

NETWORKS

News from the Women's Resource Center in Durango ~ Vol. 22, No. 2 ~ March-May 2009

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Mission:

The Women's Resource Center advocates for the personal empowerment and economic self-sufficiency of women in La Plata County.

Guidelines:

WRC publishes NetWorks four times/year. For information about sponsorship space, call 970-247-1242.

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Durango, CO 81301
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women@wrcdurango.org
<http://www.wrcdurango.org>

WRC Welcomes New Director

2009 not only brought a new year to WRC but it also brought new leadership. At the beginning of February, WRC welcomed Karen Ely as the new Executive Director

Karen's twenty-five year career in non-profit management -- from domestic violence and sexual assault to drug prevention and welfare-to-work -- has helped thousands of women through difficult life transitions. Because other women's support, wisdom and guidance have been integral to Karen's personal growth, she founded A Woman's Way in 2003 which provides programming to woman through workshops and retreats. Through A Woman's Way, Karen and some of the finest facilitators in the country have led retreats and workshops for thousands of women from all over the country and the world, attracting women from Europe, Canada, Mexico, Australia, South Africa and the Caribbean.

Karen is the author of the well-received memoir, *Daring to Dream: Reflections on the Year I Found Myself* published in 2006, which chronicles the end of her 32-year marriage, and *A Retreat of My Own*, a personal retreat guide, published in 2008. *Daring to Dream* is not just the title of her first book but also her personal mantra. Karen is an experienced facilitator with a commitment to assisting women in creating and living authentic lives of passion and joy.

New to Durango but not Colorado, Karen came to the Center via Sedona, Arizona where she was the Director of the Sedona Arts Center for five years. "Empowering and assisting women to realize that they already are the amazing women they aspire to become has been my lifetime goal, both personally and professionally", states Ely. "I am really looking forward to working with the outstanding staff and board of the Women's Resource Center and reaching more and more women in this community who are looking for direction, needing support and hoping for inspiration."

Karen is keeping busy meeting individual and corporate members, other WRC supporters and partner agencies to better understand the current needs of the Center as well as the community's.

To find out more about Karen stop by the Center to say hi. She is anxious to meet you!



CELEBRATING 22 YEARS
OF SERVICE IN 2009

March**WOMEN'S READING CIRCLE**

Wednesday, March 4th, 5:30 p.m., at the General Palmer Hotel 567 Main Ave.

The Women's Reading Circle will discuss *The Once and Future King* by T.H. White. The Reading Circle meets monthly and the format is 10-15 minutes of socializing followed by a facilitated book discussion. Participants of the Reading Circle receive discounts on the group's book selections at Maria's Bookshop. For more information or to join the Reading Circle, contact Dawenwalker at mjw@pivotalchoices.com or 385-9597.

PRO SE DIVORCE SEMINARS

Monday, March 9th, at the Durango Public Library 1900 E 3rd Ave.

If you are filing for your own divorce and need assistance filling out the papers, come to a free, Pro Se Divorce Seminar cosponsored by WRC, Colorado Legal Services, the Southwest Colorado Bar Association, and Southwest Colorado Volunteer Legal Aid. Divorce paper packets are available for \$10 at WRC. Pro Se Seminars are held monthly in Durango. For information, call 247-0266.

WRC WRITER'S GROUP

The no-cost WRC Writer's Group "Wild Women Writing," is open to both published and unpublished writers who are interested in fiction, nonfiction, journaling, screenwriting, poetry or another format. The Writer's Group offers a safe environment to share ideas, create and read original compositions, and receive kind, constructive feedback. For more information and meeting times, contact Molly Childers at 759-9993 or stealingplums@yahoo.com.

April**WOMEN'S READING CIRCLE**

Wednesday, April 1st, 5:30 p.m., at the General Palmer Hotel 567 Main Ave

The Women's Reading Circle will discuss *The Return of Merlin* by Depak Chopra. See previous description for more information.

SMALL BUSINESS CONSULTATIONS

Monday, April 6th, at WRC

WRC offers free one-on-one consultations for women who have questions about starting their own business. The one-hour appointments are held at WRC with Small Business Development Center Director Joe Keck. Call 247-1242 to sign up.

BUSINESS WOMEN'S NETWORK

Tuesday, April 7th, 5:30-7 p.m., Michelle Rabouin with Sylvain/Dubois, LLC at 1053 Main Ave #100.

