




# newsletter



Romance n' Roses 2014 Masquerade Gala was a spectacular event enjoyed by all. The positive feedback this year was incredible and very heartfelt. This year raised approximately \$45,000 in support of MRWSA programs and services. Mountain Rose Women's Shelter Association would like to thank the Signature Sponsor , Level Sponsors, Auction Donors, Contributors, Participants and Volunteers for helping make this event such a success. We could not have done it without you!

## Romance n' Roses 2014 Sponsors

### Signature Sponsor



### Protection & Empowerment

Rocky Mountain House Co-op

### Hope & Healing

Lone Pine Forest Products

### Compassion

The Mountaineer Publishing Co. Ltd.  
Rocky Credit Union  
Wade Noble & Partners

### Caring

Don Shaw Financial  
Inter-Cedar Travel  
Rocky Funeral Home

### Media Sponsor

B94

*The Mountain Rose Women's Shelter thanks the many volunteers who made this event such a success - we couldn't do this without you!*

*Thank You...*

*The Mountain Rose Women's Shelter Association sincerely appreciates the support of everyone who contributed to the success of Romance n' Roses 2014 - sponsors, donors and attendees. Please support those who support the Shelter!*

### Auction & Raffle Donors

A.J. Pets  
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Rocky Credit Union Ltd.  
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Rocky Mountain House Co-op  
Rocky Mountain House Co-op Liquor Store  
SAKS Shoes

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Skyline deSigns  
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The Angel Tree  
Tia Delta  
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Unfortu-Knot Muscle Therapy  
Veranda Beach Resort  
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Westend Husky  
Wild Rose Montessori Child Care  
WOW! Jewellery by Nellie  
Your Event Planned by Deanna  
Your Wedding Place  
and Anonymous Donors

### Dessert Auction Donors

Abby - Wicked West Cakes  
Alicia Molnar - It's A Piece of Cake

Dallas Gray  
Dora Cote  
Erin Fillinger-Blunden

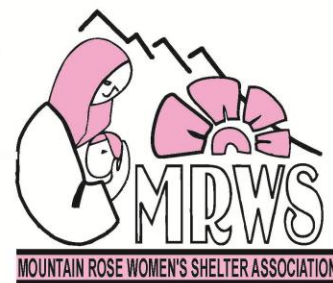
Kristen Tetley  
Rachelle Tzovanis

### Cash Contributors

Cliff & Deanna Friesen  
Split Tree Enterprises  
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Secure Energy Services Inc.  
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Gail Krabben  
Brenda Boodt  
Karibu Industries

Charme Beauty Salon  
Doctor S.A. Van Zyl  
Rocky Medical Clinic  
Molly Visentin



**\*\*This Ad was previously published by the Mountaineer Publishing Co. Ltd., on March 11, 2014\*\***

**Mission Statement:** The Mountain Rose Women's Shelter Association is a non-profit charitable organization that provides resources and support to individuals and families impacted by domestic violence in the Town of Rocky Mountain House and Clearwater County.



**Message from the Executive Director**

*We have to do with the past only as we can make it useful to the present and the future.*

***Frederick Douglass***

It is that time of year again when we look back at our accomplishments: 2014 Romance n' Roses Gala – successful; closing the books on another fiscal year – balanced; providing services to families experiencing domestic violence – life changing. This review of the past year provides us with useful insights on MRWSA's journey, today and in the future.

The present is the ongoing day to day operations completed by staff, volunteers, and board members to ensure the women and children who access our services are safe, treated with respect and dignity, and receive the services they need to leave a life filled with domestic violence. This present day experience provides us with the learned knowledge to be the best we can be today and in the future.

The future is the accumulation of those learnings that will keep us on the right path to end domestic violence in our community.

Thank you for joining with MRWSA in our past, our present, and in our future. Together we can build a community free of violence.

**WHAT ARE VOLUNTEERS?**

Volunteers are like Ford... they have better ideas.

