

April 22, 2008

What's Happening at Second Story Women's Centre?

Saturday, May 10, Annual Jewellery Sale

Just a reminder that Second Story Women's Centre has a fund-raising Jewellery Sale in the Bridgewater Mall every year on the Saturday before Mother's Day. We're always looking for jewellery you no longer use.

Please look through your necklaces, bracelets, pins, rings, earrings, trinkets, and decide which ones need a good home and drop them by the Centre. If you're interested in buying very reasonably priced jewellery, come visit our **booth at the Mall from 10 to 3, Saturday, May 10.**

***Mother's Day Week-End, May 8, 9, 10, and 11
Fundraising event at the Kilted Frenchman Restaurant in Bayport.***

Join us for good food and conversation at the Kilted Frenchman. Debbie Scott has kindly agreed to donate 15% of food sales over the Mother's Day week-end to Second Story Women's Centre. Debbie already assisted us with all the wonderful food at our Anniversary Gala on March 8 and is once again contributing her talents and space to benefit our organization. On Saturday and Sunday there will be a special Mother's Day menu only (with a 3 course meal for \$45) and on Thursday and Friday only the regular menu will be available. Friday night Rib Special 2x 1/2 racks of smoked ribs and a pitcher of beer/or/1/2 litre of wine (\$35)

For details on the restaurant and the menu, please see the website: www.kiltedfrenchman.com

Menu Special for Saturday and Sunday of Mother's Day week-end:

- Escargot tucked in puff pastry pillows served with a Gorgonzola Brandy sauce
- Creamy Leek and Potato Soup
- Mixed Greens, walnuts, cranberries and gorgonzola with a creamy balsamic dressing
- 1/2 Rack of Lamb
- 8oz Windsor Valley Free Range Beef Tenderloin served with blue cheese butter
- Sirloin Medallions with Lobster and mornay Sauce
- **Windsor** Valley Free Range Wild Boar served with a Creamy Mushroom Sauce
- Salmon Wellington

- Chocolate dipped strawberries
- Chocolate & Walnut Sundae
- Fruit Crumble with custard

\$45.00 per person 3 course meal
Served Saturday and Sunday May 10, 11

Proceeds from these events will be directed towards establishing the Healing Room at the Centre. This will be equipped with a massage table where alternative health practitioners can offer mini-sessions in complementary healing arts such as Reiki, Therapeutic Touch, and other energy work. It will be a wonderful addition to the counselling already offered and the alternative health workshops, which have proven to be extremely popular.

Centre Projects

Support for Women Who Gamble

A facilitated support group for women whose gambling is causing problems in their lives has begun meeting at the Centre. In order to protect the anonymity of those attending the group, call 543-1315 or 640-3044 for date and location of our meetings. This confidential, nonjudgemental support is available to any woman who is still gambling or trying to stop.

For further information about the group call Sally Hutchinson 543-1315 or 640-3044 ext. 17.

WOMEN AND PUBLIC PENSIONS: Phase I, II and III

To ensure social and economic security for women during their senior years it is essential that diverse senior women are aware of all aspects of the Canadian Pension Systems and their entitlements and the tax implications of their retirement income and/or assets.

During Phase I and II of the project, extensive information and issues of concern were gathered from rural senior women through focus groups, interviews and a Women and Public Pensions Strategy Forum. One of the key issues identified was the '*the lack of knowledge and awareness of the present Canadian Pension Systems*' - including such basic entitlements as eligibility for the Guaranteed Income Assistance. In addition, it was apparent that rural senior women were often isolated and lacked access to resources and support in ascertaining the knowledge they needed.

Phase III called, Pensions and Me, will address the key issue of a '*lack of knowledge and awareness*'. This project, made possible by funding from Status of Women Canada, will involve rural senior women directly in project activities in their local communities and will enable the development of resources and a Tool Kit that can be available through the Women's Centres across the province on an ongoing basis.

There are five rural senior women Coordinators working part-time out of the five partnering Women's Centres in their communities – Second Story Women's Centre in Lunenburg, The Women's Place in Bridgetown, Tri-County Women's Centre in Yarmouth, Central Nova Women's Resource Centre in Truro and LEA Place in Sheet Harbour.

Locally, sessions have been planned throughout the area covered by Second Story Women's Centre. A March session was held for Tea and Company, a group that meets in the Senior Centre in Bridgewater. We enjoyed tea and raisin bread and discussed Old Age Security, Guaranteed Income Supplements and Allowance for the Survivor. On April 14, I was fortunate to be part of the Spring Senior's Fair at the Liverpool Fire Hall in Liverpool. Materials and information were available for seniors on various aspects of Canada's Pension system. On April 17, a Meet and Greet was held at Second Story Women's Centre. We looked at Old Age Security, the Guaranteed Income Supplement and Allowance and realized we needed much more time to continue our discussions. Two further meetings were planned, one for May 7, from 2-4 pm at Second Story and another a little later in May to look at how RRSP's affect pensions.

