



# **Annual Report**

**Apr 1, 2008 to Mar 31, 2009**

4 Hillcrest Street, Unit 8  
Bridgewater, NS, B4V 1S9

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*AGM meeting date: May 13, 2009, 5:15 pm*

## **Mission Statement**

To promote  
sexual and reproductive health  
throughout the lifespan  
by providing  
information, education and services,  
and encouraging  
informed, responsible attitudes  
toward sexuality.



**Sexual Health Centre Lunenburg County  
Annual General Meeting**

Agenda

May 13, 2009

5:15 – 7:00 pm

Public Health Services

1. Welcome
2. Introductions
3. Presentation “*Sexual Health Initiatives in Nova Scotia*” by Carol Rock, Karen Grandy and Lori McCracken
4. Approval of the Minutes from AGM May 7, 2008
5. Board Chair Report – Lori McCracken
6. Executive Director Report – Carol Rock
7. Financial Report – Rhonda Haines
8. Fundraising/Grants Report – Linda Loth
9. Personnel Report –Becky Wentzell
10. Nominations
  - a. Reoffering: Lisa Avramenko, Karen Grandy, Rhonda Haines, Leitha Haysom, Tammy Hubley, Linda Loth, Lori McCracken, Kathy Osler, Greg Selig, Becky Wentzell
  - b. New Nominations:
11. Election of Officers
12. Recognition of past board members
13. Meeting Adjourned



**SEXUAL HEALTH CENTRE LUNENBURG COUNTY**  
**Annual General Meeting**  
**Minutes**  
**May 7, 2008**  
**Held at: River Pub, Bridgewater**

**Present: Board:** Tracey Mader, Becky Wentzell, Greg Selig, Lori McCracken, Linda Loth, Ellen Gordon, Rhonda Haines **Staff:** Carol Rock

1. Chairperson Tracey Mader welcomed everyone to the meeting.
2. Introductions were dispensed with.
3. Minutes from the June 20, 2007 AGM were completed. Three typographical errors were noted: in item 5, *e4njoyed* should read *enjoyed*; in item 6, *Committer* should read *Committee*; in item 8, *fro* should read *for*. Motion to accept the minutes as amended made by Greg Selig, seconded by Lori McCracken.
4. Chair Report: Tracey Mader reviewed the chair report (attached in the 2007/08 AGM Report). Tracey noted the importance of 2008 as our 20th anniversary year.
5. Staff Report: Carol Rock reviewed the staff report (attached in the 2007/08 AGM Report). She highlighted the increased use of the website and the need to create a new one that can be updated.
6. Personnel Committee: Becky Wentzell gave an oral report on the work of the personnel committee. She indicated that a number of difficult issues such as overtime had been dealt with, that a different kind of staff appraisal would be developed and implemented in the coming year, and gave thanks to our ED for her patience and work.
7. Policy Committee: Lori McCracken offered the report as written (attached in the 2007/08 AGM Report).
8. Financial Report: Becky Wentzell presented the report (attached in the 2007/08 AGM Report). Motion to accept the financial report made by Lori McCracken and seconded by Ellen Gordon.
9. Fundraising Committee: Ellen Gordon reviewed the fundraising report (an addendum to the 2007/08 AGM Report). It was noted that the contribution from Debbie Scott should read \$891.00, not \$900.00.
10. Nominations:  
Reoffering: Tracey Mader, Greg Selig, Lori McCracken, Becky Wentzell, Nancy Carpenter, Ellen Gordon, Linda Loth, Leitha Haysom, Rhonda Haines, Debbie Lewis



The chair called three times for further nominations. With no additional nominations, Linda Loth moved to accept the nominations; Lori McCracken seconded.

11. Elections: The following Board members offered to stand for executive positions:

Lori McCracken	Chair
Greg Selig	Vice Chair
Leitha Haysom	Secretary
Rhonda Haines	Financial Officer

The chair called three times for further nominations. With no additional nominations, it was moved by Greg Selig and seconded by Linda Loth that the above slate be accepted as the 2008/09 Executive.

12. Recognition of Board Members/Staff: Carol Rock presented outgoing chair Tracey Mader with a gift and thanks for her work. Greg Selig thanked Carol for her year's work; her gift will be presented later. All members were presented with \$10 gas cards as tokens of appreciation.

13. Meeting was adjourned.

Minutes submitted by Linda Loth

Tracey Mader, Chair



## Board Chair Report

### *Celebrating 20 years of service*

It has been a privilege to be the chair of the Sexual Health Centre board this year, our 20<sup>th</sup> year of offering sexual health services in Lunenburg County. And what a year of accomplishments we have to share this year. First, we were able to obtain United Way funding in the amount of \$6000 for the S.H.I.F.T. project (Sexual Health Information For Teens, Shifting attitudes – improving health). Additionally for 2008, we actively recruited many new members to the centre and increasing some revenue this way. We were also able to secure funding from the Lunenburg Community Health Board to improve upon our website. The board was able to support Carol's endeavour to develop content and share a role on the Eastlink sexual health series. We also celebrated our 20<sup>th</sup> Anniversary by creating various newspaper ads and promoted a Sexual Health Trivia Night at the Knot Pub in Lunenburg.

We were very happy to have our ED and a board member attend a weekend long retreat that discussed the sustainability of NSASH.

We have some great fundraising activities coming up in 2009, with planning already beginning on these activities.

This past year we have had to say good bye to long time board members Ellen, Nancy, and Tracey. We miss their contributions to the board. We were very happy to have 4 new members become part of the board and we look forward to working with Karen, Kathy, Lisa and Tammy into the future.

As always, the centre is made the success that it is through the tireless work of our Executive Director, Board Members and Volunteers. Each have contributed in their individual way that have made my job as chair so much more rewarding. Of course a special thanks to Carol for her work at the Centre in making all the work and special projects a success.

Respectfully submitted by

Lori McCracken  
Chair



# Executive Director Report

## **Programs, Presentations, and Special Events**

### **Safer Sex Supplies Distribution Program**

In order to keep sexually active residents of Lunenburg County healthy, we provide condoms and water-based lubricant free of charge. Easy access to condoms helps reduce the spread of Sexually Transmitted Infections and unintended pregnancies. Access to condoms in rural areas is limited. Some people can not afford them. Some are nervous buying them in a store. Others are afraid someone who knows them might see them. Some are worried about confidentiality. By having them available for free in areas like our office, and in schools and community organizations, people feel more comfortable picking them up, and so will be more likely to use them.



We distributed over 6400 condoms this year which has nearly doubled last year's amount. Regular, lubricated Lifestyles condoms are supplied to members of the Canadian Federation for Sexual Health, through a deal with the condom company. These condoms are available at the office free of charge and at wellness/health events.

We also distribute, free of charge, personal lubricant samples from the same company. This year we distributed 1428 sample packs.

### **Community Presentations**

SHCLC continues to provide free presentations on various topics for schools and community groups.

In January, Forest Heights Community School invited us to a special Physical Activity and Healthy Living day, and we did 2 2-hr sessions, one on Condoms 101 and 401, and one 'Talk with Rock'.