Volunteers are like Coke... they're the real thing.

Volunteers are like Pepsi... they've got a lot to give.

Volunteers are like Dial... they care more, don't you wish everyone did.  
Volunteers are like VO5 Hair Spray... they hold in all kinds of weather.

Volunteers are like Hallmark... they care enough to give the very best.

Volunteers are like Standard Oil... you expect more and you get it.

But most of all, Volunteers are like Frosted Flakes...  
**THEY'RE GRRRRREAT!!!!**



**Take a stand against Domestic Violence by volunteering with Mountain Rose Women's Shelter. Call 403-845-5339 for more information.**

**Board of Directors**

<b>President</b>	<b>Joanne Latter</b>
<b>Vice President</b>	<b>Jeannette Sandstra</b>
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## 10 Commandments for a Healthy Family

Help each other be right - not wrong.  
Families who work together play together.  
If in doubt - check it out!! Don't make assumptions.  
Help each other win and take pride in other's victories.  
Speak positively about each other at every opportunity.  
Maintain a positive mental attitude.  
Act with initiative and courage, as if it all depends on you. You are the role model.  
Don't lose faith; never give up.  
Do everything with enthusiasm - it's contagious!  
Have fun!

MRWSA *partners* with CASASC (Central Alberta Sexual Assault Support Centre)

*Stacey, Sexual Assault Counsellor* is available for an appointment

on Wednesday or Thursday in Rocky Mountain House

call 403.340.1124

*Services for individuals Affected by Sexual Assault Offered at No Cost*

**Check out MRWSA Facebook page for more news, information and programs.**

**Check out MRWSA Website <http://mrwsa.albertashelters.com/index.php>**

### ....upcoming event

 Walk a Mile in Her Shoes®  
www.walkaMileInHerShoes.org

**Calling all of Rocky Mountain House & Area**

**THE INTERNATIONAL MEN'S MARCH  
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE**

**Take Up the High Heel Challenge**

*Mountain Rose Women's Shelter Association* presents their 3<sup>rd</sup> annual "Walk a Mile In Her Shoes®" Fundraiser  
Prepare to make a difference... **challenge** another company, a group, your family, or just a friend. Walk as a group, walk as a family, or walk alone – this event will be fun filled for everyone. Join us on Saturday, September 20<sup>th</sup>, 2014 at noon for laughter, fun and serious walking. For registration, information or if you would like to sponsor this event please call 403-845-5339, fax 403.8452124 or email [ceaston@mrwsa.net](mailto:ceaston@mrwsa.net). We look forward to seeing the support of our community!

**As a Community Member, I Support Mountain Rose Women's Shelter Association**

by giving a gift of \$ \_\_\_\_\_  by giving a monthly gift of \$ \_\_\_\_\_

**Name:** .....

**Address:** .....

**City:** ..... **Province:** ..... **Postal Code:** .....

**Home Phone:** ..... **Cell Phone:** .....

**Email Address:** .....

would like volunteer information  would like to sponsor an event  would like to do a third party event

Please mail your completed form and make cheque(s) payable to:

Mountain Rose Women's Shelter Association  
Box 325  
Rocky Mountain House AB T4T 1A3

**Project & Grant Supporters**



Next to New Store

Town of Rocky Mountain House

Hospitaliers Order of St. John of Jerusalem

GOVERNMENT OF ALBERTA Human Services Ministry

**Thank you to all event sponsors, community donors & volunteers**

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Women's Shelter Association's e-Newsletter because you are currently or have historically supported MRWS as a volunteer, member or community supporter. If by chance your email address was added by mistake, please accept our apology and contact [ldallacosta@mrwsa.net](mailto:ldallacosta@mrwsa.net) to be removed from our e-mailing list.

Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact [ceaston@mrwsa.net](mailto:ceaston@mrwsa.net) directly if you have ideas for future newsletters, any comments, questions or concerns.