



Women's Resource Center Update

P. O. Box 568905, Orlando 32856 * 407-426-7960 * cflwrc@bellsouth.net * www.wrc-online.org

WRC Announces 2008 Summit Impact Grants

The Central Florida Women's Resource Center (WRC) is pleased to offer the third annual, "Summit Impact Grants" to non-profit 501(c) (3) organizations located in Orange, Seminole, Osceola, Lake, Volusia or Brevard Counties. These grants in the amount of up to \$10,000 will be made to fund programs which are designed to support education, prevention and issues related to sexual assault.

"WRC is proud to offer this grant opportunity again this year. Summit Impact Grants salute the good work of those people in our community who provide needed services to women. Everyday, hurting women turn to Central Florida's nonprofit community for help, support, and encouragement. Thanks to the generous giving of WRC Members, more help will be provided to more women." said Deborah Hessler, WRC Philanthropy Committee Chair.

The request for proposal (RFP) for this grant is due by July 1, 2008. Worksheets can be obtained from the WRC website, www.wrc-online.org. Grant recipients will be announced September 1, 2008 and will be presented during the Central Florida Women's Resource Center Summit Award Gala to be held on October 14, 2008.

"I am very pleased that WRC is able to offer the Summit Impact Grant for a third year. WRC has always been proactive in recognizing needs of the community and bringing together the stakeholders to get the job done. Our continuing focus on preventing sexual assault is a subject about which WRC has always been concerned; as demonstrated by this grant and our prior projects such as Rape Response, the Clothesline Project and the Sexual Assault Treatment Center," says Dr. Kate Kinsley, President of WRC.

2008 Summit Awards Nominations Accepted Through May 15th

The WRC invites you to participate in the nomination process for the 2008 Summit Awards honoring outstanding women in the Central Florida community. The event will honor four women who have shown outstanding community service and leadership. In addition, we will recognize a female in the junior age category (under 25) who is setting a positive example for our youth. These women will be recognized as "Summit Award" winners at a dinner to be held in their honor on Tuesday, October 14, at the Rosen Centre.

Awards will be given to women who have performed countless hours of community work for the good of all; have a history of diverse community service and whose service goes beyond job related responsibilities. In addition, the nominee should demonstrate leadership through community visibility, support of women's issues and act as a role model (both professionally and socially).

Please take a few minutes to nominate a woman who meets the above criteria. The nomination form can be obtained from the WRC website, www.wrc-online.org, and must be received by May 15, 2008.

"It is well to give when asked; it is better to give unasked through understanding." Kahil Gibran








WRC Elects Officers for 2008

The 2008 Board of Directors for the Central Florida WRC were presented by the Nominating Committee and approved at the Annual Meeting held at Dubsdred Restaurant on Wednesday, January 24.