In April, we were invited to the New Germany Wellness Day, which for the first time, involved the male students of the school. We were asked to do both a display and presentations, and we did not 1 but 3 presentations, two on Condomania, and 1 general "Talk with Rock".

In May we received an overwhelming response to "Respecting Sexual Orientation" presentations we offered to Junior High schools in order to celebrate International Day Against Homophobia. We had to turn down some requests, as we could not fit all the classes in. We ended up doing 33 presentations in 7 of 8 junior highs and were invited back to do more for High school (at a Jr/Sr high school). Teachers all claimed it was badly needed and some claimed their school was 'highly homophobic'. These presentations lead to an article in Wayves magazine and a radio interview. We were also invited to speak to students at Lunenburg Jr/Sr high school's "Friendship Friday", a special day about respect. We spoke



about respecting sexual orientation to several classes. Also in May, two of our Board members attended the Parks and Recreation's Volunteer Appreciation Night. A bit about the SHCLC was mentioned and we were able to display some pamphlets and membership information.

Total group educational sessions **increased by 258%** this year, and nearly 2000 people in Lunenburg County, mostly students, received information and education on at least one sexual health topic. Hundreds of others received information through our newsletters and educational emails.

#### April 2008

- 9: New Germany Rural High Wellness Day – 2 x Condomania and 1 “Talk with Rock” (Q&A) session in afternoon, plus a display in another area.
- 15: Chester Area Middle School – 3 class presentations

#### May 2008

- 1: Town Volunteer Appreciation Night
- 9: Lunenburg Jr High “Friendship Friday” event – Respecting Sexual Orientation x 3
- 12: Centre Consolidated – Respecting Sexual Orientation x 9 classes
- 21: Chester Area Middle School – Respecting Sexual Orientation x 5 classes
- 23: Lunenburg Sr High - Respecting Sexual Orientation x 5 classes
- 26: Hebbville Jr High - Respecting Sexual Orientation x 3 classes
- 27: Attended Open House for Teen Place (new youth health ctr in New Germany)
- 30: New Ross Jr High - Respecting Sexual Orientation x 3 classes

#### June 2008

- 6: Bayview Jr High - Contraception, plus Q&A x 4 classes
- 10: Bayview Jr High – Respecting Sexual Orientation x 2 classes
- 13: CKDU Radio Show
- 19: Second Story Women's Ctr – staff training (2 hrs)
- 20: Closing Date for summer

#### July & August 2008

Closed

#### September 2008

- 11: Re-Opening Date
- 17: Bayview
- 17: Mahone Bay Alternate School – SHCLC services
- 22: Taped TV Pilot with Eastlink (Yarmouth)

#### October 2008

- 7: Forest Heights Community School – Lunch hour optional sex ed session - relationships, birth control, safer sex, etc.
- 15: Meeting with Teen Place coordinator re services.
- 24: Keeping Sex Ed Alive in the Classroom – professional training for Family Studies teachers.

#### November 2008

- 13: Trivia Night – Knot Pub – celebrating our 20<sup>th</sup> Anniversary!
- 17: New Ross Consolidated – Respecting Sexual Orientation x2
- 18: New Ross Consolidated – 2 presentations: STIs and Condoms



### December 2008

Provided Forest Heights with info for a display for AIDS Awareness Week.  
22: Closed for holidays

### January 2009

5: Office re-opens  
13: Forest Heights Health Day – Condoms 101 and 401 (2 hrs)  
14: Forest Height Health Day – Talk with Rock (2 hrs)  
15: Parkview Educational Centre – focus groups for SHIFT project (2 x 1 hr)  
19: Forest Heights – focus group for SHIFT project (2 hrs)  
24, 25: First Aid course taken by E.D.

### February 2009

9: Bayview – Sexual Responsibility/How do I know when I'm Ready? X 3 classes.  
10: Bayview – same as above x 1 class  
11: Bayview – Puberty X 2 Grade 7 classes.  
17: ED attended Lunch'n'Learn at Public Health – Hypersexualization of Women

### March 2009

10: South Shore Regional School Board - Healthy Living teachers inservice  
23: Gold River Health Ctr – Menopause (*cancelled due to weather*)

## **Public Awareness Events**

In June, we were invited to do a segment of the “Over the Rainbow” show with Denise Holliday on CKDU 88.1 FM radio. It was about 30 minutes long and was regarding respecting sexual orientation. Word had spread about our overwhelming response and the positive responses from the students and they wanted us to talk about it.

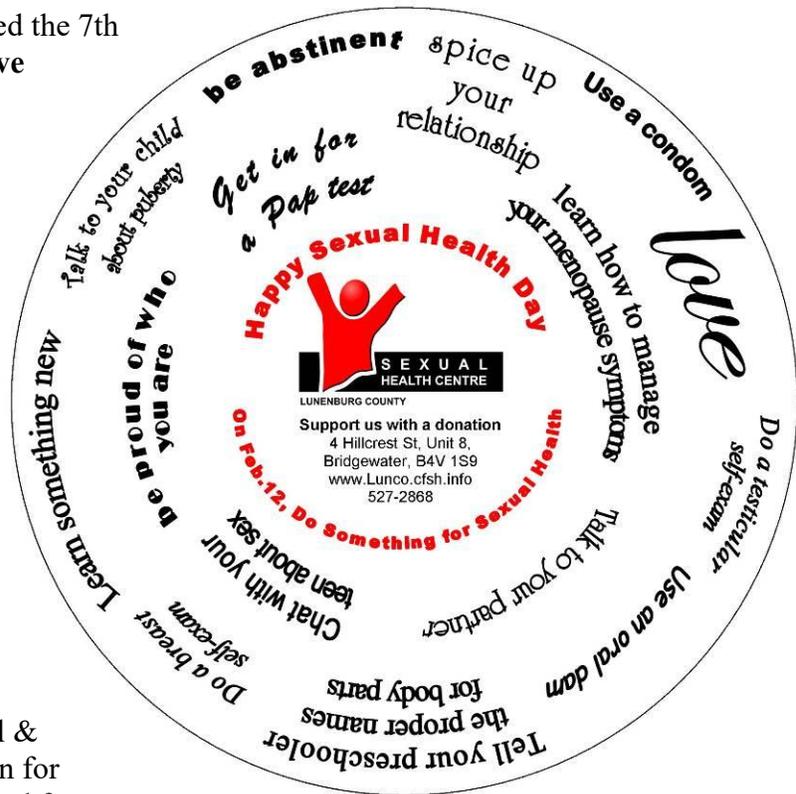
In September we did a presentation on general services that provided by the SHCLC to the students at the Mahone Bay Alternate School.

