

# The adventure continues!

"I have always loved adventure!" April Markus says with a smile. "I grew up in a non-conventional family. I take after my grannie who was still travelling and jet setting about into her 90s."

April was born in Regina but grew up in Greenwater Lake Provincial Park, where she made 4-storey tree-houses with her brother, lived in an army tent (while her parents built their greenhouse business) and spent her days swimming and dreaming of one day being a doctor—not for her love of healing but her love of investigation and exploration.

After moving back to Regina in grade 9, April attended Balfour Collegiate. A cheerleader and classical pianist, April loved watching Bette Davis movies and reading mystery novels.



Shelter worker April Markus is the proud parent of two children, and is shown here with daughter Emily.

April's most cherished possession is a ring gifted to her by her adventurous grannie. "The ring was my great grandmother's. My grannie gave me the ring before she died because she wanted to see the smile on my face."

April is married with two children, Emily and Matthew. Her children are the joy of her life—even when Matthew shows signs of having caught the family's 'adventure genes'!

Adventure, non-conventionality, inquisitiveness, mystery and heart—that's what April brings to her workplace, the Isabel Johnson Shelter.

*by Denise Thibodeau,  
April's co-worker at Isabel Johnson Shelter*

## It's Ours!

YOURstory is our story! Do you know a staff member you'd like to see profiled on these pages? Have other ideas about what you'd like to see featured here? Get in touch with Eric at [ericg@ywcaregina.com](mailto:ericg@ywcaregina.com), ext 145.

# YOURstory

## YWCA STAFF NEWSLETTER

FALL 2015

### Everyone will be there!

The All-Staff Town Hall meeting, on Sunday, October 25, 2015, 1-4 pm, is an unprecedented (and paid!) opportunity to meet with everyone who works for YWCA, hear the latest developments, and participate in staff training! It's at The Exchange, 2431 8th Avenue.

### This committee loves joiners!

Our new Social Committee is up and running; anyone interested in joining contact Alexis at [AlexisL@ywcaregina.com](mailto:AlexisL@ywcaregina.com). Early plans are for 3-4 special events per year,

with a staff Holiday Party tentatively set for January 16. Other ideas mentioned were a picnic, sporting event, scavenger hunt... but we'd love to hear what you'd like to do!

### Soup's on!

Through Campbell's Labels for Education program, YWCA childcares collect Campbell's labels and redeem them for resources like sports equipment or musical instruments. Please bring your labels and UPCs and drop them off in the jar in the main floor staff room, McIntyre location. All eligible products are listed on the col-

lection jar. More info: Vanessa, ext 101.

### Peacemakers Breakfast

The Community Partnership Against Violence (including YWCA) presents the 14<sup>th</sup> annual Peacemakers Breakfast on October 15, 8:15 am, at the Ramada. Speaker: Cadmus Delorme. For ticket information, contact Carol Yoner at ext 150.

### Let the fun begin!

Each YWCA department will be responsible to set a goal for our annual United

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# A brave and passionate voice

In her role at the reception desk, Stephanie Cox is at the hub of the YWCA—fielding calls, taking payments and deliveries, supplying caffeine, coordinating the Supervised Access Program—and many other urgent tasks. Away from work, Stephanie enjoys Federico Fellini movies, studying neuropsychology, reading ancient Greek and Roman literature and playing video games. She is also a passionate voice for the transgender community.

I grew up believing that I was female. I've had gender dysphoria ever since I can remember. I haven't been able to look at myself in a mirror for at least three decades as the experience is so traumatic for me. Ever since I can remember, I've expected to see and feel a woman's body. That doesn't take place, so I've expe-

rienced a lot of anxiety and depression.

I came out about two years ago and since then I dress in women's clothing all the time. I've been harassed in public many times. I've been stared at, insulted, laughed at, threatened, chased down blocks, yelled at, had rocks thrown at me, and followed in vehicles.

I feel that I have to live my life as a woman. I am a woman. Sex and gender are two different things and research is showing that there are more than two sexes and two genders. I believe that if transgender people are allowed to live their lives in public as themselves, society will come to realize that there is nothing wrong with us.

By Stephanie Cox, Reception



The big winners in the September 3 downtown **Office Warming Tour** were the tropical Social Programs team (right)—and the kittens! The live music and cheesy humour offered in other offices lost out to the feline charms of Tara Molsen and Janet Tzupa, who took home the Best Bribery award. (Thanks to Child Care Director Erin Mack for posing with tabby!)



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Way campaign (October 19 – November 20) and plan their own fundraising event to reach that goal. More info to come.

## Any divas out there?

Even if you're not a diva, you'll want to get your ticket for Divas' Night Out, Thursday, October 8, at Casino Regina—an evening

of humour, music, food, and glamour. Volunteers have run this event for 13 years, with proceeds going to Transition House and YWCA Isabel Johnson Shelter. For more info, see the Divas' Facebook page, or Debra at [debrab@ywcaregina.com](mailto:debrab@ywcaregina.com).

## #yqrwomenvote

That's the hashtag we're using on Twitter

(<http://twitter.com/YWCAREgina>) to promote the All Candidates Forum, October 7, 6-8:30 pm, at St Paul's Cathedral Hall, 1861 McIntyre. Local candidates in the federal election will respond to questions about Homelessness and Housing, Violence Against Women, Poverty and Women's Economic Security, and Child Care. Everyone is welcome.

# YOURstory

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Yourstory is the quarterly YWCA Regina staff newsletter.

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