



# Newsletter



CHILDREN'S  
COTTAGE  
SOCIETY

Volume 1, Number 7 June 2004

In recognition of your commitment and support,  
Children's Cottage Society of Calgary  
Extends an invitation to attend our

## Volunteer Appreciation Dinner and 2004 Annual General Meeting

Wednesday, June 23, 2004

Blackfoot Inn (Heritage Room)  
5940 Blackfoot Trail SE

Doors open: 5:30 pm

AGM: 6:00 pm

Dinner: 6:45 pm  
programme following

Dinner at no cost for volunteers and staff  
Guests: \$14.00 per person, payable at the door

**RSVP to 283-4200 by June 16th**

Email: [tlees@childrenscottage.ab.ca](mailto:tlees@childrenscottage.ab.ca)

*If you have special food requirements, please let us know when you RSVP.*

### INSIDE:

Message from the President . . . . .	2
Making a Difference . . . . .	2
Gifts that Give Twice . . . . .	2
Volunteerism . . . . .	3
Volunteer Positions Available . . . . .	3
Some of Our Friends . . . . .	3
Sponsorship Opportunities . . . . .	4
Community Respite Program . . . . .	4
Fifth Annual Radiothon . . . . .	4
Respite Care Connection . . . . .	5
Alberta's Promise Initiative . . . . .	5
Calgary's Child Magazine . . . . .	5
Support the Children's Cottage . . . . .	5
Children's Cottage Wish List . . . . .	6
From the Mouths of the Children . . . . .	6
Upcoming Events . . . . .	5

#### CHILDREN'S COTTAGE SOCIETY OF CALGARY

845 McDougall Road NE Calgary, Alberta T2E 5A5

[www.childrenscottage.ab.ca](http://www.childrenscottage.ab.ca)

Main Office: 233-2655 Volunteer Office: 233-2680

Fax: 233-2684 Community Respite: 283-4275

Fundraising: 283-4274

# MESSAGE FROM THE PRESIDENT

With all the time and effort we put into raising money for the Children's Cottage, we can sometimes forget that in addition to those fundraising dollars, we depend on a committed staff and volunteers program to carry out all the good work at the Cottage.

We have 64 dedicated, full- and part-time staff working in the Cottage and in all its related programs. The staff is, in turn, supported by incredible volunteers, and coordinated by Barb Perry. Annually, the volunteers contribute an additional 7,250 hours of warm and caring support for children and families.

To all of our full-time, part-time and volunteer support, a heartfelt "Thank You," from the Board of Directors; without you,

needy children and families would be in dire straits and our city would be a less desirable place to live. Money helps us get the job done, but the friendly, caring staff and volunteers ensure that children and families move through their issues with the least amount of stress.

As a Director, businessperson and father, I want to make sure that none of us underestimates how critical the contributions of the Cottage staff and volunteers are to achieving the goals of the Calgary Children's Cottage and how much the Board and Members of the Children's Cottage Society of Calgary appreciate those contributions.

*KEN PATTENDEN*

## CHILDREN'S COTTAGE...MAKING A DIFFERENCE TO CALGARY'S CHILDREN AND FAMILIES!

The programs of the Children's Cottage represent key components of comprehensive family support as a child abuse and neglect strategy. Everyone involved, from staff to volunteers to directors, funders and generous donors, are passionate toward ensuring that Calgary has a strong system of crisis care, respite services, and in-home support programs. Respite has been shown to improve family functioning, enhance parents' capacity to cope with stress, and improve attitudes toward their children.

In 2003, the caring community of the Children's Cottage Society made a difference to **3821** children from **2966** parents.

Respite is not costly and it truly works!