In the Fall of 2008 we celebrated our **20<sup>th</sup> Anniversary** in the community. We did this by citing “20<sup>th</sup> anniversary” or “20 years of service in the community” on the condom labels and on an order of pens. We also held a Sexual Health Trivia night at the Knot Pub in Lunenburg. To advertise and promote ourselves, a series of 4 weekly advertisements was placed in the local papers, to announce the event. A sample trivia question was asked each week, and answered in the following week's ad, in hopes that it would pique interest in the event and thus increase awareness of the Sexual Health Centre. Trivia night is a weekly event for The Knot, but we partnered to offer this special themed night for our anniversary. We helped by submitting questions to them, and the trivia organizer, Bruce Shephard, also located some interesting questions to add to the list. Condoms were presented to patrons as tickets for the door prize, a Knot gift certificate (which we purchased). SHCLC portfolio/attaché bags were awarded to the winning team. The evening was better attended than regular trivia nights, and some customers said it was much more fun than the regular trivia nights.

In December, HIV and AIDS information was sent to our mailing list and to our Facebook members for AIDS Awareness Week. One high school requested some information for a display they were doing regarding the topic.



February 12, 2009 marked the 7th annual **Sexual and Reproductive Health Day**. We emailed interesting historical information to our mail list and to our Facebook members about “Celebrating 40 Years of Legal Contraception in Canada”, including a CBC interview from 1969. 2009 also marked the 40<sup>th</sup> anniversary of the legalization of the pill. We also put a coloured advertisement in the local paper.



### Professional Training

A manual, “Basic Sexual & Reproductive Health Information for Community Workers” was created for training for community staff other than teachers.

Training for community staff was provided for Second Story Women’s Centre staff in June; a Provincial Inservice session for Family Studies teachers, ‘Keeping Sexuality Alive in the Classroom’ (with SERN nurse Karen Grandy) was done on Oct. 24; and in March 2009, the Healthy Living teachers received an inservice on Sex, Drugs and Media Literacy. We did this in conjunction with Public Health and with Addictions Services.

### Outreach



Whenever an individual client can not physically get to the office, we try to take our services to them, through other community organizations and schools, when our budget has allowed. Guidance Counsellors often call us to provide confidential sexual health counselling, sexual orientation counselling and/or education, or to conduct pregnancy tests and give options information. Public Health nurses occasionally ask us for pregnancy testing or counselling services or information.

Sometimes clients ask us for a home visit, because they are disabled or without transportation. When budget and safety allows, we attempt to accommodate them. We also provide information by email and over the phone to clients who are unable to come to the office.

This year, due to the opening of Teen Place the youth health centre in New Germany, we met with the centre’s coordinator and provided pamphlets and information on sexual



health, as well as using the site as a safe place for sexually active rural youth people to access safer sex supplies (condoms and lubricant).

### **Website**

There was only one, albeit significant, change to the website this year. Access to it (for an administrator) has been difficult and costly. However, we were able to get the username and password, and hired Holm Page Productions to encode our email link. This significantly reduced the amount of spam and junk mail we were receiving by about 90%.

Last year we noted that there has been a 403% increase in the number of website hits, showing that many more people are using the internet to access Sexual Health information. This year the amount of web hits has been maintained close to last year's, at 50,244 hits.

This year we also received funding from the Community Wellness Fund to update our website. The work has only just begun in this fiscal year.

### **Newsletter**

One newsletter was issued this year, in the fall, due to lack of staff resources. Back issues can be viewed on line. Other educational emails were sent out for AIDS Awareness Day in December and for SRH Awareness Day in February.

## **Projects**

### **Eastlink TV Pilot**

Eastlink in Yarmouth approached the Yarmouth Sexual Health Centre regarding doing a TV series about Sexual Health. Yarmouth asked us to partner with them and so meetings were scheduled with Eastlink to brainstorm ideas about what it might look like. In the end, it was decided to do a game show, with a short information segment by a 'sexual health expert' to cover information that wasn't in the game show questions, and a short segment of questions from people on the street, answered by another sexual health expert. The show is planned to be called "Between the Sheets and On the Streets". Taping of the pilot was done in September and other later times, and the pilot and proposal were sent in to the Eastlink head office around Jan/Feb 2009. We are presently awaiting their approval before other shows can be planned and taped. The show may be aired locally only (Yarmouth to Lunenburg County and valley area) or may be aired provincially (N.S.) or possibly in N.B. as well.

### **S.H.I.F.T.**

Funding was applied for and received from United Way to create and distribute 16 pamphlets targeted at teens, to schools and family physician offices. A survey was initially sent to guidance counsellors and doctors to assess which topics would be most needed, and to find how many pamphlets and pamphlet holders should be printed/ordered. Ronnie Scullion at Arttech Studios was hired as a consultant to provide some guidance as to the use of black



and white graphics for the pamphlets, and to help with the development of a template for the group of pamphlets. The pamphlets were developed and edited and then taken to high school student focus groups for further feedback, and then changes in design, wording, and topics were made based on their responses. The time it took to develop, edit, revamp and re-edit pamphlet far exceeded our estimated time. Thank you to Linda Loth and Ellen Gordon who wrote the proposal, and especially to Linda for coordinating the project, ordering the pamphlet holders, for countless hours of editing, and for the delivery of most of the pamphlets and holders across Lunenburg County. Thanks also to Lori McCracken for helping with the final editing, and to the other Board members who helped provide feedback and delivery of the final product.

### **Website project**

Funding was received to update and add to our website, from the Community Wellness fund. Heather Holm of Holm Page Productions met with us to discuss what was possible and we signed a contract with her to do this.

### **Volunteering**

In June, the E.D. created and provided Board members with a Yearly Planning Calendar to assist them with remembering necessary tasks and timelines.

We had 1 office volunteer this year (approximately 1 morning every week or two), as well as the Board Members. One Board member took over the book keeping responsibilities which freed up a lot of time for our staff to focus on direct sexual health work. Special thanks to everyone for their passion and belief in Sexual and Reproductive Health. Volunteer hours were approximately 644, and ranged from 12 for the year to 180.

### **Media/Advertising**

We handed out the last of our pens and magnets to community organizations, schools, physicians, and clients. We re-ordered a smaller amount of nicer, metallic pens to be given to the physicians while delivering the SHIFT pamphlets. At the end of the fiscal year, 1000 pencils were ordered, with our name and the phrase “be responsible – be healthy”.

Following are copies of some of the media attention or advertising we did this fiscal year.



## Financial support for sexual health centre

COUNTY — Debbie Scott, owner/manager of the Kilted Frenchman Steakhouse in Bayport, recently presented \$900 to Sexual Health Centre Lunenburg County.

Ms Scott donated a sizable percentage of revenues from two successful dinners hosted in February and March on behalf of the sexual health centre.

Even one of the area's biggest snowfalls didn't keep many supporters of Lunenburg County's sexual health centre from making their way to the Kilted Frenchman Steakhouse for a special fundraising dinner on February 10. Three weeks later, with nature in a more gentle mood, the Bayport restaurant was fully booked for a second fundraiser.

Ms Scott and sexual health centre board chairwoman Tracey Mader were equally thrilled with the community response.

