

Mountain Girls for girls, women and their fans

July/August, 2004

Volume 7, Issue 5

Women's Centre Update

Upcoming Events:

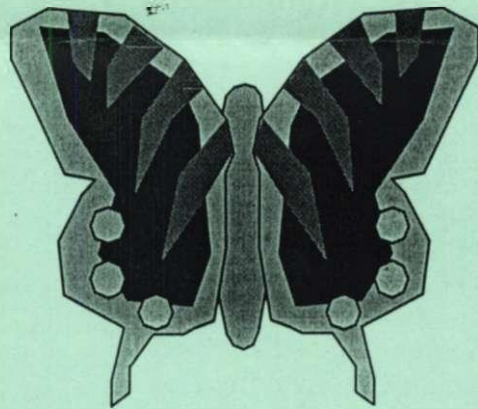
- Farmer's Market and Sounds of Summer Saturdays from 10 - 2pm at Kumshagen Park
- GWRC's 25th Anniversary Garden Party, Saturday, August 14th at Alexander Park
- Health, Information and Discussion session with Dr Heidi Leisance - Friday, September 3rd, noon at the Women's Centre

As the Golden Women's Resource Centre heads into the summer months we are excited to welcome back Sarah Nolin as our summer student. Sarah will be assisting us with a project on Legal Aid as well as helping to organize a

At the end of July we will be saying good-bye to our Safe Homes Program Coordinator of 12 years, Jaki Fraser.

postcard fundraiser and a summer garden party to continue the celebrations for our 25th anniversary.

At the end of July we will be saying good-bye to our Safe Homes Pro-



gram Coordinator of 12 years, Jaki Fraser. The Centre will be a different place without her - she will be sorely missed. We will be having a wine and cheese in honour of Jaki on Thursday, July 29th at 5pm here at the Centre and everyone is welcome. Join us as we wish her good luck on her many new adventures.

We are excited about having a new coordinator in our centre, someone who will

bring new energy and enthusiasm to the job. The new coordinator will be hired to begin work on July 26th - stop in and say hello to her!

I hope everyone has a wonderful summer. Be sure to join us as we continue to celebrate our 25th anniversary. Keep your eyes open for more information about these events.

Heidi Wurmman
Coordinator

Amnesty International Launches New Campaign to Fight Violence Against Women

(From AI newsletter "The Candle," Spring 2004)

Amnesty International (AI) has launched a worldwide campaign to Stop Violence Against Women. Violence Against Women and girls is the world's most pervasive human rights violation. And the violation most often ignored. Every moment of every day, women and girls around the world are subjected to violence.

Women in Asia and the Middle East are killed in the name of honour. Girls in West Africa undergo genital mutilation in the name of custom. Migrant and refugee women in western

Europe are attacked for not accepting the social norms of their host community. Young girls in southern Africa are raped and infected with HIV/AIDs because the perpetrators believe that sex with virgins will cure them of their disease. And in the richest, most developed countries of the world, women are battered to death by their partners.

Many face horrifying silence once the violence has ended. Police, judges, and other government officials have a clear obligation to do everything they can to prevent such violence. But all too often, women are denied the protection they deserve. And the crimes are tolerated or even

condoned.

However, there is hope. Together, we can make a difference. It starts by recognizing that violence against women is a global human rights crisis - a crisis that affects us all. Together we can break the silence surrounding this crisis - the silence that confronts so many women and girls when they seek justice, safety, and rehabilitation.

For more information, or to become involved in Amnesty International's campaign, visit their website at www.amnesty.ca or stop by the Women's Centre.

Welcome to New Board Members

We'd like to thank all the members of the board for their continued support, and for donating their time to keep the Women's Centre running. The Board of Directors for the Golden Women's Resource Centre consists of seven members. They are: Tammy Davis, Kuljit Jaswal, Gena Brygger,

Jane Tevelein-Doel, Brenda Hunter, and two new members, Cheryl Bartram-Moss, and Martha Ryan.

The Women's Centre also has a summer student, Sarah Nolin, who started work at the Centre on June 21st. She will be with us until the end of August, and will be help-

ing out with a number of projects throughout the summer. Some of these include the Status of Women Canada Project (see next page), helping add more information to the library, and general assistance to the women who use the centre.

