



Victoria
Women In Need
Community Cooperative

HANDS UP!
Monthly Newsletter



Hands Up! January 2012

New! Crisis Support Referral Program

We are thrilled to introduce our new Crisis Support Referral program. This is the result of a reassessment of our former Walk-In program, which issued immediate vouchers for basic needs at our Pandora store. We have made some major changes in order to better meet the needs of women in our community.

We are now distributing more WIN gift certificates throughout the community and conducting an assessment of each client's needs in order to provide them with a comprehensive individualized referral package which will likely include at least one community organization that issues WIN gift certificates. Our hope is that in doing so we will help women open doors to resources that they may not have previously been aware of and create an enhanced sense of community in the process.

If you or a woman you know requires support, print off this form and either bring it in person to our Pandora store (785 Pandora Ave) or fax it to us at 250-412-0654. We will respond as soon as we can – usually within one business day.

All information will be handled in accordance with the Personal Information and Privacy Act. To see WIN's privacy policy, ask the staff at one of our stores.

Volunteer Profile: Diane Holder

Diane has been volunteering with WIN since 2003 pricing books and, currently, assisting with the assembly of New Start packages. When Diane first came to Victoria she stayed at a shelter and was able to access some items she needed through our Gift Certificate Program, which motivated her to volunteer.

Donor corner: furniture needed

We are currently running low on furniture, particularly gently-used furniture items we need for our New Start clients, who are leaving abusive relationships and starting fresh. These items include:

- small sofas/loveseats
- living room chairs
- coffee/end tables
- small dinette sets
- CLEAN boxspring/mattress sets

While we are incredibly grateful for your donations, please be aware that we cannot accept furniture that is soiled or broken as the costs of mending or disposing of items we cannot use takes funds away from our programs. To see our quality standards guidelines, please ask our staff in stores. For more information about donating to WIN, or to schedule a furniture pickup, call 250-480-4006 ext 204.



Diane loves the Pandora store, a great place to get almost anything a person needs. Favourite WIN moments include the countless times she's heard customers exclaim "It's like winning the lottery" when they make a great find. Seeing New Start thank-you letters from clients including kids' artwork is especially meaningful. Diane loves the close-knit family at Cook street as well, and was hard-pressed to name a single favourite location. Everything from having the opportunity to put together New Start packages to the holiday parties make volunteering at WIN the right fit for Diane.

Co-operatives build a better world

The United Nations has declared 2012 the International Year of Cooperatives with the goal of raising public awareness of co-ops as an alternative means of doing business and the incredibly valuable contributions that co-operative enterprises make in poverty reduction, employment generation and community integration.

WIN is a proud enterprising social co-operative where employees and volunteers have voice in the strategic direction of the organization and the opportunity to gain governance skills while working to support the self-sufficiency of women in our community. To learn more about WIN's transition to a co-operative model, please visit our website at www.womeninneed.ca.

“Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility.”

Ban Ki-moon,
United Nations
Secretary General

WIN Shoppers' Circle rewards are here!

WIN circle points are being launched January 30, 2012. Every purchase you make earns you points, and for every 500 points you can redeem \$5 to spend in-store. If you are not already a WIN Circle member, sign up before the end of February 2012 and receive 25% off a purchase.

Transformational Learning Feb 2012

Next month's Transformational Learning session will be an introduction to NVC (Non-Violent Communication). Spaces are limited but if you are interested in being placed on the wait list or would like more information, email programs@womeninneed.ca

More free learning: Fernwood University!

Starting January 17th, a collaboration of Fernwood residents is offering "Fernwood University" every Tuesday evening at 7:30pm at the Cornerstone Café for 11 weeks. Lesson 1 is on Urban Sustainability and lesson 2 is on Neighbourhood Power. For more information, reading list and other inquiries, see www.fernwoodnrg.ca.

Part of the Solution

Starting this month we are piloting a wood recycling program!
Our employee Environment Committee meets regularly to monitor the ways our operations impact the planet and we are always looking for and improved ways to reduce our footprint. This is a strategic goal of WIN, and a value that all of our staff and volunteers hold dear.
Stay tuned for update or email win@wincooperative.ca for more details.

A big thanks to Gentle Earth

We are using many Gentle Earth cleaning products in our locations now, in keeping with our commitment to environmental stewardship. They are easy on the planet and smell amazing! We'd also like to thank Scott Kelly of Gentle Earth for making WIN a beneficiary of the 2010 Goddess Gathering event. It was a fantastic evening for women's empowerment and the money WIN received will go directly to women in our community through the WIN Self-Sufficiency Program .
Thanks again!

Why second-hand shopping makes sense

It takes around **1,800 gallons of water to grow enough cotton** to produce just one new pair of jeans, and it releases 33.2kg of Carbon Dioxide. (treehugger.com and ecofx.org)

Not as bad as jeans, it still takes a whopping **400 gallons of water and 700g of fossil fuels** to grow the cotton required for one ordinary cotton shirt – and it creates **450g of landfill waste** (treehugger.com and ecofx.org)

Through our donations here at WIN, **we divert enough waste from the landfill to account for the avoidance of 732 tonnes of CO2 equivalent!**



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