"The sexual health centre receives some funding from the Nova Scotia Department of Health Protection and Promotion but we rely on fundraising to increase our outreach to Lunenburg County," said Ms Mader. "We are grateful that Debbie and so many members of the community have demonstrated their support for our work."

"When I was approached by the sexual health centre about sponsoring this fundraiser, I immediately said yes," commented Ms Scott. "I feel very strongly that sexual health information should be easily available to everyone. Sexual health centres should be looked after and encouraged."

Now in its 20th year of service, the sexual health

centre (formerly Planned Parenthood) provides education, resources and

services to all ages with a focus on youth. Those looking to support the centre's

work can contact executive director Carol Rock at 527-2868.



# Sexual Health Centre of Lunenburg County

Submitted by Carol Rock, BSc (HEd)  
Executive Director and Health Educator

The Sexual Health Centre for Lunenburg County had a busy spring, which is the norm for us. Spring is when many teachers do the "Sexual Health" unit of the Personal Development and Relationships (PDR) course, so in turn, we have an increase in requests for school presentations and calls from teachers looking for assistance. We also see an increase in client drop-ins and phone calls.

This year, on top of the regular high demand, we celebrated International Day Against Homophobia by offering presentations on the subject to junior and senior high school students, around the week of May 17. With an overwhelming response, the presentations spread throughout May and into June. We completed a whopping 33 presentations just on the topic of respecting sexual orientation to seven of our

eight junior high schools and one of five high schools. We received great feedback from both students and teachers. Almost 700 students received our own pamphlets, and thanks to the Youth Project in Halifax, the schools all received a few copies of the PFLAG poster, "That's So Gay" is So Yesterday."

As we wind down the season (inadequate funding forces an annual summer closure; this year from June 20 to September 15) our dedicated volunteer board will remain hard at work planning events for our 20th anniversary in the fall. It's hard to believe we've been here for that long. Time flies when you're having fun. So if you live nearby, stay tuned to what's

going to happen in the fall!

For questions, contact: Executive Director Carol Rock, 527-2868 (before June 20) or 543-2423 (home, after June 20.)

## Important WAYVES Dates!

**Issue Content Deadlines:** Jul 4, Aug 1, Sep 5, Oct 3, Nov 7; that is, the first Friday of each month. You can send your news, ideas, comments, criticisms, columns, cartoons and more to [submissions@wayves.ca](mailto:submissions@wayves.ca) any time!

**Production Meetings (Halifax):** Monday Jul 7, Aug 5, Sep 8, Oct 6, Nov 10. Help decide what goes in the next issue. 7:30 PM, location: AIDS Coalition, 1675 Bedford Row. All welcome, every meeting.

**Magazine Layout (Halifax):** Jul 13, Aug 10, Sep 14, Oct 12, Nov 16. Help build the paper - no special skills required, just enthusiasm, and joining us even once, or for a few hours helps a LOT! 9:30 AM. **On the stands, in the mail, and online:** Jul 25, Aug 22, Sep 26, Oct 24, Nov 28, Dec 29.

### Our Cover:

Cape Breton Pride last year. Photo by Picturesque Photography.

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**Advertising:** Jim Bain, Advertising Manager; e-mail at [ads@wayves.ca](mailto:ads@wayves.ca) or call 902-889-2229. Responsibility for errors in advertisements is limited to the value of the space.

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Bridgewater Bulletin Oct ~~17~~<sup>21</sup> /08  
 Lighthouse Log Oct 17 /08

Celebrating **20 years** of Providing Sexual Health Services to Lunenburg County



4 Hillcrest Street, Unit 8  
 Bridgewater, NS, B4V 1S9  
 902-527-2868  
 LunCo@NSSexualHealth.ca  
 www.LunCo.cfsh.info

**Did You Know?**

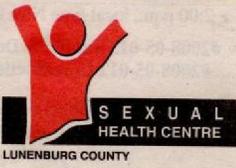
- The Sexual Health Center for Lunenburg County was originally Planned Parenthood Bridgewater. The name was officially changed in December 2005 to reflect the comprehensive work done by the Centre and the larger community it serves.
- Originally part of Second Story Women's Centre, the Sexual Health Centre is now a separate organization, serving everyone in the community.
- The mission of the Sexual Health Centre is to promote sexual and reproductive health throughout the lifespan by providing information, education and services, and encouraging informed, responsible attitudes towards sexuality.

For some lighter sexual facts, join us for  
**Sexuality Trivia Night**  
 The Knot Pub, Lunenburg,  
 Thursday, November 13, 2008, 8 p.m.

**Sample Question: What animals mate for life?**  
 A. Beavers C. Termites  
 B. Coyotes D. All of the above

*Check next week's ad for the answer*

Celebrating **20 years** of Providing Sexual Health Services to Lunenburg County



4 Hillcrest Street, Unit 8  
 Bridgewater, NS B4V 1S9  
 902-527-2868  
 LunCo@NSSexualHealth.ca  
 www.LunCo.cfsh.info

**Did You Know?**

- The Sexual Health Centre:
- provides free confidential counselling.
- has an extensive library and educational resources available to members. (Membership in the Centre is only \$10 a year and helps support our work.)
- provides free pregnancy tests.
- provides comprehensive education sessions to students, teachers, guidance counsellors, social workers, health care professionals and various other groups.

For some lighter sexual facts, join us for  
**Sexuality Trivia Night**  
 The Knot Pub, Lunenburg  
 Thursday, November 13, 2008, 8 p.m.

**Sample Question: During the Stone Age, people weren't clear about how reproduction worked. Many believed that the spirits of children lived in:**  
 A. Fruit C. Tree Bark  
 B. Fire D. Woolly Mammoths

*Answer to last week's question: D. Beavers, coyotes termites all mate for life.*

Oct 24 Lighthouse Log.  
 + Oct 20 Biwater Bulletin  
 Oct. 28



Celebrating 20 years  
of Providing Sexual Health  
Services to Lunenburg County

**Did You Know?**



4 Hillcrest Street, Unit 8  
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902-527-2868  
LunCo@NSSexualHealth.ca  
www.LunCo.cfsh.info

- Condoms are an effective form of birth control and the only method, other than abstinence, which helps prevent or reduce the spread of infections.
- There are a wide variety of styles, textures, shapes, thicknesses and sizes.
- There are latex and polyurethane condoms which are strong and reliable. Polyurethane is a non-latex material effective for those people with latex allergies.
- The Sexual Health Centre provides free condoms and lubricant. Each year we distribute over 10,000 safer sex supplies for free.

For some lighter sexual facts, join us for  
**Sexuality Trivia Night**  
The Knot Pub, Lunenburg,  
Thursday, November 13, 2008, 8 p.m.

