



Women's Resource Center Update

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2009 Annual Membership Meeting

The Board of Directors of the Women's Resource Center invites you to attend our Annual Membership Meeting. Annual reports will be distributed and the 2009 Executive Board and Board of Directors will be elected.

When: Thursday, January 15, 2008

**Where: Dubsdread Banquet Hall
549 West Par Street
Orlando, FL 32804**

Time: 6pm - 8pm

Food, Cash Bar

Free to members

RSVP to Mimi Mora at 407 426-7960

2009 BOARD NOMINATIONS

The Nominations Committee has presented the following slate for the 2009 Central Florida Women's Resource Center Board of Directors to be voted on by the membership at the Annual Meeting on January 15th, 2009.

Officers

President: Julia Hartwell
President Elect: Ruth Patrick
Vice President: Mary Jane Grant
Treasurer: Sandy Wilkening

Returning Board Members for New Two Year Term

Ralphetta Aker, Past President
Sultana Ali
Deborah Hessler
Kate Kinsley, Immediate Past President
Dawn Steward
Dale Walker

Continuing on the Board for their 2nd Year

Nancy Forbes
Cathie Rising-Clark
Patty DeYoung
Jill Hamilton
Marianne King
Nicole Ostertag
Sandy Rendek
Georgiana Tynes

New Board Nominees

Amanda Conochalla: Orlando Health
Dawn Vaughan: The Vaughn Edwards Group
Eva Krzewinski: Training Workz



Commentary from Kate: President's Notes

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

As my three years of serving as WRC President comes to a close, I want to thank the WRC board and members who helped to make these years so successful. WRC has a lot to be proud of and this year is no different. Our accomplishments for 2008 include:

- The **2008 Summit Impact Grant**, which was given to eight non-profit agencies. These grants, totaling approximately \$60,000, are made to fund programs designed to support education, prevention and issues related to sexual assault.
- Awarding a scholarship of \$1000 to **Charlotte Davis** at Valencia Community College
- Supporting the **Clothesline Project** by providing volunteers, t-shirts and other supplies. This year, for the first time, **UCF** was included in this project.
- A grant to the **Sexual Assault Treatment Center** for presentation of **Every 90 Seconds**, a live performance and curriculum that educates students about sexual assault. Presented from April through May, 2008 at 12 Orange County high schools, over 7,544 teens were reached through this program.
- A membership meeting/baby shower for the **BETA Center**, at which was raised over \$1000 in new baby items from WRC members, and a "Christmas in July" affair which benefited **Ten Thousand Villages**.
- An inspiring **24th Summit Awards**. Congratulations to this year's winners: Mary K. Carr, Maureen Kersmarki, Helen Von Dolteren-Fournier and Corine Varn Wilson.
- A grant to the **John C. Garrett Thanksgiving Food Drive**. Together with Joy Metropolitan Community Church and various other community organizations, over 1,400 meals were provided for underprivileged families throughout Central Florida during Thanksgiving week.
- A **WRC Challenge Grant**, through which WRC membership is providing items for **Healthy Start** to stock their "Healthy Start Mall" with items that moms can buy with vouchers that are earned attending classes or following though on recommendations such as quitting smoking.

Requests for the renewal of membership dues have been distributed for 2009. Please consider upgrading your membership. WRC needs your support.

The nominating committee has assembled a board that has the talents and commitment to continue our mission of supporting our community by recognizing the power of women, celebrating women's achievements, connecting with other women's organizations, and identifying, impacting and supporting women's social, educational, health, political, economic, spiritual, and artistic issues. You can help by volunteering your time and resources. Please consider it.

Happy New Year! I hope to see you all at the Annual Meeting on January 15, 2009!

Proposed WRC Bylaws Changes

The following proposed Bylaws changes will be presented to the membership at the Annual Meeting:

1. The minimum WRC Board of Directors membership shall be 15 members. Reason for change: The language in the Bylaws is unclear. The Board of Directors feels that 15 members is the minimum number needed to manage WRC.
2. If the Board of Directors membership drops below 15 members, a special meeting of the membership will be called to elect new board members. Reason for change: Currently, the Bylaws call for a special meeting of the membership each time a Board vacancy occurs. This is not necessary as long as a minimum number of Board members are maintained.

WRC is Working Together to Make a Difference...

WRC Contributes for 4th Year to John C. Garrett Thanksgiving Food Drive

The Women's Resource Center was a proud sponsor for the fourth year in a row for the John C. Garrett Thanksgiving Food Drive. Together with Joy Metropolitan Community Church and various other community organizations, WRC provided over 1,400 meals for underprivileged families throughout Central Florida during Thanksgiving week.