Status of Women Canada Project: A Follow-up to Last Year's Project

Each year the Women's Centre completes a project for the Status of Women Canada in order to receive funding from them. Currently, this is the only funding that the Women's Centre is receiving, as the provincial government funding has now been cut. These projects allow the Women's Centre to focus on the systemic change work that is so vital to feminist practice.

Last year the Status of Women Canada project looked into cuts to legal services and community based victim support services in Golden. The result was the publication "*Deserving Respect and Assistance: The Effect of Cuts to Legal Aid and Victim Support Services on Women in Golden*". The report was based on information we gained in interviewing women who were dealing with the system, and it details some of their many suggestions for us.

This summer we are planning to follow-up on those suggestions and implement the recommendations that came out of that report. The goal of the project this year



is to create a collaborative community advisory committee which will meet once a month. The committee will be made up of different service providers from the community, as well as local women.

The purpose of the committee will be to provide recommendations to the Women's Centre so that we can help fill the void in services available. Specifically, one of the ideas we are already thinking of doing as a result of the report is to add a legal information section to the library, including blank forms. This would provide women who are forced into representing themselves in court a place to start in gathering information.

The idea is that the committee will work together

to create realistic ways that the community can better assist women facing multiple barriers in dealing with the legal system.

Some of the other objectives of the project are to advocate on behalf of women experiencing hardships due to cuts to the system, and raise awareness on the impact cuts to services is having on local women. In order to achieve this we are hoping to have public awareness campaigns and perhaps run some workshops out of the centre. We also plan to lobby for the reinstatement of funding to Legal Aid.

So if you have information or suggestions to put forth in regards to this project please stop by the Women's Centre and let us know. Or if you know of anyone who may be able to provide us with some useful suggestions, tell them about the project. Many women in our community are being affected by the cuts to Legal Aid. They need and deserve our support and information.

Access a Pressing Issue

You would be hard-pressed to find a woman who is unaware of breast cancer. After all, there is Breasts Cancer Awareness Month, Rosie O'Donnell's crusades for every woman to do breast self-examinations, and major corporations boosting their images through breast cancer-related events. But one group seems not to have been invited to the chick-bonding at the breast cancer marathon: women with disabilities. According to an evaluation of Montreal-based breast cancer screening centres by Maria Barile, co-chair of Action des femmes handicapées de Montréal, women with disabilities are not screened on an equal basis with non-disabled women. "If you are blind and most of that information is on paper, obviously you are not getting it. If it's on TV and not

captioned, obviously deaf women are not getting it," she says. Barile adds that no information is targeted to women with physical disabilities. According to Statistics Canada, 16 percent of Canadian women are disabled. Women with disabilities have the same chance of getting breast cancer as non-disabled women, yet they are consistently under-served by breast cancer screening centres. American women with motor impairments are three times less likely to be screened for breast cancer. According to the Toronto report, 38 percent of women with disabilities encountered problems with accessibility at breast cancer screening centres. In Barile's evaluation, none of the centres surveyed were universally accessible, and only 11 of the 16 centres were partially accessible. Documentation in alternate formats for blind

and visually impaired women was non-existent. For women with developmental disabilities, other barriers exist. In one centre Barile surveyed, technicians had a policy of giving information only **to the family member, not directly** to the woman with a developmental disability. "I know several women with disabilities who were diagnosed much too late," says Barile. Her advice for screening centres is that "they need to be inclusive of women with disabilities, with various types of disabilities and they need to be technically, physically and humanly accessible to include women with disabilities."

by Sujita Day

(From Herizons Magazine,
Summer 2004)

Up-Coming Events and Projects

Keep checking in at the Women's Centre for more information about the events we are planning for the summer. So far we are looking forward to celebrating our 25th anniversary with a garden party. We are hoping to have some

snacks, and provide an opportunity for anyone to come down and celebrate the Women's Centre.

We are also planning on having art postcards for sale. This will be a fundraiser to help raise money for the Golden Women's Re-

source Centre.

The art is all done by local artists Suzanne Cooper, Nancy Courtemanche, Jane Doel, and Enid Petherick. Watch for postcards on sale at the Farmer's Market as well as at locations all over town..