**Sample Question: The first known illustration of a man using a condom was**

- A. A portrait painted by Van Gogh in the 1800s
- B. A cave drawing in France from 12,000 years ago
- C. An "adult" comic book from the 1940s
- D. A scientific manual from the middle east in the 12th century

Check next week's ad for the answer

Oct 31 / 08 - Nov 4 / 08

Page 8 The Lighthouse Log, Friday, November 7, 2008

Celebrating 20 years  
of Providing Sexual Health  
Services to Lunenburg County

**Did You Know?**



4 Hillcrest Street, Unit 8  
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LunCo@NSSexualHealth.ca  
www.LunCo.cfsh.info

The Sexual Health Centre will be launching the SHIFT Program (Sexual Health Information For Teens) early in 2009. We are developing brochures for teens that will provide them with accurate and appropriate information to make safe decisions around their sexuality. The Centre will work with physicians, guidance counsellors and other professionals who work with Lunenburg County youth to ensure they get the information they need in making healthy decisions. The Sexual Health Centre is very happy to be able to offer this program thanks to the support of the United Way of Lunenburg County.

For some lighter sexual facts, join us for  
**Sexuality Trivia Night**  
The Knot Pub, Lunenburg,  
Thursday, November 13, 2008, 8 p.m.

**Sample Question: Crocodile dung was once used as a:**

- A. spermicide
- B. lubricant
- C. aphrodisiac
- D. anti-aphrodisiac

Answer to week two's question: During the Stone Age, it was believed that the spirits of children lived in A: Fruit  
Answer to last week's question: The first known illustration of condom use was B: A cave drawing in France from 12,000 years ago.  
Answer to this week's question: A: Spermicide. A spermicide destroys live sperm, preventing pregnancy.

Nov. 7 + Nov. 11, 2008



*May 2008*



**SEXUAL HEALTH CENTRE**  
LUNENBURG COUNTY

**Still located in Bridgewater**  
4 Hillcrest St, Unit 8  
*Corner of Hillcrest & Dufferin*

**Offering:**  
Free Lubricated Condoms  
Free Lubricant  
Free Pregnancy Testing  
Sexual Health Information  
GLBT - Friendly  
Youth - Friendly

**Private and Confidential**  
Call for hours 527-2868  
Closed during Summer



**SEXUAL HEALTH CENTRE**  
LUNENBURG COUNTY

**Still located in Bridgewater**  
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*Wayves June 2008  
(they put us in twice!)*

submissions@w

*Wayves, June 2008*



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*Wayves, July 2008*



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Closed during Summer

*Wayves, July 2008*

Sexual Health Centre for Lunenburg County, Bridgewater: Confidential info, education & support for everyone. Safer sex supplies, library, pamphlets, workshops. 527-2868 email: LunCo@NSSexualHealth.ca web: www.LunCo.cfsh.info (Hours vary. Open by appointment or by chance. Please call ahead.) at 4 Hillcrest Street Unit 8, Bridgewater. (On the corner of Dufferin and Hillcrest Streets). Closed during summers.





STACEY COLWELL PHOTO

Learn something new

Talk to your child about puberty

be abstinent

spice up your relationship

Use a condom

learn how to manage your menopause symptoms

love

Do a testicular self-exam

Use an orval dam

Tell your preschooler the proper names for body parts

Do a breast self-exam

Chat with your teen about sex

Talk to your partner

Do a breast self-exam

Happy Sexual Health Day

Do Something for Sexual Health

to Feb. 12

SEXUAL HEALTH CENTRE  
LUNENBURG COUNTY

Support us with a donation  
4 Hillcrest St, Unit 8,  
Bridgewater, B4V 1S9  
www.Lunco.cfsh.info  
527-2868

ation at the Michelin  
eah Hardy and Maya



## ARTS & ENTERTAINMENT

Veteran local actors, from left, Kevin Dean, Annie Stockdale and Dave Brumwell, shown here rehearsing for last summer's production of "Glimpses," are three of nine performers who will star in "That Penis Thing," a series of vignettes which takes a humorous look at male sexuality.



ROBERT HIRTLE PHOTO

# 'That Penis Thing' takes subject to new heights

By **ROBERT HIRTLE**  
rhirtle@southshorenova.ca

While it may be the most cherished part of the male anatomy, a man's penis, its size and what he does or doesn't do with it has been the butt of jokes for what seems to be an eternity.

Now, a Lunenburg County playwright has taken the art of poking fun at male private parts one step further by penning a series of stage vignettes which he collectively calls "That Penis Thing."

Dave Brumwell says he got the idea to write the play after going to a Vince Morash show in Halifax with several friends, one of whom was Lunenburg resident Georgia Morris, who directed a local stage production of the "Vagina Monologues."

"We were just sitting, chatting like you do and having a bit of fun before the show, and we started talking about the 'Vagina Monologues,'" he recalls. "Somebody, and I don't even know who it was, said, 'You know, we should write a men's answer to that, but I guess it's been done.' We chatted about that and had a few laughs, and that was it, really."

When he got home, however, Mr. Brumwell said he started to think about such a project a bit more seriously and decided that, while he did not want to write something that would be either like, or the opposite of, Eve Ensler's award-winning play, "There is a lot of

material that we could have some great fun with.

"So, I started kicking some ideas around and two or three skits came out. And I started talking to people and the next thing we decided that we're going to have to go with doing it," he says.

Mr. Brumwell describes his creation as "Monty Pythonesque" in nature, a tribute to the British comedy troupe of the 1960s of which he is a huge fan.

"This is really unique. We talk about every subject you can think of, and we tried to make it incredibly funny," he explains, adding, however, that there is also a serious side to the subject.

"Men don't talk about their problems, ever. We just don't. We go to the doctor, maybe, when it gets really serious. But women, if they have a problem with, say, their sex life or something like that, they'll talk to a friend about it," he says. "But guys, we don't go and tell other guys we didn't get an erection last night. That's the height of embarrassment. So this stuff sort of gets set to one side and a lot of men go through life ... just thinking that's how it is."

He says he believes that by addressing sexual problems men might be experiencing in a humorous way, it might make them become aware that there is help available to improve their situation should they need or want it.

"That Penis Thing," which features a nine-member cast of local actors, including Mr. Brumwell, is being directed by

Mahone Bay's Sherry Dean, whom he describes as "a fabulous director.

"She is absolutely amazing," he says. "She has done lots of stuff [including] work with the Women of Wolfville who have done lots of this kind of thing."

Mr. Brumwell says he believes the play, which runs about 90 minutes in length, will attract an audience comprised of both genders, "with a probable bias to the female of the species.

"There is always a fascination about the opposite sex's interesting parts, even more so when their malfunctions are being highlighted in a comical way," he laughs.

Along with bringing humour to an often touchy subject, Mr. Brumwell says he wants the play to also serve as a fundraising vehicle for certain local charities.

"We'll be raising money for fire halls and that type of thing and probably trying to split the gate with them. So the half the gate we get will pay for all the costumes and the sets," he explains.

Performances are slated for four local fire departments, Martins River on April 4, Conquerall Bank April 18, Blockhouse May 2 and Petite Riviere May 30.

The show will also be presented at the Mahone Bay Centre May 1 and at the Days Inn in Bridgewater April 17 as a fundraiser for the Sexual Health Centre.

For more information contact Sherry Dean at 531-2314 or Lyne Hoeg at 644-2823.