*Patty Kilgallon*

Executive Director of the Children's Cottage Society

<i>Program</i>	<i>Children</i>	<i>Families</i>
<i>Crisis Nursery</i>	<i>1264</i>	<i>806</i>
<i>Community Respite Program</i>	<i>2159</i>	<i>1831</i>
<i>Respite Care Connection</i>	<i>59</i>	<i>50</i>
<i>Family Support</i>	<i>71</i>	<i>32</i>
<i>Healthy Families</i>	<i>268</i>	<i>247</i>
<b><i>Total receiving support</i></b>	<b><i>3821</i></b>	<b><i>2966</i></b>

### THE GIFTS THAT GIVE TWICE

Many companies match the donations of their employees. Some donate to charities in relation to the number of hours an employee volunteers. Some will donate only to charities that their employees are in some way affiliated with. Please ask your employer if they are a matching company. If there is any paperwork you need us to complete for you, Marla Moshansky, Fund Development Manager, will be happy to assist you.

Just call her at 283-4274 or e-mail [mmoshansky@childrenscottage.ab.ca](mailto:mmoshansky@childrenscottage.ab.ca).

## VOLUNTEERISM

---

Our annual Volunteer Appreciation Dinner is approaching quickly. This is our opportunity for Children's Cottage Society to express our gratitude for the incredible support of our 175 active volunteers and the 150 members of the community who have come out to help at one or more of our fundraising or special events in the past year.

One of my favorite quotes sums up what our volunteers and staff working together offer to Children's Cottage Society clients:

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

*Leo Buscaglia*

While the volunteers that work directly with the children have the opportunity to hug, smile and listen to a child, each hour of a every single volunteer's time, no matter what role you play, is in itself one of those small acts of caring that allows CCS to make a difference in the lives of the children and parents we work with.

We thank you all for your commitment to the Children's Cottage Society and the work that we do to keep "safe children in healthy families."

Barb Perry,  
Manager, Volunteer Program

Contact Barb Perry at 233-2680 or email at [bperry@childrenscottage.ab.ca](mailto:bperry@childrenscottage.ab.ca).

## VOLUNTEER POSITIONS AVAILABLE

**Administrative assistant**—any day, Monday through Friday, at both locations (Kensington office and the Children's Cottage Nursery).

**Baker**—any day, Monday through Friday, to bake cookies and treats for the children.

**Housekeeper**—any day, Monday through Friday, to do general light housekeeping duties.

**Story-Time Facilitator**—to read stories to the children two times a week at a designated time to be determined.

If you are interested in any of these rewarding volunteer opportunities, contact Barb Perry at 233-2680 or email at [bperry@childrenscottage.ab.ca](mailto:bperry@childrenscottage.ab.ca).

## SOME OF OUR FRIENDS

---

*To continue the depth of services available to the children and their parents is only possible through the dedicated support of our many friends of Children's Cottage Society. Some of our friends include:*

**Hamilton Hall Soles/Ray Berndtson celebrated St. Patrick's Day with a Guinness and Green Celebration Event at the Calgary Petroleum Club** with donations going to the Children's Cottage. Was it the "Luck of the Irish" that Hamilton Hall Soles raised an amazing \$22,000 in just a few hours? Thank you for doing it up first class! Our Irish eyes are smiling.

**Fun n' Sun Dance Extravaganza** was held on February 16th at the Red and White Club by the Lennard Corporation. It was a fun-filled family afternoon with great music and dancing. The Children's Cottage received \$1,000 from this event.

### **Toshiba Canada**

We are the proud recipient of two very beautiful photocopier machines that Toshiba Canada has so kindly donated. We now view the administrative side of life in a new light. We are so appreciative! Thank you, Toshiba Canada.



### **Zellers/HBC**

In celebration of being 334 years old, Zellers threw a birthday party and shared proceeds from individual store fundraisers. The Children's Cottage was very fortunate to receive \$5,000. What a wonderful birthday gift. Thank you!

### **Calgary Co-op**

"Seymour" the bear was not only irresistible but a great philanthropist. Calgary Co-op raised a whopping \$14,649. What great leadership you show in the community. Thank you, Calgary Co-op.

### **Lotus Light Charity Society (True Buddha Pai Yin Temple)**

During the Chinese New Year celebration, the Children's Cottage was presented with a \$1,000 cheque and some handmade posters with fabulous artwork. We very

much appreciate your continued support from the Society.

