

KAREN SHANK FOUNDATION

www.karenshankfoundation.org

Events 2006

Oct 22— Self Defense Class

Nov 4 — 2nd annual Karen Shank Foundation indoor Volleyball Tournament and dinner

Oct 14 — Coping cleanup charity assistance day

Dec — To be announced charity assistance day



NOV 4 VOLLEYBALL TOURNAMENT AND DINNER

The 2nd annual tournament is coming up fast and our new board of directors is in full swing getting ready for our big event. Once again, this years proceeds are going to the Canadian Red Cross and also like '05, everyone will have a great time doing it!

The tournament during the day will be held at Mississauga Secondary School (Mavis and the 401) and will offer a coed recreational fun division and a coed intermediate division. We will have prizes for the top teams as well as our top fundraisers

A couple hours and showers later, we'll head over to Gabriel's Ristorante for a lovely evening dinning and socializing. Any of you that were at least year's event will remember the night at Gabriel's! For those that missed it, I suggest not doing so this year, as the quality and quantity of the food in '05 was fantastic—and this year will be more of the same. We will have photos from the tournament, free pool tables, our raffle prize draw, and trust me with I say none will leave hungry or disappointed.

Start getting your teams together now. We also take individual entries and will place you on a team. Don't play volleyball? Don't worry—we have dinner only tickets available. If you want to get involved and help us with the event please also let us know. Its our wonderful volunteers that make these events run smoothly!

For full tournament details or to register your team see www.karenshankfoundation.org.



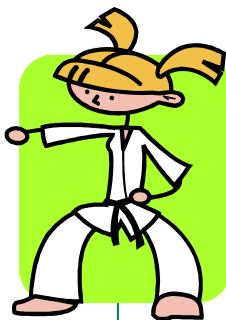
SELF DEFENSE CLASS—OCT 22

Have you ever felt uneasy about walking by yourself at night or about walking alone in an underground garage?

Many people, especially women, feel this. While it's best to avoid potentially unsafe situations, sometimes that is not an option. Learn how to not be a target in this upcoming class sponsored by the Karen Shank Foundation. We are hosting a Women's Self De-

fense Class on October 22 that will focus on developing confidence and the proper mindset to help you avoid potentially dangerous situations. The class will be led by Linda Langerak of RAVEN (Rape and Violence Extinction Now) and will include demonstrations, discussions, a

question and answer session, and interactive participation. To keep with the spirit of the day, all proceeds will be going to a local women's shelter—Halton Women's Place.



So come out... bring your friends, your sisters, your daughters, your coworkers or anyone else you know that would benefit from the instructor's expertise.

Space is limited and the cost is \$30. Please email James at james@karenshankfoundation.org if you would like to attend.

CHARITY ASSISTANCE DAYS

Our community involvement days provide opportunities for all of us to get involved and help a charity, without needing to be trained ahead of time. This makes it accessible to everyone to get out with some friendly faces and make a difference in our community.

We have already made a difference helping the COPING Centre and HOPE this year and are planning at least two other days where we roll up our sleeves.

Oct 14 the COPING Centre will be doing their fall cleanup and we will have some people meeting at the 401/Trafalgar carpool lot to drive out and help them in Cambridge. We will be doing yard work, putting chairs, logs, tables etc all away for the season, some painting and cleaning of their wonderful facilities.

Contact david@karenshankfoundation.org if you would like to attend, even for a few hours.



For the coming holiday season we will be working with a local charity and provide opportunities for you to volunteer with us or with your family. Stay tuned for more information in the coming month on a fantastic way to spread the holiday cheer.

Be Aware, Participate and Make a Difference!