Michelle Rabouin with Sylvain/Dubois will host April's Business Women's Network. Michelle will cover the topic of, Start Smart: Saavy Legal Solutions for Small Businesses. She will talk about some business items often overlooked that can lead to big legal headaches, and suggest easy fixes. See previous description for more information.

PRO SE DIVORCE SEMINARS

Monday, April 13th, 6-9 p.m., Durango Public Library 1900 E 3rd Ave.

See previous description for more information.

'GIRLS TO WOMEN, WOMEN TO GIRLS' CONFERENCES

Tuesday, April 14, and Thursday, April 16, at the Sun Ute Community Center in Ignacio

WRC presents the 2009 "Girls to Women, Women to Girls" conference for eighth grade girls in La Plata County. The day features personal growth workshops, and a panel discussion with high school students. Call Jenn at 247-1242 to volunteer.

WRC WRITER'S GROUP

For more information and meeting times, contact Molly Childers at 759-9993 or stealingplums@yahoo.com.

May**SMALL BUSINESS CONSULTATIONS**

Monday, May 4th, at WRC

See previous description for more information.

BUSINESS WOMEN'S NETWORK

Tuesday, May 5th, 5:30-7 p.m., SOS Staffing 3473 N. Main Suite 12

SOS Staffing will host May's Business Women's Network meeting. They will present the topic of "generational differences when hiring employees." See previous description for more information.

PRO SE DIVORCE SEMINARS

Monday, May 11th, 6-9 p.m., Durango Public Library 1900 E 3rd Ave.

See previous description for more information.

WOMEN'S READING CIRCLE

Wednesday, May 6th, 5:30 p.m., at the General Palmer Hotel 567 Main Ave

The Women's Reading Circle will discuss *The Audacity of Hope* by Barack Obama. See previous description for more information.

WRC WRITER'S GROUP

For more information and meeting times, contact Molly Childers at 759-9993 or stealingplums@yahoo.com.

June**SAVE THE DATE!
MEN WHO GRILL**

Saturday, June 6, 11:30 a.m.-3:30 p.m., downtown Durango

Bring your appetite to WRC's annual "food fight and fun-raiser"! Join in the fun as local amateur and professional grill teams compete for top honors with their recipes, themes and costumes. Tickets are available in advance for \$15.00 for adults and \$10.00 for children (kids under 5 get in free). Tickets will also be available at the gate for \$20.00. Admission includes all-you-can-eat grilled creations, water, and live entertainment by local blues favorites, the Kirk James Blues Band! Call 247-1242 for more information.

WRC Staff

Karen Ely, Executive Director
Jennifer Doherty, Programs Director
Liz Mora, Fund Development and Marketing Director
Diana Serpe, Resource and Referral Associate
Eve Presler, Director, Advocacy for La Plata
Erin Maldegen, Family Advocate
Kate Jones, Intern for AFLP
Judy Abercrombie, Volunteer Bookkeeper
Suzy Lyons, Volunteer Web Manager
Sue Griffith, Volunteer Office Support
Barb Shore, Volunteer Office Support
Sandra Lee, Volunteer Office Support

2008 WRC Board of Directors

Lori Moore, Chair
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Melanie McLean, Treasurer
E. Michelle Raboin, Secretary
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John Heavenrich
Amber Johnson
Richard Mason
Kelsey McCarthy
Mindy Stern
Nancy Vanderwal
Diane Wildfang

Men Who Grill Planning is Underway!

Our annual summertime grilling competition and "fun-raiser" attracted more than 600 attendees last summer, with 18 grilling teams putting on quite a show with their wacky costumes and booth decorations. This year's event, scheduled for Saturday June 6th, will once again feature the Kirk James Blues band and promises to be even bigger and more entertaining. Our goal is to have at least 25 grilling teams for this year's event.

If you are interested in reserving a space for your 2009 Men who Grill team, please email members@wrc-durango.org or call Liz at 247-1242.



Two-time winner "The Smoking Armadillos" have promised they will return to defend their title in 2009!

March is Women's History Month

The public celebration of women's history in this country began in 1978 when Sonoma County, California declared March 8 International Women's Day. In 1981 Senator Orrin Hatch and Representative Barbara Mikulski co-sponsored a joint Congressional resolution proclaiming a national Women's History Week. In 1987 Congress expanded the celebration to a month and March was declared Women's History Month.

Interesting women's history facts:

-Harriet Tubman, African-American abolitionist, escaped slavery in 1849 and then personally guided more than 300 slaves to freedom in 19 expeditions along the "Underground Railroad." In her own words, she "never lost a passenger."