**Calgary Flames Alumni Association annual Old-timer's Hockey Challenge** took place March 4th. Our 23 volunteers were given the opportunity to sell 50/50 tickets. These hardworking volunteers had a fun evening and successfully sold \$9,000 of tickets. Pretty remarkable! Thank you to all volunteers and the Calgary Flames Alumni Association.

### **Johnston Equipment**

Thank you once again for donating the shelving for our Christmas Toy Room.

**PM Signs** for all their support. Thank you for supplying banners for our events; it is greatly appreciated.

**Calgary Flames Foundation and Jim Peplinski** have been a great source of support to the Children's Cottage over the years. We are ecstatic that all their hard work as a team has paid off. Go Flames Go!

Thanks to **Region 3 Calgary and Area Child and Family Services Authority** and **The City of Calgary, Family and Community Support Services** for ongoing funding.

# CHILDREN'S COTTAGE SOCIETY SPONSORSHIP OPPORTUNITIES

THE POSSIBILITIES ARE ENDLESS IN HOW YOU CAN SUPPORT THE CHILDREN'S COTTAGE

Your donation of \$400, or \$33.33 a month, pays for crisis care and a safe shelter for one child for three days.

---

\$1,000 pays for...	Diapers for six months	\$16,000 pays for...	Meals for one year
\$1,000 pays for...	Socks and underwear for 1,300 children	\$18,000 pays for...	Utilities for one year
\$1,500 pays for...	Baby food and formula for one year	\$28,000 pays for...	Office space for Outreach and Community Respite Programs serving more than 2,000 children
\$2,000 pays for...	Medical supplies for one year		
\$3,000 pays for...	A year's worth of parent transportation	\$40,000 pays for...	Caring for 100 children and families in one year
\$4,000 pays for...	A year's worth of diapers and formula	\$66,000 pays for...	Information technology equipment and support for one year
\$9,000 pays for...	Maintaining the Crisis Nursery land and buildings so that children staying with us are in a safe place	\$817,456 pays for...	Operating the Crisis Nursery for one year
\$10,000 pays for...	Four crisis lines so that a parent who needs help can reach us		

---

## COMMUNITY RESPITE PROGRAM

Are you interested in supporting families who are experiencing stress without leaving your home?

Children's Cottage Community Respite program is looking for community members to open their homes and provide care for children while their parents can not.

The Community Respite Program offers a range of respite and crisis child care options to families with children, newborn to age 12, when the parents are experiencing personal and/or family stress

and have no other support available. The program allows parents the ability to seek out and plan assistance prior to reaching a crisis level or prior to harming their child.

We are looking for interested families to open their homes to these children.

Providers can offer support by:

1. Daytime space: the provider would care for a child/children during daytime hours.
2. All-time space: the provider and their

family would open their home to a child/children for care during daytime, evening, overnight or weekend times.

Every provider determines their availability, ages of children and any other considerations. ***Even one weekend a month would make a difference!***

If you are interested in supporting families and caring for children and want more information, please call Lynette at 283-4275.

---

## FIFTH ANNUAL RADIOTHON REACHED ITS \$100,000 GOAL



On December 2nd, the Children's Cottage Society held its fifth annual Radiothon live from the centre court of Bow Valley Square (205 – 5th Avenue SW). The Breeze 103.1 was live on location generating tons of excitement. Thank you to Micheal Godfrey and Pat Donelan; we could not have done this without you!

There were about 100 volunteers onsite answering pledge lines, as well as

receiving donations from supporters on location. A heartfelt thank you to the guests who came out to support us, including Mayor Bronconnier, The Right Honorable Joe Clark, Alderman Joe Ceci, Alderman Madeleine King, Jim Peplinski (Jim Peplinski's Leasemaster National and Calgary Flames alumni), and Tim Hamilton (Hamilton Hall Soles/Ray Berndtson). Marcus Crandell and Wes Lysak from the Calgary Stampeder Football Club also dropped by. Thank you all! You sure knew how to get the phones ringing.

### *Our Sponsors:*

The Breeze 103.1, Bell Canada, Bow Valley Square, The Calgary Sun, Pattison Outdoor Advertising, Prime

Communications Service Ltd., Radar's Rentals, Taco Time Canada Inc. (Ken Pattenden, President) and Tag.

