

SEPTEMBER 2024

# LET'S CONNECT

Official Newsletter of  
Central Alberta Sexual Assault Support Centre

## CASASC's Giving-Hope campaign has officially launched

Individuals, families and local businesses are being called on to give hope to central Alberta through sponsorship, volunteerism and social media.

With an unveiling of the [Giving-Hope.ca](https://giving-hope.ca) website on September 1, the Central Alberta Sexual Assault Support Centre (CASASC) has announced new sponsorship and donor opportunities.

Giving-Hope is a fundraising campaign and sponsorship initiative stemming from CASASC's on-going mission to break down barriers to care and education for central Albertans and their families who have been affected by sexual violence.

All CASASC's programs and services are free-of-charge, including their 24-hour Support Line which has handled 7,897

calls and messages in the last two years. Sponsorship of programs and services would give the centre, and clients a peace of mind when it comes to services and programs. Clients will be able to rely on our services and know that they will continue to be free-of-judgement, free-of-referrals and free-of-charge and the staff and volunteers will be able to continue to provide the best care and education with the best resources and service.

The newly launched Giving-Hope website will showcase the important work that CASASC is doing, with features such as donation processing, video and photo galleries, online store, and social

media integration to engage with supporters and raise awareness about the services available.

If people aren't able to contribute financially, they are being encouraged to track Giving-Hope's progress and spread awareness by using #GivingHopeRD.

Central Albertans passionate about making a difference in the community that are interested in being part of the dedicated investors and donors are encouraged to email [Giving-Hope@CASASC.ca](mailto:Giving-Hope@CASASC.ca). Your contribution will help CASASC continue to provide these vital services to those who need them, serving as a guiding light during a time of uncertainty and adversity.



## CASASC WILL BE CLOSED ON SEPTEMBER 30

FOR REFLECTION AND RECONCILIATION

# National Day for Truth and Reconciliation

Free-Anonymous Support  
**24-Hour Support Line**  
1-866-956-1099



## Patricia Arango receives Business Leader of the Year nomination

*Red Deer and District Chamber*

Patricia Arango, Executive Director of CASASC has been nominated for Business Leader of the Year Award.

The Red Deer District Chamber announced the 2024 Business of the Year finalists today for central Alberta's most prestigious business awards.

An independent adjudication committee comprised of local business leaders selected 18 finalists from more than 95 nominees in this annual celebration of business excellence.

"This year's list of finalists is nothing short of inspirational" says CEO Scott Robinson.

"With our presenting partner Servus Credit Union back for a third year, we look forward to our 130th anniversary edition of our Business of the Year Awards and celebrating the accomplishments, perseverance and innovation that these businesses represent."

Businesses are nominated by the public, and a committee. The committee then conducts a comprehensive evaluation to determine the finalists.



As an outcome of this process, the winners are also determined, however the results are sealed and embargoed until the awards ceremony.

Winners of the 2024 Business of the Year Awards will be announced at an annual ceremony, to be held at the Red Deer Polytechnic Arts Centre, Wednesday, October 23, 2024.

Tickets are available online at [www.reddeerchamber.com](http://www.reddeerchamber.com) or at the Chamber office.

# CASINO NIGHT

Volunteers Needed



**SEPTEMBER 11 AND 12**

 RED DEER RESORT AND CASINO

Shifts Available:

Wednesday: 1 pm to 7:45 pm  
Wednesday: 7:15 pm - 2 am

Thursday: 1 pm to 8:15 pm  
Thursday: 7:45 pm - 3 am



To sign-up, email:  
[calbers-manicke@CASASC.ca](mailto:calbers-manicke@CASASC.ca)

# Summer Circuit Wrap-Up

Kailee Burkinshaw  
Team Lead/Educator CASASC EDU Team

The CASASC Education and Community Relations Team is wrapping up their 2024 Market Season!

Throughout the summer months, when they are not in schools, the Educators are joined by CASASC staff and summer students to have pop up information booths at local farmer's markets and events. This allows the team to meet with the communities we serve in a personal and approachable way; to share more about CASASC's free-of-charge services and programs. From June until the end of August, the CASASC team had over 1,122 unique connections at over 25 events, farmers markets, or information booths held with local partners. They have a few more community nights and events to attend, and then they will be back in schools again.

The team would like to say thank you to all of the amazing market managers and vendors they have worked or chatted with over the summer.

Is there an event or market you would love to see our team at? Please email [education@casasc.ca](mailto:education@casasc.ca).