Upcoming sessions are:

April 24 in Chelsea Firehall from 7-9pm

April 30 at the Senior's Centre in New Ross

May 14 at the Legion in Chester

June 14 at the Seniors Expo at Michelin in Bridgewater

Some other presentations are being discussed in Bridgewater and Liverpool although no dates have been set as yet. If you know of anyone who would like a session on Pensions and Me contact Janet Meisner at 543-5384.

Women- Reclaiming the Power Within

A 12 week personal development program saw 7 women tearfully say their goodbyes at a completion ceremony on April 10 in Bridgewater. The project was run by Second Story in partnership with Department of Community Services . Topics included self esteem, communication, creativity, goal setting, healthy relationships, anger management, boundaries and a 2 week health and wellness piece which featured Taoist Tai Chi, Homeopathy, EFT, Auricular Acupuncture, Self defence, and First Aid/CPR. Seven women worked hard and made close bonds through twelve weeks of transformational personal exploration and discovery.

The Quilt

Monday April 14 was Q-Day; the start of putting the quilt together! Three sewing machines, cutters, ironing boards, and willing workers, under the able direction of Anna Davison, spent the better part of the day sewing the blocks into strips. Interestingly enough, with no planning involved, we had the same number of blocks submitted for our anniversary quilt as we had for the original one. There will be another sewing event on Monday, April 21 after which we hope that the quilt will be ready for the actual quilting. Stay tuned for times and dates if you would like to help.

Video

So, we are still intending to have a video Herstory of some of the highlights of Second Story's past. We have lots of tapes, touching and hilarious stories, and not a lot of technical expertise, but we are struggling along. Maggie Thomas is doing a wonderful job of creating a script as we get the tapes downloaded. Jeremy Moule of the Assistive Technology Centre has been assisting us as much as his busy schedule allows.

If you know of anyone with a good editing program and some technical ability, please call!!

Issue of Concern

Bill C484 (short title "the Unborn Victims of Crime Act")

If you read the article in our last What's Happening email on **Bill C484** and want to take action, please feel free to attend the next meeting of our Social Action Committee, Thursday, April 24 at 3 pm. The Bill itself can be read by going to www.parl.gc.ca. A comprehensive break down of this bill and its potential for harm can be found at www.arcc-cdac.ca.

In the Community

ACSBE Resource Centre Suite 108, 215 Dominion Street Bridgewater, NS B4V 2K7 www.acsbe.com

Introducing the Essential Computer Skills for Older Workers – Level 1

40-hours of free computer training.

April 30th – June 21st, 2008

The **Acadia Centre for Social and Business Entrepreneurship** (ACSBE) Resource Centre is pleased to offer the Essential Computer Skills for Older Workers. Designed specifically for older workers, Essential Computer Skills is an interactive, hands-on way to learn lots about the computer in a fun and comfortable setting. If you've had limited exposure to computers and feel that your lack of computer skills are preventing you from finding employment or from operating effectively in your workplace, this program will teach you practical skills and increase your confidence in your abilities.

Essential Computer Skills will be held at the ACSBE Resource Centre, a business and career development resource centre dedicated to assisting residents of Lunenburg County gain skills and pursue their passions. The program is sponsored by Workplace Education, an initiative of the Nova Scotia Department of Education, and as such, there is no cost to participants. Seats are limited, so apply early. The application deadline is April 22, 2008 at noon. Participant selection will take place during April 23 – 25th, 2008. The program will run from April 30th to June 21st 2008. Every Wednesday & Saturday morning from 9:30 am – 12 pm. If you have any questions about the Essential Computer Skills program, please feel free to call us at 543-1067 or email us at acsbecrc@eastlink.ca.

Partnerships

Nova Scotia College of Art and Design has been offering workshops in Lunenburg with two graduate students who have set up studios in the old Fire Hall. Drop by to visit.

Come and see what's going on...

OPEN HOUSE DAYS

at the NSCAD LUNENBURG STUDIOS

40 Duke Street

Join Heather Keeling and Kristina Vermeulen, Artists in Residence, for light refreshments while you browse the NSCAD Lunenburg Studios.

·Saturday, June 7, 2008: 12-5pm

·Year End Exhibition, August 18-24, 2008

Opening Reception at 7pm on Monday, August 18th

Our Wish List

As a non-profit organization, we often have a list of things we would love to have but can't necessarily afford:

Small end tables

Snap lids and twist lids and labels for mason jars

Trolley for moving dishes

Baby changing table

Floor model fans

Garden tools and gardening supplies

Vacuum cleaner

Carpentry tools

Steam cleaner

CD player

Coat tree

Thanks to those who have donated items to us!

Please let us know your thoughts on our new format. We do want to keep you informed of our activities and welcome suggestions. Contact Wendy at 640-3044 or 543-1315, extension 14, Tina at extension 13, or secstoryprograms@eastlink.ca and check out our website at www.secstory.com.