



NORTHWESTERN ONTARIO WOMEN'S CENTRE
EMPOWERING WOMEN BY PROVIDING A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THEIR NEEDS

feminist DISPATCH

The Northwestern Ontario Women's Centre is a non-profit, community-based feminist organization in Thunder Bay, Ontario.

We work with self-identified women to increase their access to knowledge, skills and resources so they can make informed choices.



Photo credit: Elizabeth McMillan/CBC (Click photo for more)

Helping women find their way since 1973!

As you know, the Northwestern Ontario Women's Centre is celebrating 50 years of feminist advocacy, creativity, leadership, collaboration, and activism!

We have already realized some of our 50th Anniversary plans: a 50th anniversary logo, printed t-shirts, and a zine chronicling some of our herstory. During an April blizzard, we hosted a dinner to honour the volunteer service of long-standing board members, past and present. It was an evening shared by colleagues, mentors and friends where we heard stories from our first coordinator, Estella Howard, and other trailblazing women whose determination, hard work and humour have made the Women's Centre the feminist hub that it is today. See a few photos from the evening here:

<https://nwowomenscentre.org/50th-anniversary/>

And we aren't finished celebrating yet--STAY TUNED!

Since 1973, the Women's Centre has continued to act as a meeting place and catalyst for feminist organizing and women-led efforts. We are relying entirely on unrestricted revenue sources, like fundraising and donations, for these anniversary activities. If you have the means, please consider supporting our fundraising efforts! We welcome donations of any amount by cash or cheque, e-transfer, pre-authorized deposit, and through [CanadaHelps](#). We provide charitable tax receipts for monetary contributions over \$20. Get in touch with Lori at admin@nwowc.org for more information.



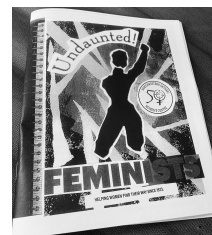
Undaunted Feminists!

Above: NOWC staff at 50th Anniversary Honouree Dinner at In Common last month. L-



Buy a t-shirt!

T-shirts in lilac, garnet, antique sapphire, and heathered military green in S, M, L, XL,



Get a copy of the zine!

What started as a simple commemorative

R: Erika, Gwen, Steph S., Stacey, Sherry, Jen, Lori. (Not pictured: Steph M.)
Below: Estella Howard sharing poetry and speaking about her experience as one of the founders and first coordinator of the Women's Centre in 1973.




XXL, and some 3XL and 4XL. Get yours (subject to availability) for \$35 at **Loud Women Collective** in Goods & Co. or at the **Women's Centre**.

zine turned into 68-pages of femorabilia because it's impossible to compile 50 years' worth of herstory into a single issue! Pick up a copy for \$10 (or pay what you can) at **Loud Women Collective**. Limited copies available.


ONLINE LEGAL INFORMATION SESSION

DEMYSTIFYING ESTATE LAW: UNDERSTANDING WILLS, CHILD GUARDIANSHIPS, AND EXECUTORSHIPS

○ ○ ○ ○



MAY 18, 2023
1:00 - 3:00PM
ZOOM




STEPHANIE MILLER, HBA, JD
LEGAL ADVOCATE, NOWC


LEARNING OBJECTIVES

- the importance of having a will
- the challenges of obtaining guardianship of a child
- the role of an estate executor


REGISTER
[HTTPS://BIT.LY/WILLS-AND-ESTATES](https://bit.ly/wills-and-estates)






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**CANADIAN
WOMEN'S
FOUNDATION**



Ontario

 communications@nwowc.org
 nwowomenscentre.org
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The law can be intimidating to navigate, but it doesn't have to be! In her presentation *Demystifying Estate Law: Understanding Wills, Child Guardianships, and Executorships*, Stephanie Miller will provide some legal information on various estate law matters. The goal of the presentation will be to provide a high-level snapshot of estate law matters which often crossover into the realm of family law. The presentation will provide definitions to legal terms which are associated with estate law, followed by a discussion focusing on the topics of wills, child guardianships, and estate executorships. Stephanie hopes to bring awareness to women about how the law operates and to provide information which can empower women to make decisions about their estates.

Register



**GOOD
FOOD BOX**

ORDER your May GFB from your host site by **May 8th**
PICK UP from your host site on **May 17th**

Learn more about the GFB

 **2023 Locally Grown
Good Garden Box**

The theme of this year's Locally Grown Good Garden Box is **PURPLE** - in honour of the Northwestern Ontario Women's Centre's (NOWC) 50 year anniversary! Boxes are \$60 each, and include a \$20 charitable donation to the GFB program.

This year's box will feature
**a variety of PURPLE
vegetable plants & seeds**
from our local growers
including:

- hot peppers
- eggplant
- purple lettuce
- black cherry tomatoes
- nebula carrot
- seed potatoes
- & more!!

to reserve a box email
GFB@nwowc.org



Order Your Locally Grown Good Garden Box!

It's all about **PURPLE** in this year's garden box! Limited quantities are available; pick up in early June. Support the Thunder Bay Good Food Box Program and local growers!