## Stay active and safe while heading back to school

Content provided by Alberta Health Services

Back-to-school is right around the corner for many families across the province. Parents and caregivers are encouraged to talk with their kids and teens about active and safe ways to travel to school.

Active travel can boost physical health, build independence and encourage kids and teens to spend time outside.

Here are some practical ideas to get kids and teens safely active this school year.

### Keep safety top-of-mind

Talk with your child or teen about gear, such as bright reflective clothing, that will help them stay safe when they're wheeling to school.

For a how-to checklist, go to [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca) and search "bike helmet yes test."

### Help your child plan for active travel

Talk with your child or teen about ways they can walk or wheel to school such as riding a bike, scooter or skateboard.

For younger children, map out the route and practice it together.

For older children and teens, help them think through the details, such as the route they'll use, and the time it will take to get there.

### Talk with your child or teen about staying alert when walking or wheeling to school

Remind them to put their phones and ear buds away so they can be aware of what is going on around them.

Role model safe active travel. For example, if you are walking to school with your child, cross the road only at marked intersections or crossings. Explain traffic signs and lights. If you are biking to school together, be sure to wear your helmet too.



## Support safe active travel in your community

Find out if there are active travel groups or events at your local school, such as clubs or walking school buses. Help your child connect with other kids who walk or wheel to school. It can be motivating, social and fun for them to travel together.

Listen to your teen's ideas about how to make active travel more appealing.

For example, help them advocate for more pathways or bike, scooter, or skateboard storage racks in public places, or take part in community clean-ups or outdoor art projects.

For ideas, click on the "Healthy Places" tab at [healthiertogether.ca](http://healthiertogether.ca) and then find the "Alberta Healthy Communities Hub."



## BUS STOP SAFETY TIPS

### Make sure your child understands these pedestrian safety rules for crossing the road safely:

- Cross the road at marked crosswalks.
- If there isn't a crosswalk, cross at a corner of the road. If there isn't a corner (like in a very small town), show your child the safest way to cross the road to get to the bus stop.
- Don't cross the road during a red light.
- If your child needs to cross in front of the bus, make sure they wait until the bus driver sees them.
- Teach your child to point, pause, and proceed before they cross the road.

- Walk on the sidewalk. If there isn't a sidewalk, walk on left side of the road, facing traffic.
- Point at the crosswalk with your arm to tell drivers that you're ready to cross.
- Pause to look for traffic. Look in all directions. Make eye contact with drivers and wait until all vehicles have come to a full stop.
- Proceed across the street with your arm out. Look in both directions as you cross to make sure it's safe.

To get to the bus stop safely, also teach your child to:

- be at the bus stop at least 5 minutes early

# National Day for Truth and Reconciliation



September 30 marks National Day for Truth and Reconciliation and Orange Shirt Day in Canada.

The day honours residential school survivors and their families, and encourages Canadians to remember those who did not make it home, while highlighting progress in reconciliation of Indigenous people and Canadian Society.

Started in 2013 by residential school survivor Phyllis Webstad, Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”.

At the age of six, Webstad was taken away from her family on the the Stswecem’c Xgat’tem First Nation to the St. Joseph’s Mission School.

Webstad’s grandmother had bought her a beautiful orange shirt for the first day of school but when she got to the residential “school” all her belongings, including her new orange shirt were taken away. She never saw that shirt again.

The orange shirt has since become a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations, and a way to show solidarity.

An estimated 150,000 children attended the 140 federally-run residential schools in Canada that operated between 1867 and 1996.

