



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.



Image credit: ONWA

In this issue...

- Order your **Locally Grown Good Food Fundraiser Box** online
- Come to our **50th Anniversary Dance Party + Silent Auction!**
- Commemorate **Orange Shirt Day and the National Day for Truth and Reconciliation**

It's (still) our 50th Anniversary!



Come celebrate with us!

The fourth week of September is **Gender Equality Week** in Canada, and the perfect time to celebrate the **50th Anniversary of the Northwestern Ontario Women's Centre!**

We'll have some fantastic silent auction items from local businesses up for grabs (more on that soon), and the fabulously fun Gloria Ranger will help us get our groove on!

This is a dry/sober event. Admission is by donation--five bucks or whatever you can afford is great (nobody will be turned away due to lack of funds). Bus tickets are also available for attendees.

National Day for Truth and Reconciliation + Orange Shirt Day

September 30th is the National Day for Truth and Reconciliation (federal statutory holiday since 2021) and Orange Shirt Day (since 2013).

From **Canadian Heritage:**

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

From the **Orange Shirt Society:**

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected.

Every Child Matters, even if they are an adult, from now on.

Resources for independent / ongoing learning:

- [Calls to Action Accountability: A 2022 Status Update on Reconciliation](#), special report by the Yellowhead Institute (2022)
- [Land Back: Indigenous Perspectives](#) | *The Agenda* interview with Pamela Palmater and Riley Yesno (March 28, 2022)
- [Land Back: A Yellowhead Institute Red Paper](#) (2019)
- [Land Reparations & Indigenous Solidarity Toolkit](#) compiled by compiled by US-based Resource Generation Land Reparations Group (2018)
- [Story of Orange Shirt Day](#) and [Phyllis \(Jack\) Webstad's story](#) in her own words via the Orange Shirt Society
- [Action Plan to End the Attack Against Indigenous Women, Girls, and Gender-Diverse People](#) (NWAC, 2021)
- [Reconciliation with Indigenous Women: CHANGING THE STORY OF MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS](#) (ONWA, 2020)
- [Missing & Murdered Indigenous Women & Girls \(MMIWG\): What You Need to Know](#) (ONWA)
- [MMIWG2SLGBTQQIA+ National Action Plan: Final Report](#) (Lezard et al., 2021)
- [Métis Perspectives of Missing and Murdered Indigenous Women, Girls and LGBTQ2S+ People](#) (LMFO, 2019)
- [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
- [Stolen \(Season 2\): Surviving St. Michael's](#), a Pulitzer Prize winning podcast by investigative journalist Connie Walker about her family's experience of the residential school system
- [INDIGENOUS ALLY TOOLKIT](#) (Montreal UACS Network, 2018-19)



**GOOD
FOOD BOX**

Thanks to new funding from TBDSSAB's Homeless Prevention Program, we are able to add healthy, protein-rich legumes and grains to your Good Food Box!

The newsletter accompanying your box includes cooking instructions and delicious recipes with the box contents in mind.

Boxes remain \$22 each.

ORDER your September GFB from your host site by **September 11th**

PICK UP from your host site on **September 20th**

[Learn more about the GFB](#)

It's Locally Grown Good Food Box Season!

To raise funds in support of our GFB program operations, the Women's Centre sells fundraiser boxes of local goods several times a year.

Boxes are \$60 each, and include a \$20 charitable donation to the Good Food Box Program. September's pick up is on the 20th (3:30-5pm) at the Moose Hall on Fort William Rd.

2023 LOCALLY GROWN GOOD FOOD FUNDRAISER BOXES



**Annual fundraiser
in support of the
Thunder Bay
Good Food Box program**

Local Fundraiser Boxes are \$60 each
Price includes any applicable taxes, as well as
a \$20 donation to Thunder Bay Good Food Box.
Charitable receipts issued.

Boxes available July through December;
Pick Up Dates—3rd Wed. of the month*:
July 26th | 1st Thurs. August 17th | September 20th
October 18th | November 15th | December 20th

Limited quantities available
To purchase a box please visit
www.goodfoodboxtb.org
For more information e-mail: gfb@rwowc.org

And guess what?! You can now order our fundraiser boxes on our brand new website designed by Sociable thanks to funding from the Ontario Trillium Foundation!

Place your order
online now



THANK YOU to **Shoppers Foundation for Women's Health™** for donating \$5200 from their 2023 Spring Beauty Mingle fundraiser to the Northwestern Ontario Women's Centre! This generous support will help us continue to serve women and gender diverse people in the Thunder Bay District.