Volunteers gathered on the Monday night before Thanksgiving at Joy MCC to assemble 1,400 Thanksgiving baskets that included mashed potatoes, corn, green beans, gravy mix, cranberry sauce and a small holiday gift. Each basket (actually a bag), which included a frozen turkey added to each of the bags, provides enough food to feed ten people. The bags were then distributed through Central Florida Agencies that had signed up to receive and distribute the meals to underprivileged families that would be unable to afford a Thanksgiving dinner on their own.

WRC is proud to be a part of this very worthy cause.



Food ready to be packed

Valencia Foundation 2008 Scholarship Recipient Charlotte Davis

One of the many philanthropic activities in which the WRC has been involved is the donation of funds for scholarships. Through an endowment to the Valencia Foundation, WRC encourages women to begin, continue or complete their college education. This year's recipient of the Valencia Foundation WRC Scholarship is Charlotte Davis.



Charlotte entered Valencia as a full-time student at age 16! While attending Valencia, Charlotte holds down two jobs. She works as both co-teacher at the YMCA in the Before and After School program with elementary students who have mental and behavioral disabilities, and as a counselor for the City of Maitland's summer program. "I enjoy going to work because I believe by helping these children learn and grow, I am doing the same", writes Charlotte.

Her plans are to complete her AA degree in the spring of 2009 and then join the Peace Corps, where she hopes to put her experience to work in their Youth Development program. When Charlotte returns from the Peace Corp, she hopes to earn her Bachelor of Arts, perhaps in International Relations.

WRC is thrilled to be able to help Charlotte reach her goals and we know that she will be an asset to her community. Congratulations Charlotte!!

*WRC wishes you
A
Happy Holiday
And A
Prosperous New Year*

To Outgoing Board Members:

**Jeanne Adam
Patrice Bullister
Christina Rodriguez**

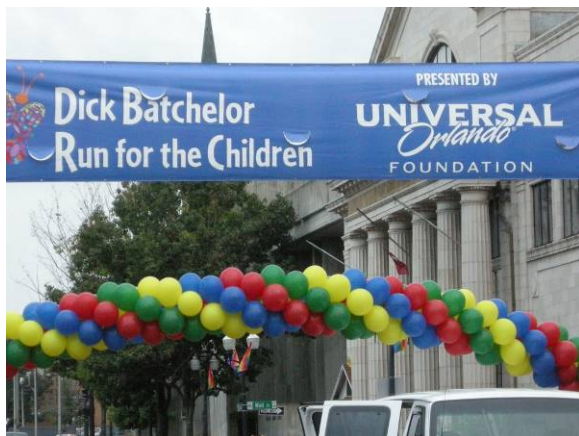
Our Thanks

WRC Co-Sponsors the Clothesline Project

The Clothesline Project

The Clothesline Project display of T-shirts from victims of sexual assault, was held at the The Dick Batchelor Run for Children on Saturday, October 25th, at Lake Eola Park. Counselors and WRC members assembled in the wee hours of the morning to set-up and staff the event.

WRC is a major sponsor of the Clothesline Project, providing t-shirts for healing art therapy and other supplies as well as helping with setup and staffing of the display. This year, WRC provided T-shirts to UCF for their Clothesline display as well. Other supporting agencies include the Healing Tree, Harbor House and Women's Residential Counseling Center (WRCC). The collaboration continues to raise awareness about the severity of domestic violence, and offers a time of healing to victims and their families.



Summit Impact Grant Recipient's Report

Coalition for the Homeless of Central Florida Success Story – Central Florida Women's Resource Center

This year, the Coalition for the Homeless of Central Florida will serve nearly 200 women who are victims of sexual assault at the agency's Women's Residential and Counseling Center. While each woman's story is different, many of their complex needs are tragically similar. They need to emotionally heal from traumatic pasts, while at the same time take important steps towards confident, stable, and self-sufficient lives. Thanks to the Central Florida Women's Resource Center, the Coalition is able to meet these victims' needs. What follows is just one story of a woman who has benefited from a generous grant of \$5,000 from the Central Florida Women's Resource Center.

To look at her today, one would never know that, behind the bright, vibrant and highly goal-driven woman that she is now, Leah* (not her real name) has had to overcome past horrors that would cripple many women. Leah's history with sexual assault began early in life. She was raised by her godparents at age six because her father was in jail and her mother was dying of AIDS. Some people in her life were supportive, others were downright terrible. Some of those horrible people were her godfather's friends. She was first sexually assaulted at the age of seven and continued to be assaulted by several other men until the age of 14. At 16, Leah then entered into a relationship where victimization continued. At 18, she entered into another abusive relationship.