-Susan B. Anthony, American suffragist and feminist, was arrested for voting in the November 5, 1872 presidential election. She demanded that women be given the same civil and political rights that had been extended to black males under the 14th and 15th amendments.

-Rosa Louise Parks, civil rights leader from Alabama, was arrested in 1955 for violating segregation laws when she refused to give up her bus seat to a white passenger.

-Marie Curie, a Polish-French chemist, won the Nobel Prize in physics in 1903 and the Noble Prize in chemistry in 1911. She is the only woman to win two Nobel Prizes.

-Margaret Sanger, American birth control activist, founded the American Birth Control League in 1921 (which later became Planned Parenthood).

-In 1932 American aviator, Amelia Earhart, became the first woman to fly across the Atlantic Ocean alone, establishing a new record for the crossing: 13 hours and 30 minutes.

-Eleanor Roosevelt was an American political leader who used her stature as First Lady of the United States, from 1933 to 1945, to promote her husband's "New Deal," as well as civil rights.

Check www.wrcdurango.org for special events commemorating Women's History Month.

Networks Sponsors

What can physical therapy do for urinary incontinence, pelvic pain and pre/post partum dysfunctions? Provide training to strengthen the pelvic floor. By learning to strengthen your pelvic floor, you can alleviate urinary incontinence or occasional leakage which occurs with stressors such as laughing, coughing, walking or running.



Call to schedule an appointment with Janet Wells, M.S.P.T. She is course-certified to treat urinary incontinence, pelvic pain and pre/post partum dysfunctions.

Women's Health

For more information, please call Durango Sports Club Physical Therapy at **385-6969**.

Physical Therapy Clinic
1600 Florida Road
Durango, CO 81301
970-385-6969



Our 2008 Board of Directors

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Our Staff

Katie Tiernan, Executive Director (Oct 07-Dec 08)
 Liz Mora, Communications and Development Director
 Jennifer Doherty, Programs Coordinator
 Eve Pressler, Program Director, Advocacy for La Plata
 Erin Maldegen, Family Advocate
 Kate Jones, Intern for AFLP
 Judy Abercrombie, Volunteer Bookkeeper
 Suzy Lyons, Volunteer Web Manager
 Sue Griffith, Volunteer Office Support
 Diana Serpe, Volunteer Office Support
 Barb Shore, Volunteer Office Support

Program Highlights

Resource and Referral provided 1765 resources to 1261 women in 2008.

Resource and Referral, WRC's oldest program, forms the cornerstone of our services, helping women to identify short- and long-term needs and develop a 'roadmap' of local resources to meet those needs. In 2008 1261 women came to WRC for help with affordable housing, legal aid, child care and emergency financial assistance. This valuable service is offered nowhere else in Durango or La Plata County.

Advocacy for La Plata provided 20 fathers and 390 individuals with case management and advocacy services in 2008.

WRC's largest program, Advocacy for La Plata provides services to the highest risk families on welfare and is funded by the state's Colorado Works Program and the Federal Promoting Safe and Stable Families (PSSF) Program. The program compliments WRC's Resource and Referral services by providing more intensive case management and emergency financial assistance to families in need. Advocacy for La Plata also provides case management and advocacy services to custodial and non-custodial fathers through the Promoting Responsible Fatherhood Program. In 2008 20 fathers graduated from the 16-week program and now have a stronger relationship with their children. Also in 2008, 390 individuals were served by the Advocacy for La Plata program. This breaks down to 134 families, 148 adults, and 242 children.

Our Small Business Services provided 160 women with small business assistance.

WRC's small business services is the fastest-growing area of the center. Our microloan program assisted three women-owned enterprises with low-interest start-up or expansion loans. Another 30 women received free business plan consultations with Joe Keck, the director of the Small Business Development Center at Fort Lewis College. These hour-long consultations help women answer questions regarding all phases of entrepreneurship. For women who need additional advice about aspects of running their own business, WRC offers the "30-Minute Expert Program." In 2008, 4 women were assisted by a 30-Minute Expert.

42 women attended our business conference, "MyBiz: A Conference for Women Entrepreneurs." "MyBiz" is a full-day conference that offers hands-on, practical workshops that range from marketing to implementing various accounting systems.

'Girls to Women, Women to Girls' Conference attended by 400 eighth-grade girls.

The "Girls to Women, Women to Girls" conference for eighth-grade girls is so well attended that WRC continues to present two separate conferences. More than 400 girls attended the eighth annual conference, which took place at Fort Lewis College in Durango and at the Sun Ute Community Center in Ignacio. The 2008 theme, "Keepin' It Real," was woven throughout the day's workshops, which are each designed to help girls prepare for the transition from middle school to high school. Results of an evaluation revealed that 93 percent of the girls thought the conference was an important event to attend!

