed of the difference your support makes in the lives of our brothers and sisters.

We hope you enjoy our mailings to you. However, if you would prefer fewer mailings, or none at all, just let us know. We also invite you to use the reply envelope enclosed to communicate with us. Please tell us how you think we're doing and inform us of changes in your mailing information.

At Good Shepherd we highly value our donors and take your privacy very seriously. Your personal information is strictly confidential. We do not share, trade, or sell any information we have collected. Good Shepherd subscribes to the Association of Fundraising Professionals Donor Bill of Rights.

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