Place order by email



May is Sexual Violence Prevention Month

Sexual violence refers to any form of unwanted sexual contact, including sexual assault and sexual harassment. It is a widely underreported form of gender-based violence.

In Ontario, May is Sexual Violence Prevention Month. In other locations, the month may be referred to as Sexual Assault Awareness Month (SAAM). [Draw the Line \(OCRCC\)](#) offers a distinction:

Last year, the Ontario Coalition of Rape Crisis Centres (OCRCC) discussed how since #MeToo, the drive for awareness was successful. Disclosures that were shared began to lift the shame and stigma attached to conversations around sexual violence.

With this culture shift, the OCRCC chose to shift from awareness to prevention. The choice of wording, in using 'violence' as opposed to 'assault,' was also intentional, in an effort to move away from a legal term and shift emphasis to the experience and impact of sexual violence.

[Draw the Line](#) is an interactive campaign by the OCRCC engaging Ontarians in dialogue about sexual violence. Draw the Line keeps the conversation going by:

- sharing [free bystander intervention support resources](#) (including youth-focused, 2SLGBTQ+ and Indigenous perspectives)
- providing [sexual violence prevention education](#)
- collaborating with Ontario sexual assault centres and [partner organizations](#)

Test your knowledge on consent and bystander intervention by taking the [Draw the Line Quiz](#)!

Additional resources:

- [Aftermetoo](#): dedicated to ending sexual violence in the workplace
- [Missing & Murdered Indigenous Women & Girls \(MMIWG\): What You Need to Know](#) (ONWA)
- [Ontario Recognizes Sexual Assault Prevention Month](#)
- [Reinventing Our Campuses: Creating Real Community Safety to Address Sexual Violence](#) (Learning Network Forum, 2022)
- Video: [Consent on Stolen Land](#) (Learning Network Forum, 2022)
- [Sex Only with Consent!](#) (2021): infographic about what consent is and when consent cannot be given
- [The Facts About Sexual Assault and Harassment](#) (Canadian Women's Foundation)

Find support for survivors of sexual violence in Thunder Bay

SEXUAL VIOLENCE IN CANADA



Canada releases its findings of *Incident-based crime statistics* in Canada every year. These statistics represent police-reported crime. Sexual violence is increasing in Canada. But it's also vastly under-reported.

IN THE MOST RECENT YEAR OF DATA...

There was an 18% increase in sexual assaults reported to police than in the previous year



Rates of reported sexual assaults have increased almost every year for over 5 years

Sexual assault rates are at their highest in Canada since 1996



Some populations – youth, Indigenous women & girls, people with disabilities – are more vulnerable to being targeted for sexual violence

Think this sounds high? It's likely just the tip of the iceberg.

The number of sexual assaults reported to police is an underestimation of the true extent of sexual assault in Canada.



Recent data shows that only 6% of all sexual assaults experienced by older youth and adults were brought to the attention of police (Statistics Canada).

#SurvivorsFirst

Ontario Coalition of Rape Crisis Centres (OCRCC) includes over 30 community-based sexual assault centres in Ontario. This infographic was compiled using data from *Incident-based crime statistics* (Statistics Canada) released in 2022. If you or someone you know has been affected by sexual violence, go to: www.sexualassaultsupport.ca/get-help/



Community Events + Additional Resources

MAY is also host to Red Dress Day (5th), Mental Health Week, National Elizabeth Fry Week, Asian Heritage Month, and International Day Against Homophobia, Transphobia, and Biphobia (17th)

EVENTS

- May 5th | 12-3pm [Open House / Drop In at Beendigen](#)
- May 5th | 6-8pm [Medicine Lines of Womanhood: Missing and Murdered Indigenous Women and Girls \(MMIWG\) Commemorative Art Project Exhibit Launch](#) at Thunder Bay Art Gallery
- May 10th | 3-4:30pm EDT [Understanding Parole: with CAEFS and the PBC](#)
- May 11th | 4pm [Moose Hide Campaign: Walk to End Violence](#) (ONWA & NAN)
- May 12th | 3-4:30pm EDT [Stories of Re-entry: A Community-Academic Partnership](#)
- May 13th | 5pm [Elizabeth Fry Week Fundraiser 2023](#) at Roots Community Food Centre
- Various dates | [Rewilding Roots: workshop series for artists, writers, performers \(18+\) with mental health or addiction experiences](#) (Mindful Makers Collective)
- Second Thursdays | Pregnancy and Infant Loss (PAIL) Network is offering [Circles of Support](#): monthly in-person peer support group in Thunder Bay (and other locations in Ontario)