Ottawa Soft on Pollutants

You wrap leftover vegetables in it. It's in your blinds. It's in children's toys and their raincoats. It makes your Tupperware containers soft. In the hospital, IV tubing is likely to be made from it. It is polyvinyl chloride (PVC), part of a family of chemicals made from chlorine that is mixed with petrochemicals. PVC production began with the general expansion of the chlorine industry during the 1950s and 60s, and today it is widely used in construction materials such as vinyl siding, window frames, flooring and cords for appliances. Five years ago, Greenpeace sponsored a study that revealed high levels of toxic softening additives in PVC IV bags, syringes, tubing and catheters used in hospitals. Disposing of these products is also hazardous, because a by product of the incineration of PVC is dioxin—the most toxic synthetic chemical known to science. Medical and municipal incinerators burn large amounts of PVC, and these incinerators are believed to be one of the largest source of dioxins, a hormone-disrupter.

Even a low level of exposure to dioxins can disrupt the hormonal systems of humans and animals. The presence of dioxins in the body has been linked to miscarriage, low birth weight, birth defects and lower fertility rates in

both men and women. These chemicals are also linked to immune disorders, liver toxicity, endometriosis and breast cancer. PVC isn't listed on the Canadian government's list of toxic substances, despite the fact that it is persistent in the environment and fat-soluble (meaning that it accumulates in fat tissue of humans and animals). Listing chemicals is only a partial solution, according to Executive Director of the Sierra club of Canada Elizabeth May. "There is no money in the budget of Environment Canada for enforcement, leaving us in the pathetic position of hoping that if we're really, really nice to polluters they will comply with regulations," she says. The shortcomings of self-policing are revealed by the fact that the chemical industry has not produced data on the production of dioxins in over three years. One solution is to ban organochlorines, the category of chemicals that includes PVC plastic. Denmark and Sweden now limit the use of PVC, and companies like Nike, IKEA and the Body Shop have begun to phase out the use of PVC from their products. Baxter International, the world's largest IV bag manufacturer, has already stopped using PVC plastic. Organic plastics created from soy, hemp and other natural materials offer viable alternatives. Some

good news came on May 17, 2004. That's when The Stockholm Convention took effect. It calls for the elimination of persistent organic pollutants (POPs) such as DDT, PBCs and dioxin and has been ratified by 50 countries, including Canada. The impetus for this agreement came as the result of lobbying by Inuit communities affected by the accumulation of POPs in the Arctic. Ultimately, environmentalists say, Canada should follow the lead set in Denmark and Sweden, where the precautionary principle has been adopted as an approach to regulating pollutants. The principal states that precautionary measures should be taken if there is any indication an activity threatens human health or the environment—whether or not it has been fully established scientifically. This places the burden of proof on chemical producers to demonstrate that their products are safe. Until the Canadian government catches up with countries in the EU and moves towards a precautionary approach, Carter says "we need to be very vigilant."

by Gillian McCann
(for full text see Herizons
magazine, summer 2004,
Vol. 18 No. 1)

The Golden Women's Centre Society's Mission Statement

The Golden Women's Centre Society exists to promote the advancement and status of women and to raise awareness of women's issues.



As we deal with our provincial funding cuts, memberships become more and more important for the Women's Centre. If you are interested in supporting the Women's Centre by becoming a member, please fill out the following form and bring it to the Women's Centre. Cost is \$10 or what you can afford.

Name: _____
Mailing address: _____
Phone: _____
Fax: _____
E-mail: _____

You can reach the Golden Women's Centre in the following ways:

in person: 419C N9th Ave S
mail: PO Box 2343
ph: 344-5317
fax: 344-2565
mtnwomyn@redshift.bc.ca
www.goldenwomencentre.ca

Mountain Girls for girls, women and their fans

A newsletter of the Golden Women's Centre

May/June 2005

UPCOMING

EVENTS:

- **WOMEN'S HEALTH, INFO AND DISCUSSION SESSION - MAY 6TH NOON @ THE WOMEN'S CENTRE,**
- **ALL CANDIDATES FORUM, MAY 5TH AT THE GOLDEN CIVIC CENTRE**
- **ELECTION OPEN HOUSE AT THE WOMEN'S CENTRE MAY 11TH FROM 10-2PM**
- **PROVINCIAL ELECTION, MAY 17TH**

Women's Centre Update

Spring has definitely arrived in Golden and everyone is happy to see it here!

