

*I just gave up. I felt I had nowhere
to go, no one to turn to . . .”*

At the time of year that sends some of us shopping in search of the perfect gift-giving
card that says it all . . . *I love you, I appreciate you, I want you, I need you* . . . women
and men alike are buying chocolates, roses, lingerie, stuffed bears, cards, etcetera.

For many women, Valentines Day goes by like any other day in the ebb and flow
of a cycle of violence. Home becomes a prison where they live with violence and the
threat of violence.

**“I was hit plenty by my husband over the years. I had a couple of concussions,
broken ribs, and I’m still deaf in one ear from him always hitting me on that side
of my head. But you can’t understand what I went through if you only talk
about the beatings. Hitting, punching, kicking - these things hurt your body, and
they leave some scars, but mostly your body heals. What hurts me even more
is that with my husband I never had a chance to do anything with my life.
I haven’t been able to make plans for years. And now I feel like I gave so much
to him but never even really had love back.”**

Not only within legal marriage that men are violent and abusive - women who live
with men in common-law relationships and women who are involved with men in
dating relationships are often assaulted by their male partners. Women of all ages, from
all social class, racial, cultural, religious, economic, educational and professional backgrounds
are victimized.

**one in four women is abused by her male partner in Canada
57% of all rapes happen while on a date
a woman’s risk of being sexually assaulted by an acquaintance is four times greater
than her risk of being similarly victimized by a stranger
the average age of the first physically violent dating experience is fifteen
39% of children in violent homes saw their mother being abused
in 1997, data reported to a sample of police agencies in Canada showed that most
violent offences against women and men occurred at home: 48% of physical assaults,
61% of sexual assaults, and 57% of murders**

Violence is not just physical. It can be sexual - forcing you to have sex when you don’t
want to. It can be emotional - like your boyfriend forcing you to stay away from family
and friends, being put down, being told all the time that you’re ugly, fat or stupid - things
that make us feel worthless.

**Everybody has the right to batter you - physically or emotionally. If
you need help . . . talk to someone you trust . . . call a support
service . . .**

More . . .

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FEBRUARY
2002

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Terrace BC
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SPECIAL EVENTS!!!

SPECIAL MEMBERSHIP MEETING:

On February 19th, TWRC is holding a special membership meeting. We are gathering at the Women's Centre to discuss current structural issues as well as the future direction of the Centre. Doors will open at 5:00pm, snacks and beverages will be provided. The staff at TWRC is greatly looking forward to any input from our members.

INTERNATIONAL WOMEN'S DAY:

Come out and celebrate our day!!! We will be holding a potluck dessert and dance on March 8th. Doors open at 7:00pm and activities start at 7:30pm. If you would like to get involved or for more information please call the Women's Centre at 638-0228.

~~ Child care subsidy is available - must pre-register ~~

TOWN HALL MEETING:

On February 24th at the REM Lee Theatre a town hall meeting will be held. Doors open at 2:00pm and community members will be discussing the current Liberal cuts. Please come out to voice your concerns and show your support.

HOBIIYEE (THE NISGA'A NEW YEAR):

NWCC is holding a fundraiser for thier totem pole project on Friday, February 22nd. This hobiye fund raiser will be held from 12:00pm - 2:00pm in room 2002. There will be drum and dance group performances, food, as well as a raffle. Hope to see you there!

AUTHOR WARREN GOULDING:

Author Warren Goulding will be in town to discuss his new book titled "Just Another Indian: A Serial Killer And Canadian Indifference." Two free seminars will be held. The first will be at The Best Western on Tuesday, March 12th at 7:00pm and the second on Wednesday, March 13th at noon in the NWCC Library.

You are a victim of violence if someone:

- Hits, kicks, or punches you
- Frightens you with their anger
- Puts you down
- Keeps you away from friends and family
- Prevents you from having your own money
- Threatens or forces you to do things you don't want to do
- Treats you like a servant

Crisis Line/Emergency Numbers

| | |
|-----------------------------|----------------|
| Crisis Center | 1-888-562-1214 |
| Women Crisis Centre | 1-888-564-8336 |
| Help line for children | 310-1234 |
| Sexual Assault (24 hours) | 635-1911 |
| Children's Crisis Help line | 1-800-663-9122 |
| Killam Memorial | 635-2211 |
| Emergency RCMP | 635-4911 |

Victim Assistance

| | |
|-------------------------|----------------|
| Victim Information line | 1-800-563-0808 |
| Victim Assistance | 638-7411 |
| Transition House | 635-6447 |
| Emergency Shelter | 635-5890 |

Counselling/Support

| | |
|---------------------------------|----------------|
| First Nation's Council of Women | 635-1337 |
| Mental Health | 635-2202 |
| Women's Resource Centre | 638-0228 |
| Ksan House Society | 635-1591 |
| Northwest Counselling | 638-8311 |
| Kermode Friendship Society | 635-4906 |
| Gay/Lesbian Counselling | 1-800-566-1170 |
| Northwest Band Social worker | 638-0744 |
| Sexual Assault Centre | 635-2373 |
| Adolescent Health/Reconnect | 635-4822 |
| Adult/Youth & Family Gambling | 638-8117 |

If you know someone who is currently being battered emotionally and/or physically, here's how you can help . . .

- Know the facts
- Do not give advice or judge. Talk to her about her options.
- Physical safety is the first priority. If you believe she is in danger, tell her. Help her plan an emergency exit.
- Let her know she is not to blame for the abuse, does not have to put up with it and that she is not alone.
- Discuss how the violence affects the children.
- Be encouraged that everytime she reaches out for help she is gaining emotional strength needed to make effective decision. She may be too fearful and immobilized or confused to take any step immediately.
- Although police can be asked to accompany a women going back home to retrieve personal belongings, encourage her to be prepared for the possibility of leaving home in a hurry. She should have necessary documents or photocopies ready, as well as important items such as: credit cards, cash, bank books, passport, birth certificates, citizenship papers, house keys, medication, children's favourite toy, clothes etc.
- Never recommend joint family or marital counselling situations of emotional or physical abuse. It is dangerous for the woman and will not lead to a resolution that it is in her interest. Encourage separate counselling for the man and woman if they want counselling.

Do not place yourself in danger by confronting the assaultive man.

Allow her to feel the way she does and support her decisions. Let her talk about the caring aspects of the relationship. Don't try to diminish her feelings about her partner. Don't criticize her for staying with him, but share information on how abuse increases over time without intervention.

Violence Stops when we begin to Break the Silence

Campbell's cuts affect youth in the following areas:

- ✂ Youth without work experience will receive \$6 per hour for entry level jobs which require no previous experience or special skills.
- ✂ \$6 per hour will result in youth not being able finance future education. Minimum wage for life?
- ✂ Teen parents and older youth who are studying full-time to get their Grade 12 in college-based programs will no longer be eligible for income assistance. If they live with relatives, they will be ineligible for shelter benefits.
- I
- ✂ Youth 19-21 will have to prove that they lived independently for two years to be eligible for welfare benefits.
- ✂ Summer Student Works, Job Start, Blade Runners and Youth Community Action have been cut effective immediately.
- ✂ All Ministry of Skill Development & Labour will be cut by the end of 2002-2003.
- ✂ Immediate abolition of Industry, Training & Apprenticeship Commission will create hardship for youth to enter well-paying stable careers.
- ✂ In parts of B.C. services for at-risk teens, youth in care or needing care are not receiving services.

This is despite the recommendations of the B.C. Children's Commissioner.

Campbell's cuts threaten social equity programs in public education systems:

What are social equity programs in public education?

Social equity programs are provided to equalized educational opportunities for children living in poverty or at risk. Ministry funding is currently provided for

- school meals
- inner-city initiatives
- community schools
- youth and family workers

These education dollars (currently \$42.6M) were transferred from the Ministry of Education to the current Ministry of Children and Family Development in 1997. These funds are now threatened by Liberal cuts.

Child Stats in B.C.

- 600,000 students are enrolled in B.C. public schools
- 10,000 children live in government care
- More than 42% of all children in care by court order are Aboriginal
- 1 in 5 children live in poverty
- In one year (between 1998 and 1999), the number of children living in poverty increased from 14.9 per cent to 19 per cent.
- Aboriginal children are over-represented in all special education categories, with the exception of the gifted category.

Aboriginal Women: No Rights to Land or Children

AT ONE TIME, Aboriginal women did not have to worry about child custody and access. Women shaped the social structure and held decisions-making power. Every family member held important responsibilities in the well-being of the children. It was an honour and privilege to have such significant roles in a child's life so everyone took their responsibilities very seriously.

The belief was that no one owned the children. Each child was a blessing to be given every possible opportunity to be unique, and to receive the utmost best of teachings to bring forth a healthy and well-balanced individual. Human dignity was held in such high regard that there are no words in Aboriginal dialect to differentiate gender: words like him, her, she and he do not exist in many of the languages of the First Nations people.

Today in 2001, things are very different for Aboriginal women. Colonization has stripped Aboriginal women of every conceivable right. Many of our Aboriginal leaders have bought into the patriarchal European structure and have chosen sexist and misogynist beliefs on which to model band rules and policies. Property rights on the reserve determine the outcome of child custody and access rights. Most bands hold all reserve land and property in the name of the band for

the use of all members. Before you could go to a court to apply for an order allowing one party to stay in the family home. Courts have now ruled that only the Indian Act can apply to property on reserve. The Indian Act does not deal with family law matters. Women make their requests to stay in the family home to the Band Council, Council of Elders or Chief, who have their own set of rules. The patriarchal structure of most band policies and procedures entitles property rights to the head of the family.

As a result, Aboriginal women attempting to escape violence are often forced out of the family home and community and into cities, where they encounter a multitude of systemic barriers. They are constantly being re-victimized by racism in the system.

Because of the complexities of band procedures and policies of who is entitled to what, Aboriginal women are often forced to live in extreme poverty. With these additional barriers, it is almost impossible to fight for child custody and access

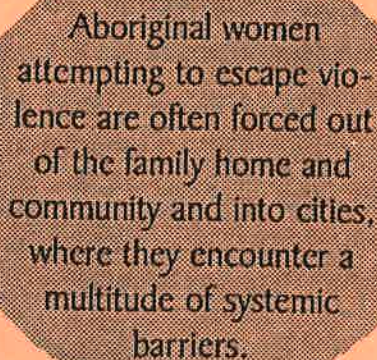
rights. The Social Development Department within a band is modeled after the child protection act, and the "best interests of children" criterion is seen through this lens, which means that children should live with the person who is financially stable, has access to the family home, extended family members, and to traditional culture. The patriarchal structure of today's band policies entitles men to all of these – leaving women with few resources.

The residential school syndrome and the destruction of the matriarchal system have led to the normalization of violence. Men can have a history of wife assault but their right to child custody and access is never questioned. This is especially true for men that have a position of power in the community. Allegations of child sexual abuse are being dismissed, without investigation, as false and vengeful charges. Children are being ordered by the courts to spend overnight visits with fathers who have abused them. Mothers have lost custody of their children because they dared to breach a court order by refusing supervised visits with fathers who have abused the children.

Custody and access issues expose the true values of our society. Men's rights of power and control over women still take precedence. We need a society based on fairness, and a system which accounts for the real social, political and economic realities for Aboriginal women. We need to put the safety of women and children first.

~Mabel Nipshank is a Metis woman of Cree and French descent. She has been the Volunteer and Counselling Coordinator at Battered Women's Support Services in Vancouver for four years, and is a member of the Aboriginal Women's Action Network.

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Aboriginal women attempting to escape violence are often forced out of the family home and community and into cities, where they encounter a multitude of systemic barriers.

Hi! My name is Alanna Dams and I am a new coordinator for the Terrace Women's Resource Centre working with Liza Haldane, Coordinator, and Raye Stensgaard, Coordinator for Youth Safety Outreach Programs. I am from the Kamloops area and I am enjoying my new home in Terrace. The scenery is spectacular. Terrace residents are very friendly and have made me feel welcome.



Unfortunately, living in British Columbia isn't as beautiful as it used to be. The Liberal government budget cuts are having a devastating effect on the citizens of B. C.

Here are some fast facts which translate what the budget cuts mean to single parent families on welfare:

- ✂ Working single parents lose \$200 exemption on the first \$200 earned.
- ✂ "Employable" single parents will lose \$70 per month as the government plans to roll back benefits to the same rate paid to individuals living alone.
- ✂ Single parent families will lose \$100 exemption per child for child support. Child support is now Government support.
- ✂ Single parent with two children will be reduced from shelter rate of \$610 to \$520 or \$90. All shelter rates will be reduced.
- ✂ Single parent family shelter rates in rural areas will be further reduced by an unspecified amount.
- ✂ Single parents must look for work when their youngest child turns three, changed from the current age of 7.
- ✂ Eligibility for child care subsidy is now based on a new reduced unspecified income level.
- ✂ Persons on welfare for more than two years will have welfare benefits reduced by 11 percent until a job is found.

YOUR OWN VALENTINE!

If you got together and decided
it was a sure bet to enjoy this
Valentine's Day was to find ways to
entertain yourself! Here are some
of our picks . . .

Get physical . . .

Raye: Besides a romp in the hay?

Long walk with my dog by
the river.

Liza: Take Donna's step class.

Alanna: A quick walk.

Buy yourself some flowers . . .

Raye: Indian Paintbrushes and
Daisies.

Liza: Wild Orchids.

Alanna: Carnations.

**Take time for self reflection,
write yourself a loving letter . . .**

Raye: Remind myself that I'm
beautiful no matter what.

Liza: Life is too short to be
miserable.

Alanna: Remind yourself that
Valentine's day is just a
marketing gimmick!

Buy yourself a gift . . .

Raye: My PVC ballgown and cape.

Liza: A red dress.

Alanna: A good read!

**#6 Curl up in bed with a warm and
cozy book . . .**

Raye: Anything by Lynn V. Andrews.

Liza: "The Vagina Monologues".

Alanna: "In the Spirit of Crazy
Horse".

#5 Eat CHOCOLATE . . .

Raye: not big on chocolate, but
give me Butterscotch
pudding anyday!

Liza: Turtles.

Alanna: Ferraro Rocher.

#4 Get something pierced . . .

Raye: Web of my tongue.

Liza: Most definitely my tongue!

Alanna: Second lobe piercing.

**#3 Rent your all time favourite video
and have yourself a good cry
or laugh . . .**

Raye: "Nowhere".

Liza: "Fried Green Tomatoes".

Alanna: "Message in a Bottle".

#2 Plan an activity for yourself . . .

Raye: Go on a roadtrip, see a concert

Liza: Rent a hotel room and order
room service and use as much
hot water as you want!

Alanna: Take a short trip.

**#1 Run yourself a hot bubble bath,
light some candles, and play your
favourite tunes . . .**

Raye: Cat Power (Cover Album)

Liza: Lenny Kravitz (Greatest Hits)

Alanna: Rage Against the Machine

DID YOU KNOW THAT IF SHOP MANNEQUINS WERE REAL WOMEN THEY'D BE TOO THIN TO MENSTRUATE?

hot stuff

Love the way you look



HAPPY VALENTINE'S DAY
REMEMBER.....

WE WOMEN ARE BEAUTIFUL!!!

COME IN ALL SHAPES

COLORS
AND SIZES



CELEBRATE INDIVIDUALITY

Don't compromise
yourself. You are all
you've got.
-Janis Joplin



Sue

life of

MARK
ON

ful

chic

Curvy Is In!!!



THERE ARE THREE BILLION WOMEN WHO DON'T LOOK LIKE SUPERMODELS AND ONLY EIGHT WHO DO.

THE MODELS IN MAGAZINES ARE AIRBRUSHED NOT PERFECT!!!!

Name

Barbie

Age

40

Profession

Doll (also a lifeguard,
mother, singer, dancer,
skier, doctor, marine
biologist, babysitter,
rollerblader,

Claim to fame

Known for her anatomically
impossible plastic figure,
her wardrobe spans the
length of the Titanic, she
masterfully "multi-tasks"
her way through life; she
can sing, dance, save lives,
protect the earth, cook
dinner, go on a safari and
still make it to the ball in
a few hours.

Who is more hazardous to your health?

Super~Size your women

There is no shame in being well-fed!

THE AVERAGE WOMAN WEIGHS 144 LBS AND WEARS BETWEEN A SIZE 12 - 14

