



CoSA Chat
newsletter
Spring 2007

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Special Spring greetings to all of you from the CoSA office! Although some of the winter temperatures had us feeling like we were in a deep freeze, the warmth of spirit, activities and care among CoSA participants kept us going in style. This newsletter shares some of the wonderful events that have filled our winter days and given us much to be grateful for. Spring still brings with it some fresh energy as thoughts of new life and warmer weather come to mind. We welcome our readers to share comments regarding the activities with which we've been involved as well as welcome participation with our up and coming activities!



Upcoming Events

Trainings:

You know how much CoSA loves to train! To help us plan effectively, please rsvp as soon as you can!

- *Intro to CoSA- Monday March 26 & Thursday April 5th.
- *Conflict in the Circle- Monday April 2, 6:30-9:30pm.
- *Suicide Intervention & Prevention- Monday April 16, 6:30-9:30pm.
- *Integration Concerns- Monday April 30, 6:30-9:30pm.
- *Victim Empathy & Awareness- Monday May 28th, 6:30-9:30pm.
- *Justice System & Those with High Risk Offence Cycles- Monday June 11th, 6:30-9:30pm.

Help us celebrate National Volunteer Week!

- *Bravo Bonfire - Saturday, April 21, 4-9pm.



Camping, Camping, Camping!

- *We know this seems like quite far away, but we are already getting excited! So, mark your calendars! Our next Camping Trip will be June 22-24.

Celebrations + Concerns

- *New volunteers & circle! We are overjoyed to announce that we've recently had 6 new volunteers join our team! Welcome! This means that we have the capacity to start a new circle, which we

are in the process of beginning. While this is a huge celebration, we are still in need of at least 5 more men and women, especially those who mid-life and older.

***Get Well!** We'd like to send out some get well wishes to two of our volunteers. The first has had some on-going health concerns and recently has undergone minor surgery. The second has just returned from an exciting holiday, which unfortunately ended with pneumonia. Get well soon!

***A job well done!** We'd like to congratulate another of our volunteers, for excelling at his new job. After only a few months, he has gotten a great evaluation, many compliments from his supervisors, and was chosen to work to demonstrate his skills for the companies clients. Way to go!

What's Been Going On?

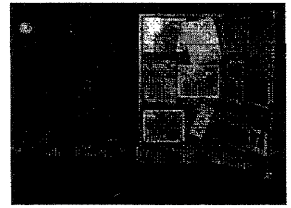
***Housewarming-** On December 13th, a group of about 14 gathered to celebrate one of our volunteers move to a new apartment. We ate a great potluck dinner, got tours of the new space, and talked the night away! Congratulations!

***Holiday Party-** We gathered again on December 27th for a holiday celebration!

About a dozen of us braved the cold and met at Miccah House, for food, games and a gift exchange. It was a great way to celebrate the holiday's and new year!

***Victim Empathy & Awareness Training-** 10 volunteers joined us on January 15th for an intimate and intense training led by Daniel Bernard, a man with wide experience as a survivor and volunteer in a sexual survivor support group. This training is essential to make sure that participants in our program keep the balance between compassion/support and accountability/ safety. For when offence cycles get out of control, everyone hurts.

***MCCM Quarterly Board Meeting Presentation-** A team of 2 volunteers, our newest employee and the Program Director joined forces to present a readers theatre and brief overview of Winnipeg CoSA. We've heard several rave reviews from those attending the board meeting that the presentation was interesting, informative and inspiring. A great thank you to those two volunteers and a job well done to the staff.



***Career/Job Fairs!** Joan and Shosana had the opportunity to

set up a booth at both University of Winnipeg (on February 7th) and University of Manitoba (on February 21st). Both days were awesome! We talked to more than 50 great people, had many show interest in becoming involved with CoSA, and even ran out of brochures!

***National CoSA Gathering-** CoSA programs, under MCC, have met as part of the much larger Restorative Justice gathering. This year, they set aside a day and a half to specifically focus on some issues unique to CoSA. We are very excited that one of the initiatives coming out of this gathering is a research project over the next year to collect and collate training materials from the various CoSA programs across Canada and in the United Kingdom. This will open the door for nation-wide consistency in screening, training and support for the dedicated community volunteers entering our programs. Given the transiency of a large percentage of the Canadian population it will also mean that as volunteers move, it will be easier for them to join CoSA in new locations.

***Snow Day-** Just this past Saturday, February 24th, a group of 8 of us ventured out to a cabin on the Whitemouth River. The day was sure full of adventures! Without the help of 12



friendly and strong snowmobilers, two carloads of people just might have spent the day stuck in a snowbank! After we all made it to the cabin, we had a delicious lunch of chili, veggie dogs, smokies, veggies and cake, and we did some chatting, tobogganing, snowshoeing and game-playing. We'd like to send out a special thank you to Peter and Elsie Remple for generously offering the use of your cabin. We hope you enjoy your gift basket as much as we enjoyed the day! You two rock!!

A Special Companion

Well anyhow, my special companion is a kitten. When I got her in January she was almost six weeks old, and she fit into one of my hands. Now, she fits into both of my hands together. At first she was scared, and hid under the bed all the time. But now she likes to play around a lot! She always keeps me on the alert, and she really likes to get into stuff like any kind of electrical cords and whatever else she finds to play with.

Now my kitten is only nine weeks old to be

exact. And she has sharp claws. She even bites when she is playing with anybody. But, she sleeps right beside me all the time. And whenever you are away for awhile, when you come back she likes to welcome you a lot by playing with you and cuddling up beside you.



She likes to wake you up in the morning, like at about 6 a.m. or later. Plus, she licks my face a whole lot.

When you are doing something, like typing a letter, all she wants to do is play with you.

Before I got my kitten, I would get into moods all the time. I'd do things like quit my jobs. But now, I am happy all the time. I like to do things more, like write letters and keep the house spic and span. I like cuddling with my kitten, even when she tries to scratch or bite me. Minnie is the best kitten.

~by Charley &
Minnie the kitten

A Special Notell

We at CoSA are very pleased to announce that Shosana Funk has joined us in a part-

time paid position. Shosana started her volunteer involvement with us in April, 2005 and came on as a Field Placement student within the Conflict Resolutions Studies program in September of the same year. She completed her field placement in May of 2006 and chose to remain involved with CoSA on a part-time voluntary service basis. Thanks to a new contract with Provincial Special Needs Program, we are finally able to retain her valued services in a paid capacity. Congratulations Shosana and thanks for all the skill and joie de vivre you bring to those within CoSA.



We want you!

Well, we want to hear your stories! Do you have special CoSA experiences worth sharing with others? Would you like to write about what you've gained while involved with the program? Well, we'd like to hear it, and possibly include your story in an upcoming newsletter.

Forgiveness: don't rush it
keep watch next month for this
special article!