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Men Who Grill Wows for the fifth straight year.

The 2008 "Men Who Grill" solidified the event as WRC's signature "fundraiser". With the Kirk James Blues Band providing the entertainment and 18 costumed teams, WRC successfully raised over \$12,000.00. In addition to the fundraising, the event continues to serve as WRC's primary public relations event.

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2008 Financials*

Revenues

Grants	\$204,654.00
Fundraisers	\$39,937.00
Membership	\$32,654.00
Major Gifts	\$21,310.00
Annual Giving	\$5,800.00
Programs	\$15,190.00
Donations	\$12,413.00
Interest/Dividends	\$9,071.00
TOTAL	\$341,029.00

Expenses

Employees	\$245,456.79
Fundraising	\$6,924.84
Operations	\$38,236.16
Programs	\$48,105.09
TOTAL	\$338,722.88

Net Income \$2,306.12

***Unaudited numbers.** Audited financial statements for 2009 will be available mid 2009. For a more detailed financial statement, please contact the WRC Executive Director in writing.

2008 Funders

- Anschutz Family Foundation
- Ballantine Family Fund
- Bowen Foundation
- Coca-Cola Bottling Company of Durango-Meredith Mapel
- Community Foundation Serving Southwest Colorado
- Coutts and Clark Western Foundation
- Enterprise Rent-A-Car Foundation
- EPYCS-Bayfield High School
- Gay and Lesbian Fund for Colorado
- Helen K. & Arthur E. Johnson Foundation
- High Noon Rotary
- Hopper Family Foundation
- Kiwanis Club of Durango
- La Plata County Government
- San Juan Basin Health Department
- Sky Ute Casino
- United Way of Southwest Colorado
- Wolcott Family Foundation
- Women's Foundation of Colorado

Volunteers

Volunteers are integral to the work of helping to provide services to the women and girls we serve. In 2008, 238 volunteers donated over 2,000 hours of service to WRC for our programs and working hard at fundraisers and conferences.

The Center continues to be blessed with many long-term volunteers who time and again volunteer in the office, assisting weekly in whatever capacity they can and preparing the newsletter mailing every other month. Sue Griffith, Carol Kruger, and Barb Shore are truly a part of the staff.

WRC also relies on several professionals who volunteer their expertise in book-keeping, graphic design, financial consulting, web design and hosting, database programming, law and real estate. Volunteers also help with year-long programs such as Business Women's Network to ensure that they run smoothly. Special thanks to Judy Abercrombie, Mandy Mikulencak, Gail Aalund, Suzy Lyons, Electric Sage Web Hosting, Andy Dougherty and our Volunteer of the Year, Catherines Hines.

Thanks also to our volunteer Board of Directors who donate their time, energy and financial support. In 2008 board members logged more than 1,500 hours and donated over \$7,500.00 to WRC.

WRC Individual Member Spotlight: Cherry Milo

WRC has many valuable volunteers and supporters who care so much about the community and the people who live here. Cherry Miloe is one of those volunteers.

Cherry, whose parents are Colorado natives, is a former school teacher and moved to Durango from San Diego in 2005.

Cherry was introduced to WRC when a friend invited her to the “Extraordinary Woman” luncheon that was held in September of 2008. Cherry not only attended this event, but stayed after and helped with clean-up. Looking at the leftover food on the tables, she gathered it together and delivered it to the Durango Community Shelter.

After helping with that event, Cherry was hooked. She “rolled up her sleeves” and helped with cleanup once again at “Men Who Grill.” She said, “even though I did not win the magic red bike that was raffled off, I will stay in touch and see where I can help out in the future.”

Stayed in touch she has! For both Thanksgiving, and the Christmas Holidays last year, Cherry purchased extra turkeys and all the fixings for families working with the Advocacy for La Plata program. She brought new Christmas decorations to the Center to be shared with families less fortunate so they could decorate their homes.

WRC is not the only agency that benefits from Cherry’s generosity. Cherry keeps very busy volunteering for the Upper Pine River Fire Protection District, Southwest Firewise Council for Forest Lakes, and the Southwest Colorado Chapter of the Red Cross. “She not only get’s the job done, she does it with such a great attitude and always a smile,” says Jenn Doherty, Volunteer Coordinator at WRC. We look forward to seeing you soon Cherry. Thank You!