Leah turned to alcohol and marijuana to cope with the stressors in her life and began to struggle in her job and was facing eviction. In an effort to help her get back on track, Leah's aunt recommended that she enter the transitional housing program at the Coalition's Women's Residential and Counseling Center. There, Leah began a case management program that provides specialized services which benefit women who are victims of sexual assault. With the help of a victims' services case manager, Leah developed an action plan for self-sufficiency. This plan not only included goals such as increasing education and improving financial stability, but it also called for mental health counseling to address complex emotional issues stemming from years of being sexually assaulted (i.e., anger, shame, fear, low self-esteem, etc.). Leah's counseling also focused on coping skills, including teaching her ways to better parent a special needs child.

Recognizing that limited formal education was preventing her from obtaining career-oriented employment, Leah immediately enrolled in the Orange County LifeStrides Program, an adult education program that helps individuals prepare for their GED. The program is offered on the Coalition's main campus. Given her work schedule (she works two jobs), it grew difficult to attend class, so Leah took the initiative to continue studies on her own. She passed the GED exam in May 2007. She also participated in the Women's Residential and Counseling Center employment program, where she met with the on-site Goodwill Industries representative for assistance with developing career goals.

Leah recently "graduated" from the WRCC transitional housing program. During that time, she strictly adhered to her case plan. Through hard work, Leah saved enough money to qualify for and enter the Coalition's Scattered-Site Housing Program. Through Scattered-Site, Leah and her children live in permanent rental housing in the community and receive temporary rental assistance. During the six months she participates in this program, Leah will be able to continue to save money and further increase her financial stability.

Leah has an eye to the future. With her GED in place, her next goal is to attend college and obtain a bachelor's degree in business administration. She is truly a changed woman. Counseling has helped heal emotional wounds and enabled her to better cope with life's challenges. During her time at the Coalition, Leah has developed a new life model – one that is based on stability, independence and hope. She is a confident and driven woman with high self-esteem who undoubtedly will achieve her life goals.

WRC Holiday Challenge Grant – “Healthy Start”

The Central Florida Women’s Resource Center (WRC) has a long history of supporting women in the Central Florida area. Our motto is “working together to make a difference”. This year we want to make a difference for at risk moms and babies. Especially in these difficult economic times, we know they can use our help. The WRC is asking our membership to help by purchasing needed items for new moms who are clients of the Orange County Healthy Start Coalition program.

The work of Orange County Healthy Start Coalition (501c3) is a valuable asset to our community. For more than fifteen years Healthy Start has been a major force in promoting healthier birth outcomes. By ensuring pregnant women get into early and regular prenatal care and those at-risk receive needed support services, Healthy Start helps to ensure their babies are born with a “healthy start” in life. Last year alone the program served over 9,000 pregnant women and infants.

Healthy Start has started a “Healthy Start Mall” to better serve their clients in need. In order to receive items in the Mall the Mother receives vouchers by attending educational classes or following through on a recommendation such as quitting smoking. These vouchers are redeemed in the Healthy Start Mall for items they need or want but can’t afford.

You can help keep the Healthy Start Mall be well stocked, just in time for the holidays. To help just go to the nearest Target or Baby’s R Us and get a print out of the registered desired items, make a purchase off the list. You can also go online to make your purchase off the list. So while you are doing your shopping for your children and or grandchildren, please think of those babies who are less fortunate and give generously! You will be helping a future generation get a “healthy start”.

WRC will match donations up to \$500. The Challenge deadline is December 31, 2008.

The Central Florida Women’s Resource Center (WRC) invites our members to celebrate the holiday season by contributing funds to help young mothers and their babies get a “Healthy Start*”.

Your donation will be used to stock the “Healthy Start Mall” just in time for the holidays. Moms receive vouchers for attending educational classes or following through on a recommendation such as quitting smoking. These vouchers can be redeemed in the Healthy Start Mall for items they need or want but can’t afford.

WRC will match donations up to \$500!

Three ways to donate:

- 1. Visit Target (Registry #014064900000126) or Baby’s R Us (Registry # 61246742) or purchase an item on line at one of the links above**
- 2. Call WRC at 407-426-7960 and make a credit card donation.**
- 3. Mail a check payable to WRC, P. O. Box 568905, Orlando, FL 32856**

* The Orange County Healthy Start Coalition has been a major force in promoting healthier birth outcomes, by ensuring pregnant women get into early and regular prenatal care and those at-risk receive needed support services.