Our gratitude and thanks go out to you for making this run so smoothly and helping us to achieve and exceed our goal.



## RESPITE CARE CONNECTION

The Respite Care Connection seeks to support and strengthen families caring for children with challenging behaviours. Many of RCC's families are completely without respite opportunities because of their children's severe behaviours. RCC's goal is to prevent family breakdown by giving parents/guardians this much-needed respite and children a positive time away.

Winter Day Camp 2003 and Spring Break Camp 2004 were both very successful! Many of RCC's children find success with our day camps that they have not found with other programs. This can be attributed to the expertise of the workers and the close supervision offered. Some of our parents/guardians had this to say of RCC's programs:

"Having the staff use behavioural techniques suited to my child was great."

Respite "gave (my child) an outlet for his energy and gave me a rest."

The Respite Care Connection continues to provide Saturday Groups throughout the year where a variety of indoor and outdoor (creative and active) activities are pursued. One-on-one workers are also available to work with children. The Summer Day Camp will be offered again this year for the months of July and August.

Overnight respite is also provided through foster homes. Families are afforded renewal time and the foster parent caregivers feel they are really making a difference.

For more information on any of RCC's programs please call the Respite Planner, Susan Matsalla, at 233-2681.

## ALBERTA'S PROMISE

The Children's Cottage is proud to be a partner with Alberta's Promise, a Partnership with Children and Youth.

Alberta's Promise initiative is designed to raise awareness and motivate all Albertans about the importance in Alberta's children and youth.

The Children's Cottage Society recently attended a ceremony to receive the "Little Red Wagon" for our partnership with Alberta's Promise. The symbol represents "every child should have a Little Red Wagon...A Little Red Wagon to pull around the heavy load of life...A Little Red Wagon to pull around his or her dreams. The Little Red Wagon also has a handle so that an adult can come along and help when the road is particularly difficult or rocky."

## THANK YOU, CALGARY'S CHILD MAGAZINE

Ellen Percival and Sherry Kerr, the publishers of *Calgary's Child Magazine*, hosted the *Calgary's Child Magazine's* Parent Choice Awards on February 24, 2004. For the first time ever, the

Publisher's Award was introduced, which recognizes the work of an organization in Calgary whose work supports children and families. Patty Kilgallon accepted this award, which now proudly hangs for all

to see at the Crisis Nursery. The honor bestowed upon the Children's Cottage staff and volunteers is so appreciated and valued! Thank you, Ellen and Sherry!

## I WOULD LIKE TO SUPPORT THE CHILDREN'S COTTAGE SOCIETY

Please use this. Your gift of \$33.33 a month for one year will keep a child safe at the Children's Cottage.

### DONATION

- I have enclosed a cheque for \$ \_\_\_\_\_
- Please charge \$ \_\_\_\_\_ to my credit card  
Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
Name on card: \_\_\_\_\_ Signature: \_\_\_\_\_
- I have made a donation on-line at [www.childrenscottage.ab.ca](http://www.childrenscottage.ab.ca)

### INFORMATION REQUEST

- Please send me information about planned giving
- I have included the Children's Cottage Society in my estate plans
- I am interested in volunteer opportunities
- I would like to receive future newsletters by email: \_\_\_\_\_

### ABOUT ME

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

### RETURN TO

Children's Cottage Society  
845 McDougall Road NE  
Calgary, AB T2E 5A5  
ph: (403) 283-4274 fx: (403) 283-4393  
email: [mmoshansky@childrenscottage.ab.ca](mailto:mmoshansky@childrenscottage.ab.ca)

The Children's Cottage fundraising campaigns are estimated to cost \$87,800, raising a gross revenue of about \$657,705.  
Charitable Registration Number 10691 4534 RR0001

# CHILDREN'S COTTAGE WISH LIST

## **CLOTHING AND DIAPERS**

Girls' and Boys' socks—newborn to size 8  
Girls' tights—ages 1 to 8  
Girls' and Boys' underwear—up to age 8  
Diapers—all sizes including pull-ups  
Pants for girls and boys—up to age 8  
Shorts for girls and boys—up to age 8  
Dresses for girls—up to age 8  
Summer hats and caps—for all ages; baby hats should cover their ears  
Bike helmets for ages 3 to 8

## **CREAMS, TOILETRIES**

Glaxal Base cream  
Penaten cream  
Children's toothpaste  
No-tear baby shampoo  
Conditioner  
Vaseline  
Children's sunblock  
Q-Tips  
Liquid hand soap  
Baby lotion  
Hair brushes, combs, barrettes

## **HOUSEHOLD SUPPLIES**

Paper towels, Kleenex  
Mr. Clean or other floor cleaning solution  
Bleach  
Windex or other window cleaning solution  
Dish towels

ABC Detergent  
Fabric softener sheets  
Water spray bottles used to sanitize change tables, beds  
Band-Aids

## **LINENS AND TOWELS**

Bath towels  
Face cloths  
Bibs  
Bed linens for twin beds  
Crib sheets—Gulliver Ikea sheets and oversized crib sheets

## **FOOD/FORMULA**

Baby food  
Baby formula  
Bread  
Cereals—Rice Krispies, Cheerios, Shreddies  
Baby Cereal—rice, oats, mixed  
Soups—all kinds, large tins  
Vegetables  
Canned tuna  
Jam—strawberry  
Pickles—dill, bread and butter  
Brown beans  
Pasta noodles, spaghetti  
Canned fruit  
Salad dressings—Ranch, Thousand Island, Miracle Whip/Mayo  
Meats—chicken, hotdogs, hamburger, pork chops, fish sticks  
Cheese—slices, medium cheddar

## **OFFICE SUPPLIES**

Black pens  
Post-it Notes

Mouse pads with wrist rest  
Paperclips  
Tape  
Binders  
Brown envelopes  
Inter-office envelopes  
Paper—legal and letter size  
Label sheet sticker paper  
Expanding files—"Colour Wave"—13-pocket" (Staples item #494123-J2)

## **OFFICE EQUIPMENT**

Multimedia projector  
Bulletin boards—rounded corners—11x14 and 18x24  
Laminating machine—"3M LS1000 Cool Laminating System" (Staples item #388390-J2) and Laminating cartridge—"3M DL1001 Front and Back Lamination Refill Cartridge, 5 mil thick" (Staples item #388391-J2)

## **TOYS AND CRAFTS SUPPLIES**

Craft kits  
Washable markers (all colours)  
Beads, paint brushes, paints and finger paints  
Sand box toys—shovels, pails, plastic trucks  
Crayons  
Colouring books  
Children's musical instruments for sing-along  
Children's cultural musical instruments and books  
Dolls and toys from all ethnic groups

## FROM THE MOUTHS OF THE CHILDREN

We all love to hear the things children say. One of our childcare volunteers at the Crisis Nursery shares this story:

"I was reading a book about a dog to a little five-year-old girl and she said to me, "I really like dogs," and I asked her if she had a dog at home. She said, "No, but there is a dog that lives upstairs at my house and sometimes I play with it." I asked her what kind it was and if it was black and white like the one in the book. She said, "No, it's white with brown on it and I think it is half precious and half sweetheart."

Don't you just wonder where these things come from? The story is sweet just like the little girl who told it."

## UPCOMING EVENTS

**Esso (Imperial Oil)** is having Customer Appreciation Day on June 12, from 11am – 3pm. There will be hot dogs and chips for all customers, who are encouraged to donate to the Children's Cottage, and our volunteers will be on hand to distribute information about the Children's Cottage.

**Sun Microsystems** will be hosting their 16th annual golf tournament on July 12, 2004. The Children's Cottage is, once again, the beneficiary. This tournament has grown over the years into a first-class venue.

**The Sixth Annual Radiothon** will be held on December 1, 2004, at Bow Valley Square.



Ph: 403-250-1026

Layout and Design of this Newsletter  
courtesy of Shelley Fisher Graphic  
Design (403) 701-6561