Girls Conference “Rolls” into 2009

WRC staff and dedicated volunteers have been busy working on the 2009 “Girls to Women, Women to Girls” conference to be held

April 14th and 16th at the Sun Ute Community Center in Ignacio. This conference, which is part of the 9-R curriculum and offered to all 8th grade girls in La Plata County as well as the surrounding areas, is quickly becoming one of WRC’s biggest and most talked about programs. Last year’s conference, attended by 400 girls, received overwhelmingly positive marks from counselors, teachers, parents and the girls themselves.

This years theme, “That’s How We Roll,” will be integrated into the workshops throughout the day, focusing on healthy body image, substance abuse prevention, healthy relationships, and offering the girls a chance to candidly speak to high school girls about the transition to high school.

A conference of this magnitude depends on volunteer help. WRC is looking for members interested in presenting the Healthy Boundaries or Women Come in All Shapes and Sizes workshops.

If you are interested in being a presenter, please contact Jenn Doherty at programs@wrcdurango.org, or call 247-1242, ext. 204.



Former WRC Executive Director leading a “Bodies and Boundaries” workshop during the 2008 conference.

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 Vectra Bank
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WRC Lifetime Members

Enid and Herb Brodsky
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 Candice Carson and George Banker
 Polly Garner and Bill Vega
 Carol Griffith
 Nancy Henry-Lasley
 Susan Lander
 Lloyd B. Lifton, M.D.
 Carol Salomon and Norman Broad
 Elizabeth "Bette" Serzen, in memory of her husband, Russ
 Lenora Tracy
 Howard and Marjie Wilson

**For information about WRC membership,
 call: (970) 247-1242 or
 email: members@wrcdurango.org**



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Renewing Corporate Members

Gold: *Durango Area Association of Realtors, American General Media*

Bronze: *Southwest Women's Health Associates, Bach Flower Therapies and Reiki Maureen Clerici, Sanders Skin Care Susan Sanders M.D.P.C., Durango Nursery and Supply, aaba! design studio, Tim Hanagan, Empowered Energy, Lori Smith Schell*

New Individual Members

Sustaining: *Dick Mason, Lori Moss, Tricia Bordman, Lynn Philippon, Linda Herz, Virginia Lashbrooke MFT, Cynthia Brossman, Diana Serpe, Claire Pierce-Bloodsworth, Marilyn Owings, Kay Rowe, Laurie Johnson, Catherine Goldman.*

Advocate: *Danielle Sandstend*

Empowering: : *Susan Kaplan*

Renewing Individual Members

Sustaining: : *Julie Gentry, Mary Lee Anderson, Tracy Watson, Marilyn T. Brown, S.Maile Kane, Tim Birchad, Cheryl White, Nancy Wharton, Tracy Korb & Chris Ross, Bette Ralph, Susan A. Herbst, Alison Goss, John Lyons, Marcelyn Jung, Catherine Hines, Cheryl Zeman, Alex Arribau.*

Advocate: *Regina Mullenix, Sonja Parker CHT, CHBCE, CD (DONA), Cathy Wakeman, Kathy Merrill*

Empowering: : *Tekla Miller, Kathy Firestone, Phyllis Max, Jane V. Hunt, Sara Ranson, Penny O'Keefe*

Inspiring: *Daniel and Polly Morganstern, Gail Harriss & Charlie Higby.*

Office Volunteers and Support

Judy Abercrombie, Diana Serpe, Sue Griffith, Carol Krueger, and Barbara Shore for office support; Suzy Lyons for website design and upkeep; Electric Sage Designs/Dan Katz for website hosting; Andy Dougherty for technical assistance and "handyman" help; William Glenn for computer repair; Rainbow Printing and Graphics for Cascade water for the office.

Programs

Paul Lemon with Integrated Financial Planning P.C., and Nancy Utter with Durango Natural Medicine for hosting Business Women's Network; Catherine Hines, BWN, volunteer coordinator. The General Palmer Hotel for hosting the Women's Reading Circle, Sue Mooney and Molly Childers for facilitating the WRC Writers' Groups. Karen Overington and the Durango Coffee Company for hosting the WRC Writer's Group. The Rochester Hotel for hosting the quarterly Womenade Potluck, Womenade Council Members BJ Boucher, Christina Knickerbocker, Rose Burek, Kay Rowe, Noel Tambre, and Jennifer Doherty

Donations

Thank you to the following GiveBack program businesses: Brainstorm Internet, City Market Cares Program, Desert Sun Coffee Roasters and Liberty Mutual Insurance Company.