## NOTES FROM THE CULTURE VULTURE

### That Penis Thing

Lisa Cochranne

Community theatre has enjoyed a long and varied tradition around this southern shoreline. Since well before the turn of the century, dedicated groups from our coastal communities have been putting on amateur productions and semi-professional performances in a wide range of theatrical traditions. Many players and actors have gone on to professional careers after catching the bug in church basement productions and other freebie, star-for-a-day extravaganzas.

Part of the tradition of community theatre is its benevolent function as a fundraising vehicle for improvements to community groups, like local churches and specific service organizations, like food banks and volunteer fire departments.

One such amateur theatre group, *The Now for Something Completely Different Players* out of Mahone Bay (made up of several members of *The South Shore Players*), was founded just this year. They are presenting their first ever production, an original play written by Dave Brumwell and directed by Sherry Dean, called *That Penis Thing*. If your *That Shocked and Awful* can't guess what it's about, you need to have a long overdue chat with your parents or your urologist.

This 90 minute, Monty Python-esque series of comedic skits centers around all things penial. The ever-eager arbiter of pleasure and reproduction. Both men and women on stage telling it like it really is, exposing the gleeful tidbits we all knew about the big banana but dared not reveal in public. Until now. You know, silly stuff about men and their wobbly bits, coming to a fire hall near you.

According to the email press release, this play noodles with the following sub-topics: "Masturbation. Non-Erection. Size does count. Impotency. Sperm matters. Priapism [persistent painful erection]. Premature ejaculation. Male bonding and mick-ey taking. Lack of, or copious amounts of pubic hair. Testosterone poisoning. S.T.D.s. Depressed Penis. Mr. Penis and Ms. Vagina.

*Nudes for Penis. Sperm Bank. Viscectomy. Plus many more.*" Hummm. Interesting. Maybe it's not entirely suitable for the Church Ladies Guild. But then again, maybe it's entirely suitable for the Church Ladies Guild. Like everything, it depends upon your sense of humour.

*That Penis Thing* is intended to be inoffensive yet hilarious adult satire, with half the box office returns going to the volunteer fire departments we rely upon to keep us safe in emergencies. Firefighters are always in need to funds to upgrade equipment, train volunteers and – I dunno – do whatever they do when we need them to do it in a big bad hurry.

For better bang for their buck, maybe *The Now for Something Completely Different Players* should call their inaugural production *That Fireman Penis Thing*. They could put a cute, buff fireman holding a long water hose on the poster. That's sure to get the hormone replacement therapy rat pack out in droves, as most women of a certain age have a thing for sexy firemen. Could it be a love for the smell of moldy, water-damaged kitchens or just a deep-rooted rescue fantasy?

If you're still not sure, think of it this way: the penis is just another subject that's more than ripe for satire. Imagine the 8 year-old girl's equivalent fixation on her toy Barbie, and the comedy topics to be found therein: Frizzy hair management. New wardrobe shopping addiction. Penma-heel foot massage. Wedding-gown tearing exhalation techniques. Synthetic hormones for 50 year-old dolls. Decapitation trauma relief. And so on. We've all seen Barbies. And most of us have seen penises, so no false modesty, dear readers.

*That Penis Thing* is all about the performers who love creating theatre, putting on a play for the simple thrill of doing it. Writer Dave Brumwell and his unexposed penis (I only spoke to Dave on the phone but he didn't sound like a eunuch), as well as local firefighters and paramedics are also in the cast. *That Penis Thing* is sure to be a memorable night of laughs, whether you're a firefighter, married to one, have survived a house fire or hope never to encounter one.

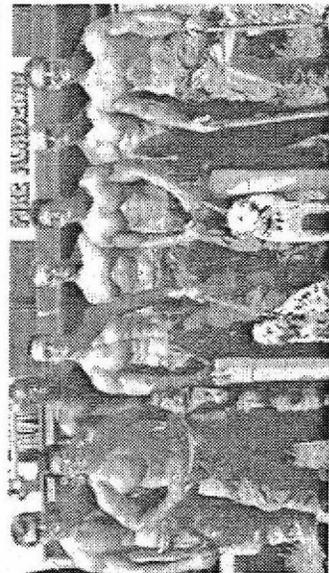
Community fundraisers don't serve their purpose unless the communities get out to support them. So bring your Barbie. Bring your favourite penis or leave it at home but don't be shy. One thing we know for sure about the penis is



— Dear Olive,

*Vessels in Arms and Legs, Increased Heart Rate and Murder. Now I ask you, Joe, what's a wee fib when one can avoid this misery and all the medication that goes with it?*

*Nigel's parents, God rest their souls, were twits. We lived with them for a little over 3 years when we were first married. Three*



File photo

that, as hard as it tries, its bark is worse than its bite. That said, this show is not intended for minors or the faint of heart.

(The Players are still looking for more show bookings, at fire halls or other community centres. All shows are set up as a no cost venture for your venue/charity, with a 50/50 split on box office returns. Individual tickets to be sold in advance and at the door. Phone ahead to individual venues for tickets.)

Confirmed dates/ advance ticket purchase:

Martins River Fire Hall, Sat April 4th 2009.

Contact: Cathy Boehner 627-1188.

Days Inn, Bridgewater, Fri April 17th 2009.

Contact: Carol Rock 527-2868

Conqueror Bank Fire Hall, Sat April 18th 2009

Contact: Tammy Cragford 543-1948

Mahone Bay Centre, Fri May 1st 2009.

Contact: Bob Douglis 624-9921

Blockhouse Fire Hall, Sat May 2nd 2009.

Contact: Paula MacDonald 624-8993

Petite Riviere Fire Hall, Sat May 30th 2009.

Contact: Scott Drummond 688-1504

For booking the play or for all other information, contact:

Dave Brumwell at 624.1924 or [davebrumwell@eastlink.ca](mailto:davebrumwell@eastlink.ca)

Sherry Dean at 531.2314 or [sbdean@eastlink.ca](mailto:sbdean@eastlink.ca)

Lynne Hoeg at 644-2823 or [lynne.hoeg@lightnerfoods.com](mailto:lynne.hoeg@lightnerfoods.com)

[cochranelisa@hotmail.com](mailto:cochranelisa@hotmail.com)

Lisa Cochranne is a freelance writer living in Blandford.

something contemporary where the ailments are easy to act out. The symptoms of the vapors included hysteria, faintness, nervousness, insomnia, fluid retention, heaviness in abdomen, muscle spasms, shortness of breath, irritability, loss of appetite for food or sex and troubleshooting. Imagine what fun I had with all of this material to



## **Board and Staff Development/Appreciation**

There is a minor budget for staff/volunteer development and recognition.

April 2008 – sent 2 Board members (Linda and Ellen) to the Town of Bridgewater and Parks&Rec Volunteer Ceremony and Reception.

June 2008 –office volunteers and Board were given appreciation gifts of Irving gift cards. Outgoing chair, Tracey Mader, presented with a gift for her service. The E.D. was also given a gift at a later date.

June 2008 – Presentation for Board members on new Age of Consent law.