The Women's Centre has continued to be a busy place. Prevention of Violence Against Women Week at the end of April had us in the elementary, alternate and high schools doing presentations about violence.

We are in the process of starting a number of groups. Beginning May 2nd and running for 6 weeks, we will offer a financial planning workshop for women. Facilitator Shannon Hood will talk about different ways we can save money and look at our financial futures.

Our Stop Smoking Support group for women will also begin in May. This free, 14 week group will run on

Wednesdays over lunch. The first session is May 18th. Call the Women's Centre for more information or to register.



We are also continuing our very popular lunch hour sessions with Naturopathic doctor Heidi Lescanec. They run the first Friday of each month.

With the provincial election happening on May 17, the Women's Centre has been busy organizing events and bringing together information to help women become more informed about the issues. Our goal is to get as many

women out to vote as we possibly can! The right to vote was a hard fought battle - we cannot turn away from this right.

The Women's Centre, along with the Chamber of Commerce is so-hosting an All Candidates Forum on May 5th at the Civic Centre at 7:30pm. Everyone is welcome to attend.

On Wednesday, May 11th, women are encouraged to stop by the Women's Centre for our Election Open House. We will be assisting women to register to vote. There will also be information about the STV referendum as well as information about issues that matter to women. Please join us.

Heidi Wurmman
Administrator

Annual General Meeting

The Golden Women's Centre Society's Annual General Meeting will be held on June 14th at 6pm at the Women's Centre.

All members are invited to join us for the meeting.

If there are women interested in becoming board members, please contact Heidi at the Women's Cen-

tre (344-5317).

We encourage women to take this time to purchase or renew their memberships with the Golden Women's Centre (see back page of the newsletter). This is an important way to support and be a part of our organization.

GWCS's Annual General Meeting will be held on June 14th at 6pm at the Women's Centre

May 17th Election

The Golden Women's Centre strongly encourages all women to take advantage of their rights and be sure to vote on May 17th.

This provincial election provides voters with two chances to make their voices heard. You will be voting for your local Member of the Legislature as well as voting on a referendum on whether our province should change our electoral system to the STV (Single

Transferable Vote) system.

We urge you to take the time to research all of the issues. Attend All Candidates Meetings (there is one scheduled in Golden for May 5th), ask questions of your candidates, go on-line, read your local newspaper, and talk to friends and family.

The Golden Women's Centre has also

been doing some research. We will be holding an **Open House on May 11th** where we will present information about issues of importance to women as well as information about the referendum question.

Women are encouraged to stop by the Centre any time to talk about the election, how to register to vote, and how to learn more about the issues.

Iraqi Women Risk Lives for Change

From Herizons, Spring 2005

Building democracy in Iraq will prove impossible without immediate leadership from the country's forsaken majority: its women.

The fate of Iraqi women's rights rests significantly on the results of January's election, say two female leaders. Zainab Al-Suwajj and Ala Talabani say the direction of the new government will decide whether women will really become equal citizens or will instead lose their voices.

Many Iraqi women view January's election as an historic opportunity to gain more rights. Many put their lives at risk to run for seats in a new national assembly and about a dozen women with established national profiles ran for office.

Al-Suwajj and Talabani have long careers dedicated to advocating women's rights in Iraq. Despite the many battles ahead for equality, both women are hopeful about the role women can play in Iraq. "We, the women,

are building bridges among cultural, ethnic and religious divides," Talabani said.

Building democracy in Iraq will prove impossible without immediate leadership from the country's forsaken majority: its women.

The participation of women both as candidates (imposed by the US-backed electoral laws) and as voters is significant. but key demands of Iraqi women, particularly those involving the economic and social rights disproportionately denied to women, are unlikely to be met through this electoral process, according to Phyllis Bennis of the US Institute for Policy Studies.

"The new Iraqi transitional assembly, despite a certain majority of Shi'a-dominated parties, will be unlikely to call for an immediate withdrawal of US troops," asserted Bennis. "Despite claims by many Shi'a leaders that they want an end to

the occupation, this government will remain in power only with the backing of US troops.

The Sunni current interim president, Ghazi al-Yawar, one of the voices most critical of the US occupation, announced after the vote that it would be 'complete nonsense,' to call for an end to the occupation."

