

Sandgate Women's Shelter

Sandgate Women's
Shelter of
York Region Inc.



Winter, 2010

Issue 2

2009 Message from the Women of the Board

Once again this year the Board of Directors for Sandgate would like to express our sincere thanks to all of the staff, volunteers and the communities in York Region. We have had an exceptionally busy year with the move of the Community Programs Markham space and the opening of the new Residential Program shelter in Richmond Hill. We changed our corporate name from Women's Shelter of Georgina to Women's Shelter of York Region to better reflect the commitment to offering services to women throughout this diverse region.

The women of the Board are particularly thankful this year to our funders:

- Ministry of Community and Social Services as our primary funder
- United Way of York Region for being a direct service funding source
- Canada Mortgage and Housing for our new shelter funding

for their ability to meet the challenge of growing with us. The new shelter has meant that we are meeting new needs in our service delivery but also new challenges in supporting those women. Our funding in these recessionary times is, more than ever, primary to our success.

This year we also must thank several new partners:

- The Town of Richmond Hill and the Mayor of Richmond Hill, Dave Barrow for allowing us to be one of the selected charities in the Mayor's Annual Charity Golf Tournament in June 2009. This was a major benefit to our fundraising.
- The Richmond Hill Women's Networking Association and the ongoing support that the membership offers to us. Knowing that this dedicated group of Richmond Hill business women is prepared to help whenever we need them has been a wonderful support.
- Hydro One was kind enough to grant us the funds to build playgrounds at both the Second Stage House and Richmond Hill Shelter. Their PowerPlay program was the only way those structures were possible.
- And finally to The Miller Group without whom the playgrounds would not be finished. Miller stepped up and provided the groundwork necessary to be able to build the apparatus. We held our official opening of the Transition Playground dedicated to Julie McArthur in the summer of 2009 and the friends we have made with Leo McArthur and his people could not have gone unmentioned in this year's message. This relationship is one that we hope will be very long-term. THEIR SUPPORT MAKES US ABLE TO DREAM.

The women of the Board of Sandgate are dreamers; we are always striving to improve the support we give to women and children and we think big. With your help anything is possible, already women are able to leave their abusive lives, become empowered to be their own best resources and teach their children that they deserve to live in peace!! It is our biggest dream that our houses are empty and our phones are not ringing.

Thank you to each of you; it has been an exciting year.

On behalf of the Board of Director, Janice Green, President, 2009

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Mission Statement

**SANDGATE WOMEN'S
SHELTER OF YORK
REGION IS DEDI-
CATED TO PROVID-
ING ALL WOMEN &
THEIR CHILDREN
SHELTER, SUPPORT &
INFORMATION SO
THEY CAN TAKE
STEPS TOWARDS
ENDING ABUSE IN
THEIR LIVES.**

A Message from the Executive Director, Jehan A. Chaudhry: I would like to take this opportunity to thank the staff at Sandgate for their ongoing dedication and devotion in striving to eliminate violence against women. Sandgate is at the forefront of providing all women and their children with choices and works hard to eliminate Violence Against Women. Thank you also to all of our funders, donors, community members and sister agencies for striving hard to make the cycle of abuse less painful, give choices and most of all, allow women and their children to live lives without violence.

Feature Article: Our Feature Article is written by Aiko Ito. Aiko was born and raised in Japan. After completing her B.A. in Education at Sophia University in Tokyo, she moved to Canada in 1998. Once in Canada, Aiko engaged in various volunteer activities working with women while she studied in Seneca College's Social Service Worker, Immigrants and Refugees program. She recently graduated from this program with a Valedictorian award. She joined the Sandgate team in May 2009 as a relief worker. Aiko is a former freelance writer for tourism industries and the Toronto-based Japanese community. She is a mother of two daughters and lives in Whitby.

Internalized Sexism – Beside a Cardboard Prince - by Aiko Ito

"You are invited to a Princess Party!"

Years ago, I found this invitation card in my 4-year-old daughter's school backpack. I was excited. Months after moving from western Ontario to the east, this shy child seemed to be finally accepted by her new peers. I bought a princess costume, and sent her to the party. Later on, she came home - with full make-up and a picture in which she smiled passively beside a cardboard prince.

I was caught in a horror - because it reminded me of my past as an "event companion".

"Event companion", in Japan, refers to a popular/highly paid job of young female university students. They are often seen in the media where they dress in a conservative manner, smile passively beside male celebrities, pose for photos (*just like the picture*) and reinforce the subliminal message:

"Look vulnerable and follow what men say, then everything's fine."

It was not true. Realities were sexual harassment, anorexia, suppression of voice, exposure to males who judged me if I satisfied their fantasies - which completely dehumanized and disempowered me.