Dec 2008 – retirement gifts for longer serving Board members and Staff appreciation gift

February 2008 – First Aid/CPR course for staff.



## **Statistics**

(See next page). Please note *significant* increases in nearly all of client services.



	Apr-08	May-08	Jun-08	July	Aug	Sep-08	Oct-08	Nov-08	Dec-08	Jan-09	Feb-09	Mar-09	Sub Totals	TOTALS	Notes
Group Sessions	7	31	10			1	2	5	0	5	6	1		68	up 258%
# Delivery Hours	10	25	9			1	2	7	0	10	6	7		77	up 250%
# Attending (19&under)	455	595	110			16	20	100	0	152	180	0	1628	1,866	up 178%
# Attending (20&over)	15	58	13			2	10	104	0	9	16	11	238		
Resources distributed	343	1036	722			140	236	420	20	304	280	8980		12,481	up 373.5%
# Information requests														2,541	up 216%
by phone	12	14	12	2		10	20	20	11	16	16	13		146	
in person	17	7	13			9	8	18	4	19	10	14		119	
email (not incl. junk/spam)	117	44	67	6	7	79	188	209	324	274	449	512		2276	
Individual Services accessed	62	47	74	0	0	68	107	112	32	79	75	81		737	up 260%
Topics: Preg Tests	1	1	3	0	0	0	4	1	0	0	1	2		13	
Birth Control	14	1	12	0	0	10	14	21	2	15	9	17		115	
ECP	3	1	1	0	0	5	5	8	0	7	8	1		39	
Preg Options	0	6	4	0	0	2	6	11	0	8	3	5		45	
STIs	10	5	5	0	0	13	20	25	6	11	8	14		117	
Sex. Orientat'n	0	2	3	0	0	7	4	1	2	2	2	0		23	
Abuse/Harassmt	0	3	2	0	0	1	3	1	0	3	3	0		16	
Preg/Fertility	13	4	10	0	0	9	10	12	2	9	6	11		86	
Abortion	1	2	0	0	0	0	1	1	0	0	1	1		7	
Ind Supp Counselling	1	4	5	0	0	2	5	5	0	0	8	5		35	
Puberty	2	1	4	0	0	4	4	2	2	2	0	1		22	
Relationships	4	2	3	0	0	3	9	6	2	6	7	6		48	
Parenting	3	2	2	0	0	4	4	3	2	1	2	3		26	
Other	10	13	20	0	0	8	18	15	14	15	17	15		145	
Client Contacts (Ind'l) subtotal	32	19	28	0	0	21	32	42	17	35	31	31		288	up 231%
Age: 11 & under	0	0	0	0	0	0	0	0	0	0	0	0		0	
12 to 14	0	0	0	0	0	0	3	16	0	0	3	2		24	
15 to 19	5	3	4	0	0	1	3	5	0	16	4	4		45	
20 to 29	4	5	11	0	0	4	9	5	5	4	5	10		62	
30 to 50	19	10	7	0	0	12	14	14	8	10	16	11		121	
over 50	1	1	6	0	0	4	3	1	4	6	3	5		34	
Gender: Male	7	5	5	0	0	6	10	16	0	9	9	8		75	288 up 227%
Female	25	14	23	0	0	15	22	26	17	26	22	23		213	
#Referrals out(med/sexual)	5	7	9	0	0	5	10	10	5	5	10	7		73	up 248%
Condoms Distributed	1386	174	207	0	0	720	964	308	21	2349	0	288	6417	6,417	up 96%
Lubricant Distributed	0	0	24	0	0	720	504	36	0	0	0	144	1428	1,428	down 35%
Meetings Attended	3	4	5	0	0	7	4	3	1	3	7	9		46	up 9.5%
#hrs spent	5.5	4	10	0	0	7.5	4	5	1.5	6	11.5	14.75		70	down 39%
WebHits	5028	4129	3184	3314	3129	4319	6178	5146	4463	3742	3621	3991		50,244	down 3%
NOTES		hrs incl'd to 30	closed 1 wk	closed	closed	closed 1.5 wk			closed 2 wk			closed .5 wk			

out of office closed Jun 20  
a lot for Reg. Sex. Orient'n presentations

## **Nova Scotia Association for Sexual Health (NSASH)**

The Nova Scotia Association for Sexual Health (NSASH) is made up of one representative (usually the Executive Director) from each affiliate, and meets approximately every 6 weeks to do provincial work and share resources. NSASH receives funding from the Department of Health Protection and Promotion, and disburses it to the 7 affiliates. Highlights from this year include:

- Funding for a provincial coordinator, which Dept of HPP spoke of positively, did not come through.
- Bookkeeper contract was not renewed due to expense. New bookkeeper hired through Halifax Sexual Health (same bookkeeper as Halifax) at approximately 60% of previous cost.
- NSASH official address changed from Pictou County to Halifax (due to the bookkeeper being changed to Hfx)
- 2 of our (SHCLC) Internet Safety pamphlets are re-designed by us for NSASH and professionally printed, in colour.
- NSASH ad featuring all affiliates placed in a Childfind brochure and issued in the Fall. The cost for this was later refunded because NSASH had been told that it would be distributed to ‘all children in N.S.’ whereas we later found out it was only distributed to a few.
- The ‘sending an alternate’ policy wording altered to ‘may attend’ instead of ‘must attend’, for situations when the E.D., or regular NSASH Board member is unable to attend a meeting.
- Tentative Operational plan sent to member Boards for input. This sparked a debate about NSASH and its work and purpose and led to a meeting organized to discuss this.
- Profile of NSASH featured in the NS Health Promotion Clearinghouse e-newsletter.
- NSASH audited by the government. Concerned that there is a concerted effort by the conservative government to harass and remove charitable status of sexual health centres, due to what the auditor send (i.e. that it was a nation-wide “project”). Still waiting at this time to hear about charitable status.

## **Canadian Federation for Sexual Health (CFSH)**

- CFSH E.D. Linda Capperault resigned for a new position and left in April.
- Released a Position Statement regarding Bill C-484 (Unborn Victims of Violence Act).
- New E.D., Jolanta Scott, announced in September.
- Proxy votes were sent by Leitha in November, for CFSH’s AGM.
- Issued a statement near the end of the fiscal year stating that they had down-sized to two staff and were now occupying a portion of their old office space, having leased it out to another group.

Respectfully Submitted,

Carol Rock  
Executive Director,  
Sexual Health Centre Lunenburg County



# Financial Report

This fiscal year brought about many changes in financial procedures as most bookkeeping duties transferred from the Executive Director to volunteer board members. As many bills as possible were set up as automatic debits from the Centre bank account ensuring timely payment as well as streamlining responsibilities. Board signing officers (Chair & Finance Officer) carried out most regular deposits and preparation of cheques. Linda Loth took over most responsibilities related to receipting of donations. Several board members also worked on budget projections for grant submissions.