Iraq's interim constitution currently guarantees at least 25 percent of the 275 seats in the new National Assembly for women. While the inclusion of women in the National Assembly may help ensure that rights related to these issues are recognized under the constitution, it is most likely that only rights compatible with US aims in Iraq will be enacted.

(With files from Women's E-News, the Feminist Majority Foundation, and Madre, which partners with the Organization of Women's Freedom in Iraq (OWIF). OWIF is calling for an immediate end to the US military occupation and the establishment of a free and secular state in Iraq.)

20 Questions for Candidates in the Provincial Election

from the BC Coalition of Women's Centres
(www.bcwomen.cjb.net)

1. What specific actions will you and your party take to ensure women achieve economic security and have full access to their Human Rights, which are both essential and intertwined components in the struggle to end violence against women?
2. Will you and your party commit to restoring full funding to essential women's services like sexual assault centres and women's centres?
3. What has your party done/ what will your party do to meet the U.N.'s requirement that BC "analyze the negative impact on women of its recent legal and other measures and amend the measures, as necessary"?
4. What measures will you and your party be taking to restore the Human Rights protection that women spent decades fighting for, and how will you ensure women's full and equal access to their Human Rights?
5. What steps will you and your party take to address the gender imbalance in the Legislature in future elections?
6. What ways will you and your party work to ensure a more complete approach to health care, one that takes into account women's unique needs, which understands and respects the needs of rural women and girls, which does not demand women pick up the work of providing once-funded care for free, and which restores access to the services women and their families have been denied in recent years?
7. Will you and your party re-

instate women's hard-won pay equity rights?

8. What specific strategies has your party adopted to ensure that women's equality rights are balanced with private sector interests through public sector jobs?
9. Will your party commit to restoring Employment Standards Legislation to pre-2001 standards, in order to ensure that women's basic rights are not being violated?
10. What will your party do to ensure that women, especially women who are vulnerable to violence and abuse in the workplace, have access to redress that includes direct, personal assistance?
11. What will you and your party do to ensure a truly healthy economic climate that ensures women have equal access to an affordable education, a living wage, and full-time secure employment?
12. What steps will you and your party take to ensure that women in need are not left to negotiate the justice system without legal counsel?
13. What will you and your party do to ensure that ALL of BC's women have access to safe, affordable, and publicly-funded childcare?
14. What will you and your party do to ensure that the people who look after our most vulnerable citizens - our

province's children - receive a living wage for their work?

15. How do you and your party plan on ensuring access to post-secondary education that is affordable to women and their families?
16. Will you and your party commit to restoring the principle right to income when in need for all British Columbians?
17. How will you and your party work to ensure that poor British Columbians who have been moved "off the welfare rolls" do not simply disappear, but are moved into paid employment?
18. How will you and your party work to reduce the barriers people with disabilities are facing when trying to negotiate the MHR benefits application process?
19. How will you and your party work to end the shameful marginalization of Aboriginal women in BC?
20. How will you and your party work to end the unfair and discriminatory practice of offloading the burden of cut-backs to programs and services onto the backs of unwaged women?

Will your party commit to restoring Employment Standards Legislation to pre-2001 standards, in order to ensure that women's basic rights are not being violated?

Stop Smoking Support Group for Women

The Golden Women's Centre is pleased to announce another installment of our popular Stop Smoking Support group. This is a free, 14 week group for women. The first session begins May 18th and the sessions run over the lunch hour from noon to 1:30pm.

"We want to support women to take control of their health and their lives by stopping or reducing smoking,"

The Stop Smoking program looks

at the particular needs of women who are trying to quit smoking. "We want to support women to take control of their health and their lives by stopping or reducing smoking," states co-facilitator Annie Richard. "The program is based on an holistic approach - the main focus is a change towards an improved quality of life."

The Stop Smoking group has a women-centred approach which addresses not only the

physical aspects of nicotine addiction, but also the emotional and psychological aspects of this addiction.

There is a limit of 10 women for this group. Please call (344-5317) or stop by the Women's Centre (419C N9thAve) to register or if you would like more information.



*The Golden Women's Centre Society's
Mission Statement*

The Golden Women's Centre Society exists to support all women in their lives by encouraging their growth and finding opportunities to increase awareness of women's experiences and needs.

As we deal with our provincial funding cuts, memberships become more and more important for the Women's Centre. If you are interested in supporting the Women's Centre by becoming a member, please fill out the following form and bring it to the Women's Centre. Cost is \$10 or what you can afford.

Name: _____

Mailing Address: _____

Phone: _____

e-mail: _____

You can reach the Golden Women's Resource Centre in the following ways:
in person: 419C N9th Ave N
by mail: PO Box 2343, Golden, BC V0A 1H0
phone: 250-344-5317
fax: 250-344-2565
e-mail: mtnwomyn@redshift.bc.ca
web: www.goldenwomencentre.ca

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A newsletter of the Golden Women's Centre

September/October 2005

UPCOMING EVENTS:

SEPTEMBER IS
MEMBERSHIP RE-
NEWAL TIME.
STOP BY THE
CENTRE TO RE-
NEW YOUR MEM-
BERSHIP

FASD AWARE-
NESS NIGHT.
SEPT. 10, 2005.
BENEFIT CON-
CERT, 7 PM AT
THE ANGLICAN
CHURCH

SEPT. 16, 2005
IS THE ANNUAL
TAKE BACK THE
NIGHT MARCH
MEET AT 8PM AT
THE WOMEN'S
CENTRE

OCTOBER IS
WOMEN'S HIS-
TORY MONTH.
CHECK AT THE
CENTRE, OR ON

Women's Centre Update

The Golden Women's Resource Centre is pleased to welcome Laurie Dalzell as the new Administrator. Please stop in at the centre and meet Laurie (see page 5). We would also like to wish Heidi Wurman the best of luck and fun as she hits the books "back to school." Go girl!

There are many events coming up at the Women's Centre. In September Golden will host it's first FASD awareness night and fundraiser. The money raised will go towards the purchase of new educational materials to raise awareness of the disorder.

The annual Take Back the Night

March will be happening on September 16, 2005. We hope that everyone will come down and meet us for the annual walk. We will be meeting at the Women's Centre. This year the walk will be somewhat different from past years including a different route, and stops at points of significance along the way with speeches.

October is Women's History Month and the Golden Women's Centre will be participating. This year we are hoping to profile local women of various ages, in various fields, who could be good role-models for young women in our community. Please keep checking with the Centre, or our

w e b s i t e
(www.goldenwomencentre.ca) for more information.

September is also the time of year of in which memberships must be renewed. Memberships are \$10, or whatever you can afford. If you are a member of the Golden Women's Resource Centre you are entitled to: vote at the Annual General Meeting, held in June of each year, and receive our bi-monthly newsletter. As well, the purchase of memberships helps the Centre financially, which is important now that the funding has been cut.

Sarah Nolin
Admin Assistant

Take Back the Night March September 16, 2005

“Women Unite! Take Back The Night! What do we want? Freedom! When do we want it? Now!” These are the cries heard by women in Golden every September during our annual Take Back The Night March. This year will be no exception. We will be meeting at the Golden Women’s Centre on Friday September 16th at 8pm to begin our march. But the similarities to past marches will end there as well. In the past, we have always kept our march to the downtown core, keeping our protest as public as possible. This year our route will begin along the same path (down the one way streets past the post office and the Credit Union to The Lodge) and then we continue to the pedestrian bridge, over the bridge and down the river trail. We will head back toward town through the residential streets and cross the river over the pedestrian bridge once again and return to the Women’s Centre where our male supporters will be waiting with drinks and treats. Along the way, in addition to singing and chanting, we will be making some scheduled stops in order to reflect on what it means to be a woman walking alone at night in Golden, and local threats to women’s safety in our own town. Our first stop will be at The Lodge where we will talk a little bit about how pornography precipitates violence against women. Our next stop will be on the lonely stretch of pathway on the river trail. Here we will pause to experience how we feel as women alone at night. Our third and final stop of the march will be on a residential street, to honour the memory of Misty Boudreax, a young

girl from Golden, who was killed walking home alone from a party. This is an important stop, because although this horrific incident happened some years ago, it is an important reminder that small town streets don’t necessarily mean safe streets. In order to keep our streets safe for everybody, but especially our vulnerable young women, it is important for us to keep the memory of Misty alive in the minds of the police, parents, people who reside in residential neighbourhoods, and the young people who may be at risk when walking the streets alone at night. Take Back The Night March is traditionally a woman only march, and in Golden we uphold this tradition. Men are excluded from the march because women want to know what it is like to do what men take for granted - take a safe walk on a public street at night. Instead, women make each other safe by getting together, refusing to be isolated, refusing to give up the right to travel our streets in safety and committing to help each other in times of danger. Men who want to demonstrate their support of women’s hopes and demands for safety can do many things: stop using pornography, challenge male friends when they tell sexist jokes, donate money to women’s centres, and join us after the march for discussion and treats! One in 4 women will be raped in her lifetime, and one in 8 girls will be sexually assaulted before the age of 18. Lets join our feet and voices, and Take Back The Night! Dana H