	<p>Kate Kinsley, PhD, is President of Datawise, a computer consulting company. Kate is President of the WRC and is on the UCF College of Arts Advisory Board. She is past president of the Adult Literacy League and Florida Executive Women and has received the Outstanding Business Woman award from the Women's Executive Council and Professional Achievement Award from the UCF Alumni Society.</p>		<p>Julia Hartwell is Regional Manager of Government and Public Affairs for Florida Hospital. She is active in the Beta Center and "Get Active Orlando." She serves on the Philanthropy Committee and Membership Committee. Julia is currently serving as President Elect of the WRC and is on the Philanthropy and Membership committees.</p>
	<p>Jeanne Adam is Marketing Director at Orlando Regional Healthcare. In addition to serving as Vice President of the WRC, she is a member of American Hospital Association's Society for Healthcare and Market Development, volunteers at her children's school and her church. Jeanne believes in the efforts of "helping women get back on their feet."</p>		<p>Sandy Wilkening is owner of Sandra J. Wilkening & Company, PA, a certified accounting firm. She is a member of the American Institute of Certified Public Accountants and the Florida Institute of Certified Public Accountants. Sandy is President of Florida Executive Women (FEW) and is on the board of the Orange County Research Park. Sandy is serving as Treasurer of WRC.</p>
	<p>Ralphetta G. Aker, JD, is a manager in the Fiscal & Administration Division for Orange County Public Works Department. She is an active member of Washington Shores Presbyterian Church and moderator of Central Florida Presbytery. Ralphetta is a long time member of the WRC Board and past President.</p>		<p>Sultana Ali is a Account Executive with Massey Communications, a notable Public Relations and Advertising agency in Orlando. Sultana is very active in the United Nations Association-USA, both locally and nationally. Her passion is mentoring to teens. Sultana is the 2006 Junior Summit Award recipient. She currently leads the Public Relations Committee for WRC.</p>
	<p>Patrice Bullister is employed by Acorn Stairlifts, which manufactures durable medical products. An active volunteer, Patrice was instrumental in creating the West Virginia based Mon Valley Scholarship Organization, which provided scholarships to deserving women who served their communities through volunteerism. Patrice co-chairs the WRC Membership/Events.</p>		<p>Cathie Rising-Clarke is a Senior Contract Administrator for Orange County's Health and Family Services. A licensed Mental Health Counselor, Cathie serves on the Central Florida Drowning Prevention Task Force and has been active on the OCPS SAFE Committee, participating in multiple initiatives to prevent drug and alcohol use among local teens and children. For the past several years Cathie has also volunteered as a mentor.</p>
	<p>Patty DeYoung is Assistant Director of Corporate Relations for Darden Restaurants and Executive Administrator for the Darden Restaurants Foundation. Patty is Past President of the Holocaust Memorial Resource and Education Center and the Second Harvest Food Bank of Central Florida boards. She currently serves on the Board of the Victim's Service Center and is a 2006 Summit Award recipient.</p>		<p>Nancy Forbes is President of Forbes and Associates, a Winter Park web design, marketing company. Nancy is very active in the community and is a member for many of the business women's groups in Central Florida and several Central Florida chambers of commerce. She has served on the boards of the Asian Chamber and NAWBO, been an ambassador for the Orlando Chamber of Commerce and Casselberry Chamber of Commerce and is currently serving on the board of the Goldenrod Chamber.</p>
	<p>Mary Jane Grant is President of Premier Promotions of Central Florida, Inc. She is a VITAS Innovative Hospice Care volunteer, member of Business and Professional Women and Women's Executive Council and serves on the Board of Directors of JMCC Endowment Fund. She co-chairs the WRC Membership/Events Committee.</p>		<p>Jill Hamilton is the Vice President of Marketing and Communications for Heart of Florida United Way. Jill is an advisory board member of Harbor House and is past Chair/Board Member of the Orange County Child Abuse Prevention Task Force. Jill is serving on the WRC Public Relations Committee.</p>
	<p>Deborah Hessler is Corporate Secretary and Program Officer for Edyth Bush Charitable Foundation, Inc. Deborah says, "I admire the women who founded WRC. In fact, several former WRC Board Members are my favorite mentors. I look forward to continuing their good work in our community." Deborah chairs the WRC Philanthropy Committee.</p>		<p>Marianne King is President/Owner of King Insurance Agency, Inc. Marianne is active in the associations of Human Resource Management, Health Insurance Advisors and Health Underwriters. She has rejoined the Board to show support for the idea that woman will accomplish together what we cannot accomplish alone.</p>

“How wonderful is it that no one need wait a single moment before starting to improve the world.” Anne Frank

WRC Elects Officers for 2008 (continued)

	<p>Nicole Ostertag is Account Executive /Traffic Manager for Metropolis Advertising. Nichole serves on the Downtown College Park Partnership Board, where she planned the 2007 Jazz Fest and the Holiday on Drive events. She is a member of the Orlando Advertising Federation. Nichole is serving as co-chair of the Summit Awards Committee.</p>		<p>Ruth Patrick is the Chief Operating Officer of Harbor House, Orange County Center Against Domestic Violence. Ruth also serves as board Treasurer of Hope Unites United Church of Christ and has previously serviced on board of directors of Just for Profit Investment Club, and Good Shepherd Services or Orlando (Shepherd's Promise). Ruth has been a Central Florida resident for 20 years and has a passion for working with children and women's issues.</p>
	<p>Sandy Rendek is Marketing Director of the Orlando Philharmonic Orchestra. Sandy is excited to serve on the WRC Board enjoys taking part in the good work that WRC does. She serves on the Public Relations Committee.</p>		<p>Christina Rodriquez is an Account Executive for Clear Channel Communications. New to the area, Christina is looking forward to getting involved in the community.</p>
	<p>Dawn Steward is Operations Manager/Community Relations for KidCare at Orange County Healthy Start Coalition. She is the Legislative Chair of the Florida PTA, Treasurer of Florida Fiscal and Economic Policy, an and active member of Florida Children's Health Coalition and Florida and National chapters of Covering Kids and Families.</p>		<p>Georgiana Tynes is a social services consultant to many agencies in the Orlando area. She currently serves as president-elect of the Grants Professional Network of Central Florida and is participating in the Leadership Orlando program offered by the Orlando Chamber of Commerce. Georgiana offers WRC a vast amount of knowledge in the areas of grant writing, community services and employee training.</p>
	<p>Dale Walker is Human Resource Manager at Universal Studios. Dale has been an active board member, serving as the Silent Auction coordinator for the Summit in 2006 and as Summit co-chair in 2007. Dale currently serves as co-chair of the Summit Awards Committee.</p>		<p>Cindy Romagnoli is the Office Administrator for the WRC. She is an active volunteer in the community. Cindy loves working with the WRC and is proud to be a part of an organization that recognizes and celebrates the power of women and strives to make an impact on the many issues that affect women in the Central Florida area.</p>



Commentary from Kate: President's Notes

By Kate Kinsley, President of Women's Resource Center Board; President, Datawise, Inc.

As you can tell from our front page, WRC is in the middle of two exciting activities – the Summit Impact Grant and the Summit Awards. This year we will be awarding grants of up to \$10,000 that support education, prevention and issues related to sexual assault. In addition, we are in the midst of planning the 24th Summit Awards, which will be held on Tuesday, October 14, at the Rosen Centre. Please visit the WRC website, wrc-online.org, for more information.

In January, we had a wonderful Annual Meeting, where Anne Peach was presented the Becky Award and WRC installed an impressive board.

Our next membership meeting is a baby shower for the Beta Center on May 6th. You can purchase gifts at Target and Babies R' Us websites. Gifts are listed in their Baby Registers. Please see the article on the shower for details.

This newsletter also contains articles from two of your 2007 Summit Impact Grant Recipients – Lutheran Counseling Services and Kid's House.

WRC is truly making a difference in the community. We could not do it without our members. Thank you for your support.

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for." Joseph Addison

Congratulations!!!



Women's Resource Center Board Member, Sultana Ali, was recently selected to be Rotary's Central Florida ambassador. Every year through the Rotary Foundation program, thousands of citizen "ambassadors" from numerous countries around the world depart on group study exchanges in an effort to build goodwill and understanding between countries and cultures.

Sultana, Account Executive with Massey Communications, was selected from a pool of applicants from Rotary district 6980 which covers Lake, Orange, Osceola, Seminole and Sumter Counties. Sultana will represent the greater Orlando community in the Philippines this April.

The WRC congratulates Sultana and wishes her luck on her month long journey to the Philippines.

Please Join the Women's Resource Center
for a membership meeting at



"helping children and parents grow together"



For A baby shower

When: May, 6 2008

Time: 5:30 -7:00 p.m.

Where: BETA Center - 4680 Lake Underhill Rd.