Community Events + Additional Resources

EVENTS

- Sept 4th | 12-4pm: **Annual Labour Day Picnic** at Current River Park hosted by Thunder Bay & District Labour Council
- Sept 5th | 5-8pm: **Mushroom Walk with Taiga Mushrooms** facilitated by Ben Bohemier. Limited spots! Contact Sheena Campbell at TBIFC to register: sheena.campbell@tbifc.ca or (807) 345-5840 ext. 9088.
- Sept 6th | 5-8pm: **Rockin' Recovery** at Marina Park festival area
- Sept 9th | 9am-2pm: **FASD Awareness Pow Wow at Current River Park** hosted by TBIFC for Fetal Alcohol Spectrum Disorder Awareness Day
- Sept 9th | 12-5pm: **MAADAADIZI** orientation event at Marina Park festival area to welcome post-secondary Indigenous students and families to their respective institutions and to the City of Thunder Bay; free admission, pizza, live music.
- Sept 28th | 6-8pm: **The Land is Dancing** Artist Talk by Betty Carpick at Co. Lab Gallery and Arts Centre (inside Goods & Co.) for Culture Days
- Sept 30th | 10:30am-3pm: **Orange Shirt Day Walk to Support Residential School Survivors and their Families**; family-friendly event starting at the NAN office (200 Syndicate Ave S.) at 10:30 a.m. with shirt distribution and blessing ceremony, then continue at Vickers Park with a BBQ lunch and activities. A sacred fire will be lit at sunrise. More info: Tiana at tlaguillona@nan.ca

NEWS + RESOURCES

- **Protecting boreal plant species is a critical part of reconciliation efforts** (J.M. Baker, *The Conversation*, August 10, 2023)
- **Escaping justice: A flawed investigative body fails to curb RCMP sexual misconduct** (J. Walker, *The Conversation*, August 17, 2023)
- **Young people need more support coping with online sexual harms** (Reyes, Dunn, et al., *The Conversation*, August 7, 2023)
- **Young Canadians in a Wireless World, Phase IV: Trends and Recommendations** by MediaSmarts (2023)
- **Women Take Action: An Injustice of the Criminal Justice System** (research report about women charged with domestic violence from Counterpoint Counselling & Educational Co-operative, 2023)
- **Circles of Support** | Second Thursdays: monthly in-person peer support group in Thunder Bay facilitated by Pregnancy and Infant Loss (PAIL) Network volunteers
- **Male Survivors Group** (Thunder Bay Counselling) provides counselling for male-identifying individuals age 16+ who have experienced sexual abuse or assault. Family and significant others can also access counselling to support their loved one. Learn more here.
- **Mental Health Walk-in/Talk-in Clinics** (Thunder Bay & District)
- **Talk4Healing** (Beendigen): 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario
- **Tomorrow Without Violence** (Thunder Bay Counselling) is a group for children and teens to learn about the impact of family violence in a safe space, and supports mothers and female-identifying caregivers in learning how to support their children's healing. One day in-person group sessions this fall.

Some Indigenous-led initiatives and organizations to access / support:

- **Beendigen**
- **Full Moon Memory Walk**
- **Indigenous Youth Residency Program**
- **Neechee Studio**
- **Ontario Native Women's Association (ONWA)**
- **Raven Trust**
- **Thunder Bay Indigenous Friendship Centre (TBIFC)**

PODCASTS + VIDEOS:

- ***Alright, Now What?: Storytellers, Not Story Takers*** with Molly Hayes
- ***Road to Your Name - Season 5, Ep. 9: A conversation with singer, songwriter, ElizaBeth Hill***
- ***Biidaaban (The Dawn Comes)*** | Full Film (2018) by **Amanda Strong** + **Leanne Betasmosake Simpson**



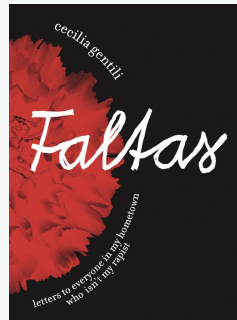
Mutual Aid Opportunity

While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC supporters might appreciate an opportunity to extend support to women in our community in other ways. Informed by our conversations with women who visit the Centre, these items would be especially helpful lately:

- **adult monthly bus pass**
- reusable water bottles
- new socks
- grocery or Tim Hortons gift cards
- prepaid phone cards

- mini first aid kits (or packs of Band-Aids)
- toothbrushes, toothpaste, floss
- menstrual pads (light or regular)
- Poise pads (for incontinence)

If you'd like to donate any of these items, please drop by the Women's Centre (M-Th between 9:30am and 5pm) or get in touch with Stacey at communications@nwowc.org to make alternate arrangements.



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 September is *Faltas: Letters to Everyone in My Hometown Who Isn't My Rapist* by Cecilia Gentili. 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**
- 38 years ago: *Pandora* - Vol. 1, Issue 1 - September 1985
- 36 years ago: *Women Spirit* - Vol. 1, No. 6 - September/October 1987
(Native Women's Resource Centre of Toronto)

Gender Based Violence: How we can help

Our Gender Based Violence Navigation Advocate provides support for women who are experiencing (or at risk of experiencing) physical and/or sexual violence or coercive control by a partner, family member or acquaintance. Women 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

Email navigator@nwowc.org to reserve the space.



Peaches... enjoying some of the last lazy days of summer...

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.

Want to check out past issues? They're archived on our website in PDF format (the links within the PDFs are active): <https://nwowomenscentre.org/newsletter/>

Helping Women Find Their Way Since 1973!

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.

Support Our Work

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V

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y

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What's
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