To assist with the practical aspect of financial matters, several new changes occurred over the course of the fiscal year. One of those things was the setting up of petty cash at the Centre. A small amount of money is now accessible for cash sale items – ensuring staff and board members do not have to rummage through their pockets to provide correct change.

For several years now, the Centre has budgeted \$5,000 for use in case of an unexpected closure (ensuring current bills and closing costs are covered). To secure and utilize these funds, a new easy to access savings account was opened at the end of the fiscal year. Now, not only are these specific funds set aside in a separate account, they are earning interest for the Centre. Every little bit counts!

The on-going challenge of sharing easy to understand and relevant financial information to all board members was tackled with the proposal of a new financial statement to be provided at monthly board meetings. Although this does create a little more work in monthly statement preparation, the hope is that it will provide clearer and more precise information for all board members. The new financial statement includes the prior used income statement as well as a modified balance sheet reflecting outstanding debts and expected income.

The following financial statements are of the usual standard format. Beyond our typical core funding, the largest part of our income came from NSASH surplus (not expected next year) and grants. Our approved budget for the year was adjusted for several things including the increased mileage related to grant work.

I would like to thank our Executive Director, Carol, for her patience and assistance during this transition of financial responsibilities. Her ability and willingness to assist with financial matters is greatly appreciated. I would also like to thank all the board members who assist with financial matters on a regular basis. I commit roughly 2 hours a week to Centre responsibilities but that is rarely enough to cover all the requirements. Thank you everyone!

---

Rhonda Haines  
Finance Officer

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Lori McCracken  
Board Chair



## Sexual Health Centre Lunenburg County

Income Statement 04/01/2008 to 03/31/2009

### REVENUE

NSASH (core allocation)	35,736.28
NSASH (Surplus/extras)	2,280.09
Grant 1 (SHIFT)	6,000.00
Grant 3 (Comm Health)	3,000.00
Interest Revenue	0.48
Fundraising	56.58
Membership	640.00
HST Refund	1,040.90
Donation Income	516.00
Presentation/Program	170.00
Safer Sex Supplies	40.00
<b>TOTAL REVENUE</b>	<b>49,480.33</b>

### EXPENSE

#### *Payroll Expense*

Wages	27,961.00
EI	693.73
CPP	1,181.03
RRSP	868.34
<b>Total Payroll Expense</b>	<b>30,704.10</b>

#### *General & Administrative Expense*

Accounting & Legal	228.42
Advertising & Promotions	743.09
Rent	2,875.50
Insurance	752.00
Phone	654.64
Photocopier	1,755.12
Shipping/Handling	97.15
Office Supplies	771.88
Clinical Supplies	76.87
Resources	319.92
Miscellaneous	50.00
Mileage	959.88
Other Travel	34.27
Staff and Board Development	433.31
Anniversary	1,383.20
Grant 1 (SHIFT)	5,577.67
Grant 2 (Eastlink)	1,000.00
Grant 3 (Comm Health)	1,224.75
<b>Total General &amp; Admin. Expense</b>	<b>18,937.67</b>

**TOTAL EXPENSE** 49,641.77

**NET INCOME** (161.44)



## Sexual Health Centre Lunenburg County

Balance Sheet As at 03/31/2009

### ASSETS

Petty Cash	40.00	
Chequing Account	8,789.32	
Savings Account	<u>5,000.48</u>	
Total Cash		13,829.80
HST Receivable	<u>838.11</u>	
Total Receivable		<u>838.11</u>
<b>TOTAL ASSETS</b>		<b>14,667.91</b>

### LIABILITIES

Current Liabilities		
Accounts Payable		338.15
Total Receiver General		0.00
Wages Payable		<u>0.00</u>
<b>TOTAL LIABILITIES</b>		<b>338.15</b>

### EQUITY

Retained Earnings - Previous Year	12,751.59	
Current Earnings	(161.44)	
Net Assets	<u>1,739.61</u>	
Total Retained Earnings		14,329.76

**TOTAL EQUITY** 14,329.76

**LIABILITIES AND EQUITY** 14,667.91



## Fundraising/Grants Report

This year our fundraising efforts were focussed on securing grant money for special projects. Applications were made to the United Way Lunenburg County, the Community Health Board and the IWK Health Centre.

Our application to the United Way was successful, providing \$6000 toward the writing, printing and public display of 16000 pamphlets (16 titles x 1000). The SHIFT pamphlets (Sexual Health Information for Teens) were distributed to 10 school guidance offices and over 30 doctors' offices throughout the county. Former Board member Ellen Gordon, then chair of the Fundraising Committee, contributed substantially to this application in the spring of 2008.

Our application to the Community Health Board was also successful, providing us with \$3000 toward the cost of developing a new website. This project will be undertaken in the spring of 2009.

Our application to the IWK for additional funds to support the development of the website was turned down.

The idea of selling lottery tickets on a "Work-Free Week" was discussed by an ad hoc committee in late January. The winner would receive 5 dinners for 4 people and have his/her house cleaned; other prizes such as a spa certificate were suggested. It was agreed that this idea be developed for a campaign in the fall of 2009. Lori McCracken, Leitha Haysom and Lisa Avramenko agreed to do further planning on this fundraiser.

In the meantime, it was agreed that the Board members would sell Lucky Duck tickets provided by Recreation Nova Scotia which would net the Centre 70 cents on every dollar taken in. Ticket sales began in February but the campaign did not end until April, so fundraising income will be reported in the next fiscal year. Late in February it was also decided that we would host a presentation of "That Penis Play" in April. Work on the project began this fiscal year but funds raised from this event will also be reported in next year's income statement.

While the Centre continues to need funding over and above that provided by the Department of Health Promotion and Protection, it continues to be challenging to find projects which do not demand more time than Board members are able to give. I thank Carol Rock and members for their time and efforts this year.

Submitted to the Annual General Meeting, May 13, 2009  
by Linda Loth



## Personnel Committee Report

The committee only met formally to conduct the Executive Director's Performance Review completed in June, 2008. Overall we are pleased with Carol's job performance and recommended to the Board we focus our attention on raising funds to be dedicated to staff training.

Through the commitment of the Board and fundraising committee's efforts staff hours were increased to full time through out the fall and maintained at 30 hours per week for the remainder of the fiscal year. This was accomplished by fundraising efforts and a grant from the United Way.

We would like to honour the board members who have stepped up to the plate and as a result took over all the financial responsibilities and some additional administrative duties such as: the annual charitable return, Nova Scotia Joint Stocks notifications, grant research and development, membership expansion, receipting, the AGM formal package and representing the Centre at functions as appropriate.

This shift in responsibilities has freed Carol's time to focus her expertise on providing the much needed direct services to our community. In the past few years these duties have taken away from her ability to offer the current level of services.

Respectfully Submitted by Becky Wentzell, Personnel Committee Chair



## **Nominations**

### Reoffering:

Lisa Avramenko  
Karen Grandy  
Rhonda Haines  
Leitha Haysom  
Tammy Hubley  
Linda Loth  
Lori McCracken  
Kathy Osler  
Greg Selig  
Becky Wentzell

### New Nominations:

