



MARYMOUND MESSENGER

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Centennial Countdown!

April 2011 will mark **100 years** since the original five Sisters of the Good Shepherd stepped off a train from Montreal to set up shop in Winnipeg. These good Sisters were the original founders of what is now Marymound, an agency that works with over 2500 young people and their families in our Winnipeg and Thompson locations every year.

Throughout 2011, we will be celebrating Marymound's Centennial Year, marking the milestone with a host of events that will appeal to a broad audience base, from supporters to past Marymound staff and youth—anyone touched by the special spirit that is Marymound.

Please join us in commemorating 100 years of caring.



Sisters of the Good Shepherd Dinner
Saturday, April 30, 2011
Crystal Ballroom, Fort Garry Hotel

Four Sisters still reside at Marymound and many more

will travel to Winnipeg for this special event. Staff, family members, volunteers and friends will be on hand to honour the remarkable ladies who started it all.

By invitation only.

Marymound 100th Anniversary Reunion

Saturday, September 10, 2011

On the Marymound grounds

Day-long event featuring musicians, entertainment, food, children's activities and many special guests. Free for everyone in the community, former clients, current clients, current/former staff and volunteers, friends and family, agencies, suppliers and donors. *FREE.*



G A L A
CELEBRATION
Saturday, October 15, 2011



Saturday, October 15, 2011
Grand Ballroom, Fort Garry Hotel
Janice Filmon, Honourary Chair

An evening to remember: gourmet dinner, stellar entertainment, a silent auction, notable guests and a special Marymound surprise.

Tickets: \$175.00

Watch www.marymound.com for breaking news on Centennial events or call Lynda at (204) 336-5265!



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SUMMERTIME... A TIME FOR WORK EXPERIENCE

If you live in Winnipeg, you've likely bemoaned the erratic summer weather we experienced in 2010. One day it was very hot and humid, while the following day we were hit with a deluge that flooded basements (and Marymount's parking lot.)

For people who work out of doors, it has been a challenge. Anthony is one of those people. The 18-year-old worked in the summer Student Work Experience Education Program (SWEET) funded by the Graham C. Lount Family Foundation – and most of it was outside.

"I mow the lawn, trim hedges, do weeding, and all kinds of landscaping," he said in an interview in August. "Some jobs are kind of messy, like digging trenches, especially when there's a lot of water around. But if a job needs to get done, you've got to do it."

It's this kind of attitude that has resulted in visible changes in the landscaping around Marymount. At the beginning of the summer, a huge pile of wood chips was delivered, dumped on the lawn in front of the Treatment Foster Care building. Day by day, it got smaller and smaller until all the chips were distributed around the property. Anthony and Sasha (see her story next) worked away at that pile, shoveling wheelbarrows full, even though the task seemed endless.

Anthony heard about the summer opportunity through his support worker, Jason, at Marymount's Independent Options Program (IOP).

Designed to help young people (ages 16 -21) who are transitioning from the services provided by Child and Family Services to independent living, IOP staff support each youth in a flexible program tailored to meet the individual's needs.

Anthony lives in his own apartment and Jason maintains regular contact, providing support in areas like budgeting, registering for school/finding employment and other necessary skills. This fall, Anthony plans to attend school

with a goal to become a carpenter. "It's a trade that has real market demand," he explained. "Plus it can come in handy in your own home. Doing your own repairs can save you lots of money."



Anthony tackling the mound of woodchips

He cites the experience he's had at Marymount as valuable for the future. "I like that this job is active. We aren't meant to sit around all the time. I've really learned some skills and have gotten pretty good at landscaping. I'll be able to do my own gardening one day. Having a job means discipline - it keeps you occupied."

When he's not working, Anthony enjoys practising Kung Fu, which he's been doing since he was 12. He has adopted the Buddhist religion and

considers himself a compassionate individual who can be a good role model for his siblings and cousins. He's always reading, mostly books on psychology and philosophy and enjoys sharing his knowledge with others.



Sasha did a beautiful job at the side entrance

Anthony has been a welcome face around Marymount, always offering a genial greeting when you encounter him. We'll miss his friendly face now that summer is over.

"I like cleaning."

It's not every day you hear *anyone* utter these words, let alone a teenager. Nevertheless, this is exactly what Sasha said in a recent interview at Marymount School. I found the 16-year-old hoisting a bucket of soapy water, ready to tackle a classroom at the school, getting everything ship shape for the start of classes.

Sasha has worked all over the Marymount grounds and buildings as part of SWEET this summer, from Monday to Friday from 8 a.m. to noon each day. She lives onsite in the Managed Care Program, but still feels that the discipline of work has taught her something. "It's helped me get ready for work," she said. "I have to get up early

every day.”

Sasha learned about the opportunity to work here this summer from Mardy Yager, who heads up the Green Initiatives Program. “I said ‘sure’ when he asked me.”

It’s been plenty of hard work. As well as moving all the wood chips with Anthony, Sasha put down mulch, weeded flower beds, cut the grass and the suckers off the many trees on the property, dug the trench and cleaned the entire school. Cleaning was her favourite. “The trench was the worst,” she said.

Sasha has lived at Marymount for a year and went home to her family in September. She plans to continue with activities she participated in while she was here. “I liked the boxing Jay (a Marymount School Education

Assistant) taught us. I want to join a club back home.” Sasha went to the Sundance Ceremony in Selkirk this past July and wants to dance next year. “I like the dancing and want to continue with the cultural stuff I learned. I also like writing poetry.”

Sasha is a member of the Strong Singing Turtle Women, the drum group at Marymount. They play all over the city, at various events and ceremonies. Sasha even did a television interview on City TV for Family & Culture Day.

Everyone has been pleased with Sasha’s work and we’ve been delighted to see her learn and grow along the way. We wish her all the best as she returns home.

What will she miss the most about Marymount? “The staff,” she said, without hesitation.



Looking Out for the Future of our Youth - Going Green at Marymount

by Mardy Yager, Green Initiatives Coordinator

We are proud to announce that Marymount has become a leader in environmental issues for nonprofit agencies by actively supporting and implementing a plan for green initiatives. In the last two months alone, a host of environmental programs has been set in motion. All programs are geared toward finding ways to lessen our environmental footprint while maintaining our fiscal responsibilities and our mission.

During the summer, all of Marymount School’s light fixtures were upgraded to use less energy. Manitoba Hydro provided funding for all 240-plus fixtures and our energy payback will occur in under three years. The reduction in energy consumption will continue in perpetuity, saving both power and money for Marymount.



Energy Audit

The second program we’ve completed is an energy audit on the main administration building. This was funded by a grant from the Winnipeg Foundation. The focus of this audit gives Marymount valuable information to allow us to address certain maintenance issues.

Our building is approaching 90 years old and with that come some very difficult decisions regarding upgrades, improvements and general maintenance. Now that the audit is complete, we can effectively prioritize projects to ensure maximum efficiency while maintaining an environmental focus.

Responsible Landscaping

In addition to the above-mentioned projects, we have completed the landscaping here at the main campus. The flowerbeds are maintained without the use of chemicals and the wood chips used are made from recycled pallets, coloured with non-toxic dye made locally in St. Boniface, Manitoba.

We have also implemented the use of a thermal blanket pool cover to reduce energy consumption for heating the pool. As well as reducing heating costs, the thermal blanket allows us to use fewer chemicals in the pool as there is less evaporation when the pool is covered.

Marymount has also switched to more eco-friendly paper for printing and copying. We now use paper product that is FSC certified. FSC certification indicates that the wood used to make this product is harvested from a well-managed forest according to strict environmental, social, and economic standards. FSC is an international, nonprofit association working to improve forest management worldwide.

As we move forward with more programs, we will be looking at reducing food waste, product purchasing, composting, paper consumption etc. Many more initiatives are being explored with the goal to further reduce our carbon footprint.

We are striving to maintain the health of our environment for the youth we serve and for the youth of tomorrow.



Marymound Wish List

Marymound is often looking for donations of in-kind items.

We are looking for the following:



Household Items/Furniture

Our Independent Options Program works with young people who are moving out on their own and in need of household items. This could include *gently*

used, clean, furniture not in need of repair, like couches, bed frames, coffee tables, kitchen tables and chairs.

Entertainment

Event tickets are always welcome -- tickets to the Goldeyes, Blue Bombers, concerts, theatre, movies or IMAX. (We would usually need at least two tickets so that a youth and staff person may attend together.) We can often find takers for tickets on very short notice.

- DVDs suitable for young people -- ages eight - 17 years
- Wii or X Box games

Musical Instruments

Guitars, keyboards, etc.

Recreational

Exercise equipment -- treadmills, sports equipment, passes to swimming pools, recreation centres.



Gift cards are also always welcome.

We unfortunately do not have warehouse facilities so cannot store items.

All donations must be in good condition, must not need any repairs prior to use, e.g., we cannot afford to recover furniture, or repair electronic equipment.

Our needs change daily, so if you think you may be able to help, please phone **Lynda at 336-5265** or email lgilchuk@marymound.com.

Thank you!

Consider a donation to MARYMOUND today!

Now easier than ever at CanadaHelps.org - the safe, secure and convenient method to donate from your home or workplace. Your help means so much. **Thank you.**



MARYMOUND

Finding the good

www.marymound.com

Administration

442 Scotia Street
Winnipeg, MB R2V 1X4
(204) 338-7971
Fax: (204) 334-1496
info@marymound.com

Marymound North

116 Hemlock Crescent
Thompson, MB
R8N 0R6
(204) 778-6067
Fax: (204) 677-5549

Futures

125 Commercial Place
Thompson, MB
R8N 1T1
(204) 677-7820
Fax: (204) 778-3253

Please accept my donation of:

\$200 \$100 \$50 \$25 Other

Name _____ Phone _____

Address _____ Postal code _____

Email _____ (if we may contact you via email)

Tax receipts will be issued for donations over \$10.

Credit card: (circle) VISA MasterCard Card # _____

Expiry _____ Signature _____

For use in Winnipeg ___ Thompson ___

Marymound respects your privacy. This information will be used solely to issue you a tax receipt and to inform you of Marymound activities.



Founded by the Sisters of the Good Shepherd, Marymound is a member of