What: A baby shower and tour of BETA Center.

BETA Center's mission is to give children and parents the knowledge and support needed for strong and healthy families; with a focus on teen moms and at-risk families.

BETA has registered online at www.target.com and at www.babiesrus.com

Click on Baby Registry and the first name is: Beta Last name is: Center

If you are unable to attend the shower you can still donate baby items that are registered. Please RSVP to cflwrc@bellsouth.net by May 1, 2008.

"When we give cheerfully and accept gratefully, everyone is blessed." Maya Angelou

WRC 2008 ANNUAL MEETING

Sandy Wilkening and Ruth Heine



Cindy Romagnoli and daughter Ashlinn



Melanie Ledgerwood, Nicole Quinn and Lola Narvaez



Pam Goodrich and Kathy McCoy



Georgiana Tynes and Patrice Bullister



Melanie Ledgerwood, Patty DeYoung and Nicole Quinn



Phyllis Byles and Jeanne Adam



Sandy Wilkening and Ruth Heine



Anne Peach, Patty DeYoung, Becky Cherney, Deborah Hessler

*WRC is Working Together to Make a Difference...
Summit Impact Grant Recipients Report*



Lutheran Counseling Services

Since 1987 Lutheran Counseling Services (LCS) has provided individual, marital, family, and group therapy services to the Central Florida community.

Through the WRC Summit Impact Grant, we have been able to provide a free of charge support group for Latinas in the Orlando area. 13 women have participated in the 12-week educational program. Individual counseling services have also been provided to women with issues related to early childhood abuse, depression and anxiety as a result of trauma.

There is positive evidence of empowerment and the model working. Three of the group participants are now employed; one is pursuing charges against her abuser; one has returned to her country of origin; and the others are on-track with strategies and helping-themselves process.

One of our current clients stated: *“ I don’t know how, but I survived in a chaotic family where I was sexually abused by multiple perpetrators since age five. I lived in extreme poverty, with a sense of insecurity and lack of healthy attachment to any significant adult. I had several partners who were abusive to me and perpetuated the cycle of violence. When I became a mother myself, I was angry all the time and physically abused my children. Now therapy has helped me manage and control my emotions, I have met other women who struggle with the same issues and who have similar problems and needs than I do. Like my story, there are many stories of women who need to overcome extreme trauma and seek healing in order to become better sisters, daughters, mothers and wives.... better human beings. I don’t have the money to pay for therapy, but LCS has provided services that I couldn’t afford on my own. It has been so empowering to take charge of my own life and to be able to do so in the midst of a supporting group of fellow women. I have found hope, I am finding myself”.*



Kids House of Seminole

For nearly eight years Kids House has operated as Seminole County’s Children’s Advocacy Center. During that time thousands of children and their families have found hope and healing within the walls of our child friendly facility in Sanford. Every day in Central Florida over 100 children are reported to be victims of physical and sexual abuse.

Just as important as the number of abuse incidents being reported is the number of child victims that are receiving timely and effective mental health treatment. A critical component of the compassionate care provided at Kids House is the availability of mental health treatment.

Utilizing a myriad of therapeutic models including play, group, individual and family therapy, Kids House Mental Health Program served 37 adolescent female clients from June 2007 – December 2007. That number represents nearly 44% of the female clients served by the program. And although the program serves child victims of both physical and sexual abuse, including witnesses to domestic violence, it is important to note that 93% of the female clients have been impacted, directly and indirectly, by sexual abuse.

Kids House’s Mental Health Program is the sole provider of specialized sexual and physical abuse counseling in Seminole County. That means the need for services consistently outweighs the availability care. Yet, with the support of the Women’s Resource Center, three dozen young women found the help they needed to rise above their victimization and its negative effects. They represent the future of our community and are prepared for their individual futures and we are grateful to the WRC and honored to consider them partners in “Protecting Our Community’s Children”.