At that time, I was in a very dynamic and systemic socializing process which involved the media, school, peers, work and home. From early years, women learn to *perform* unrealistic femininity without questioning, because many are busy trying to be *socially accepted*. Consequently, women could become the very agent of sexism *unconsciously*, and *reproduce* the pattern over to the next generation. This cycle is universal - regardless of culture. Beyond the picture, I saw through what might happen to my child down the road, and I saw myself being part of it.

Since then, I try to talk with my daughters about feelings toward gender stereotypes they encounter, believing I am the key player to stop the cycle. That's my small action toward feminism - one that connects a woman's personal experiences with past, future, home and world.

"How wonderful it is that nobody need wait a single moment before starting to improve the world"-Anne Frank

24 Hour Crisis Line : If you need immediate support or require information please call:

📞 905-722-3220 – Jackson's Point 📞 905-787-8604 – Richmond Hill 📞 1-800-661-8294 📞 TTY: 905-722-6223

United Way Day of Caring



THANK YOU TOROMONT!

On October 1, 2009, Toromont Industries graciously sent a group of employees to our Jackson's Point shelter for a United Way "Day of Caring". While here the group split up into teams and worked diligently to help us with some much-needed renovations, including painting the prayer room, as well as the children's homework and playrooms. They also were able to reconstruct our steps to the backyard and our front entrance.

Thank you Toromont, for supporting Sandgate and the United Way and thank you to Lowe's for the generous donation of supplies.



Resident's Corner: This letter was written by a 7 year-old girl who stayed at Sandgate's Richmond Hill Shelter:

"I've learned a lot being at the shelter. I've learned that we're really lucky to be here because we could be a lot worse off. When you look at others, we could be worse. I've learned that you need to be careful when you talk to others, to be sensitive to their feelings. And to be happy with what we've got, to not stay depressed and to not worry about what we can't do (the past) and to look ahead to what we can do."

Miller Paving & Hydro One supplied us with the resources to build this beautiful children's playground at our Jackson's Point shelter last September. Thanks to the wonderful generosity of both organizations, children such as the little boy pictured here, have somewhere to be kids and have fun. Thank you Miller Paving & Hydro One!



UPCOMING DATES OF SIGNIFICANCE: February is Black History Month; February 14th is Chinese New Year (Year of the Tiger); February 20th is World Day for Social Justice; February 21st is Sisterhood Week; March 8th is International Women's Day; March 21st is International Day for the Elimination of Racial Discrimination; March 25th is International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade.

Visit our Website: www.sandgate.ca for more information about our services & programs.

From the Staff at Sandgate we would like to wish you all a safe, healthy and happy 2010. We would also like to take this opportunity to thank all of our donors, volunteers and supporters for your time and efforts in 2009.

Fundraising, Donations and Volunteer Opportunities

Sandgate Cookbooks for sale!

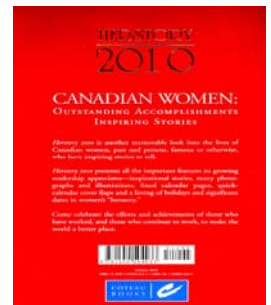
Sandgate's 2nd cookbook is filled with wonderful recipes of foods from around the world; foods our women share with their families and now with you.

The sale of these books is a fundraiser for Sandgate and they are priced at \$8.00 each. Please order your cookbooks through our Administration Coordinator at 905-722-4043 ext 113



2010 Herstory Calendars for sale!

Sandgate is selling these beautiful day-planning calendars as part of our fundraising efforts. They make wonderful gifts and are a great place to save cherished memories. They are filled with heartwarming stories of herstory-making women in Canada and beautiful artwork. The cost is \$12 per calendar, which includes shipping and handling. Please contact us at 905-722-4043 ext 113, to order your copy.



Donations: Our women and children are always in need of both new and used donations. The items that our workers most often suggest for women are gift cards for grocery or department stores. Sometimes it is empowering for them to be able to shop and select what they need. Used clothing is also welcome, however please keep in mind that it should be of a quality equal to what you would give to your sister.

Wish to make a financial donation? Income Tax Receipts will be issued for donations of \$10 or more, unless otherwise requested. Please make cheques payable to Sandgate Women's Shelter of York Region and forward to P.O. Box 248, Sutton West, ON L0E 1R0, Attention: Financial Manager

Volunteer Opportunities: Would you like to make a difference in the lives of women and their children? Sandgate provides free, on-going training and workshops for those interested in volunteering at Sandgate. Opportunities available include: Assistance at Special events, Child Care, Off-site Help, General Cleaning, Grocery shopping and others. For more information, please contact our Volunteer Coordinator at 905-476-8992.

Braille Brochures: Our programs and service brochures are now available in large print and Braille brochures. If you know of anyone who might benefit from this product, please contact us at 905-722-4043 ext 112 to order your copy. Brochures are also available in English, Chinese, Spanish, Farsi, Urdu Russian and Tamil

Sandgate is an equity-seeking organization that strives to meet the needs of all abused women and their children in an inclusive and respectful manner