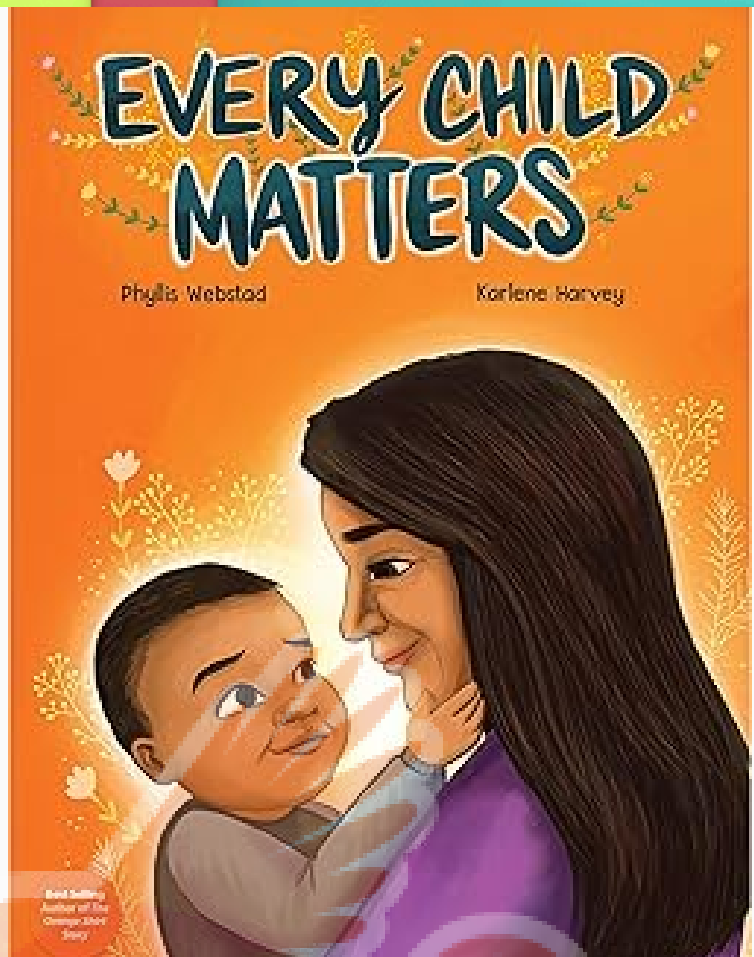
Once the school closed, survivors began advocating for recognition and reparations, demanding accountability for the intergenerational impacts of harm caused.



Their efforts culminated in the Indian Residential Schools Settlement Agreement, apologies by the government, the establishment of the Truth and Reconciliation Commission and the creation of the National Centre for Truth and Reconciliation. In 2012, the National Day for Truth and Reconciliation became a federal holiday in order to enact Call to Action #80 of the Truth and Reconciliation Commission of Canada.

The Call to Action states: 'We call upon the federal government, in collaboration with Aboriginal peoples, to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process.'

As of Nov. 27, 2023, seven provinces and territories with 34.5 per cent of the Indigenous population have made Sept. 30 a statutory holiday and six provinces representing 64.5 per cent of the Indigenous population have not.



### **Every Child Matters**

**By Phyllis Webstad**

[Available on Amazon.ca](#)

### **Mental health supports available**

Former residential school students:

[1-866-925-4419](tel:1-866-925-4419)- emotional crisis referral services and information on other health supports from the Government of Canada.

### ***The Hope for Wellness Help Line***

24 hours a day, 7 days a week for counselling and crisis intervention.

### **Toll-free Help Line**

[1-855-242-3310](tel:1-855-242-3310)

## New to the CASASC crew : Jaelene Tweedle Community Resource Specialist



Prior to joining the CASASC team I spent many years dedicated to building community within local schools, serving on local and provincial boards, and lending my time to many local non-profits and community agencies.

I have deep respect for the work that CASASC does, and it's full circle approach to addressing sexual violence- from education and prevention, to providing vital care and support to clients as they journey through healing and empowerment, I am so grateful for the work that CASASC does.

I was born and raised in Alberta, and my first trip out of the country was to Oahu, to complete a full marathon in Honolulu.

When I am not at CASASC, I enjoy reading, photography, hiking, singing loudly in my vehicle (only when travelling alone, of course), and spending time in community.

## WOMEN LEADING CHANGE 2024



## SEPTEMBER 17

8 AM - 4:30 PM  
RDP ARTS CENTRE

\$150 PER PERSON  
REGISTER  
403-347-4491

## New to the CASASC crew : Angela Fleming Educator

I worked for Red Deer Public School district for 14 years, then decided I wanted to focus my attention on supporting and advocating for Mental Health.

This past year I worked for as a Health Promotion Specialist at Turning Point Society, educating vulnerable at-risk youth and adults who were living in homelessness and struggling with addictions.

I believe strongly in, and I am committed to the goals and beliefs that CASASC has to creating a safer and healthier community and ending the culture of sexual violence. The Educator role allows me to combine my two passions which are preventative education and mental health and awareness.

I have spent my whole profession to being a teacher, a supporter, and an empoweree of confidence.

I am a very active person who loves to walk, run, bike, be outside in our backyard and spend time as much time with my friends and family as I can.

I met my husband Ernie when we were 18 and I am extremely fortunate to have his support and love, we have been married for 30 years.



We have 2 amazing children who live with us Elliot who is 20 and Noah who is 22. We love our animals have 2 Bengal cats named Piper and Thumper, two red footed tortoises named Shelby and Waffles and a new rescue kitten named Donut. We are all very close and spend a crazy amount of time together as my children have told me over the years.