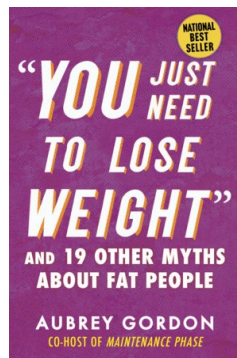
RESOURCES

- [Backgrounder: Examining the Intersections of Anti-Asian Racism and Gender-Based Violence in Canada](#) (Learning Network)
- [Basic income could help create a more just and sustainable food system](#) (Lowitt & Levkoe, *The Conversation*, April 30, 2023)
- [Changing the world](#) (Pamela Cross) about the passing of Keira's Law in Ontario
- [How to intervene in a racist attack](#) (Akshat Rathi, Quartz, 2016)
- [How Two-Eyed Seeing, 'Etuaptmumk,' is changing outdoor play in early childhood education](#) (Zimanyi & Marshall, *The Conversation*, April 17, 2023)
- [MPs call for national emergency declaration on violence against Indigenous women, girls, two-spirit people](#) (CBC, May 3, 2023)
- [Ontario Structured Psychotherapy Program \(SJCG\)](#): offers adults with depression, anxiety and trauma-related conditions free, short-term, evidence-based cognitive-behavioural therapy and related services in Thunder Bay
- [Open Letter: All Levels of Government in Canada have a Responsibility to Combat the Rise in Anti-2SLGBTQI Hate](#) (Egale Canada)
- [Reel Asian International Film Festival](#) (Toronto)
- [Report to Police Explainer](#): animated videos show how to report hate-motivated crimes and incidents to police (CLEO)
- [Safe Passage](#): community-driven, trauma-informed, and survivor centered initiative (NWAC) that tracks cases of MMIWG2S+, monitors ongoing safety concerns, provides distinctions-based safety resources, educates the public and media about the MMIWG2S+ genocide, and commemorates and honours stolen loved ones
- [SHAPE](#): workplace sexual harassment advice, prevention, education (Ontario)
- [Transformative Resilience through Collective Action: A Study on Migrant Organizing in Toronto](#) (Bhuyan et al., 2021)

- [Walk-In / Talk-In Counselling Clinics](#) (Thunder Bay & District)
- **2SLGBTQIA+ Friendly / Affirming Resources:**
 - [Egale](#) offers resources and education in English and French
 - [Trans Lifeline](#) provides peer support. Toll-free in Canada: (877) 330-6366
 - [Gender Journeys](#) (NorWest)
 - [The Other 10%](#) (Children's Centre)
 - [Two-Spirit & LGBTQ+ Mentor](#) (TBIFC)
 - [Pride Central](#) and [Gender Equity Centre](#) (Lakehead University)
 - [Rainbow Collective of Thunder Bay](#) and [Thunder Pride](#)
 - [Umbrella Clinic](#)
- Podcasts: [Beyond Asian: Stories of the Third Culture with Sen Zhan](#) and [Yum Cha Everyone with jayal chung](#)

EMPLOYMENT OPPORTUNITY

- Department of Gender & Women's Studies at Lakehead University is hiring [contract lecturers](#) for fall and winter courses. Application deadline is May 18th.



Loud Women Book Club

The Loud Women Collective's monthly book club reads exclusively feminist non-fiction covering a wide range of topics, encouraging learning, personal growth, and allyship. Thunder Bay chapter typically meets the 3rd Wednesday of every month in store at Goods & Co Market. The book for February is *"You Just Need to Lose Weight" and 19 Other Myths About Fat People* by Aubrey Gordon. Check out the LWC for availability.

[Find out more](#)

From the Feminist Archives

[Rise Up!](#) is a digital archive of feminist activism in Canada from the 1970s to the 1990s

- [Women Unite!: An Anthology of the Canadian Women's Movement](#)
- 36 years ago: [Tiger Lily Magazine - Vol. 1, Issue 3 - 1987](#)
- 30ish years ago: [Transcript: Feminist Anti-racist Organizing in NAC in the 1990s](#)

Gender Based Violence: How we can help

The Gender Based Violence Navigation Advocate provides support for women who are experiencing or are at risk of experiencing physical and/or sexual violence or coercive control by a partner, family member or acquaintance. Women who are navigating various court systems may also access court advocacy.

We can help by:

- Ensuring that women who are experiencing or at high risk of gender-based violence have access to ongoing and appropriate support and referrals
- Coordinating with Violence Against Women service providers to ensure that critical information is shared
- Assisting with preparing for court
- Ensuring coordination between legal sectors (criminal, family, immigration etc.)

- Providing court accompaniment and emotional support

This service is intended to enhance the effectiveness of the existing VAW response, not duplicate or replace it. For more information or to make a referral, contact Jennifer:

Email: navigator@nwowc.org Phone: (807) 935-8042



Computer Space Available

Women can access a computer or video conferencing in a private space at the Women's Centre for:

- Counselling or Healthcare Appointments
- Job Interviews
- Virtual Legal Clinic
- Lawyer's Appointments
- Virtual Court Matters

[Find out more](#)

Contribute to the Feminist Dispatch!

Submit a photo of your original artwork, a short piece of writing, a helpful resource, or a link to a community event that aligns with our [mission](#)! All newsletter-related inquiries and submissions can be directed to Stacey at communications@nwowc.org.

The Northwestern Ontario Women's Centre relies on government funding and private donations to continue our work. We gratefully acknowledge the support of volunteers, donors, and the Investing in Women's Future Program of the Ontario Ministry of Children, Community and Social Services, Women and Gender Equality (WAGE) Canada, Canadian Women's Foundation, and the Johnson Scholarship Foundation.

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