***Take Back The
Night March***

***Friday
September 16
2005***

8:00 pm

Women’s Centre

FASD Music Night & Fundraiser

***St Paul's
Anglican
Church***

***September
10***

7:00pm

Four years ago, When I was pregnant with my son Julian, my sister and I made a belly cast. It was fun to do, and beautiful when finished, but afterward, I wished that I could do something

useful with it. It wasn't until Julian was almost one that came up with an idea. I approached some local sculpture artists, and asked if they would take my belly cast, along with another, and create something that we could sell to raise money for Fetal Alcohol Spectrum Disorder awareness and prevention. They agreed, and the next year, the year Julian turned two, was de-

voted to the creation of some beautiful sculpture. The following year, the year Julian turned three, I began to organise an evening event, with music, art, and information. This fall, Julian will be turning four, and we are finally able to invite everybody to our FASD awareness and fundraising event at St. Paul's Anglican Church. September 10th at 7:00pm. We are hosting along with St. Paul's Anglican Church, and the Golden Health Unit. We will have performances by local musicians including Bill Usher, Carlos Coyote, Sarah Osadetz, and the Tudor Singers. We will have beautiful sculpture by artists Jane Doel, Thelma Brown, and Dee Funk. Guest

speaker for the evening is Joyce Rhodda, who is joining us from invermere to give a short informational talk and some handouts. We will have a information board assembled by the Golden Health Unit on display. After the performances, **There will be discussion and goodies offered downstairs.** I am so excited about this upcoming event that has been so long in the making. I feel so passionate about the prevention of FASD. It is a disorder that is 100% preventable, yet afflicts 1 in 100 babies born today. Alcohol causes more damage to a baby than any other drug. Please come help us ensure that these precious lives get their best start.
Dana H.

Fetal Alcohol Spectrum Disorder

How is FASD Caused?

The sole cause of Fetal Alcohol Spectrum Disorder (FASD) is prenatal alcohol exposure. FASD causes brain damage ranging from mild intellectual and behavioural issues to the extreme that often leads to profound disabilities or premature death.

Statistics Canada (2000/01) found that: 32.2% of women ages 15-32 consumed 5 or more standard alcoholic drinks on each occasion 1-11 times per year, and;

roughly 50% of pregnancies are unplanned. It is likely that about 20% of babies have been exposed to multiple episodes in high levels of alcohol in the first trimester, before the woman even knew she was pregnant. 1 out of every 100 babies in the US is born with FASD. The vast majority of these women are not alcoholics. Even low levels of alcohol consumption, as low as one drink per week, are adversely related to child behaviour. There is no known safe level of alcohol consumption during pregnancy.

Is FASD Preventable?

FASD is not hereditary, and it is 100% pre-

ventable. A child cannot grow out of it, however, early diagnosis and intensive intervention can make an enormous difference in their lifetime prognosis.

There is no known safe level of alcohol consumption during pregnancy.

What Is FASD?

The Canadian Pediatric Society states: "FASD is a common yet under-recognized condition resulting from maternal consumption of alcohol during pregnancy."

What Are The Effects of FASD?

A person afflicted with FASD may display some, all, or even more of the following characteristics: little or no retained mem-

ory, sociopathic behaviour, heart defects, deafness, facial abnormalities, dental abnormalities, underdeveloped fingers, inability to predict consequences of actions, little or no capacity for interpersonal empathy, depression, extreme sensitivity to touch, food and clothing texture, and minor injuries, **extreme impulsiveness**, little or no capacity for moral judgment, developmental coordination disorder, developmental speech and language disorder, cleft palate, and hip deformi-

ties. Children with FASD are disruptive at school, have difficulty maintaining lasting friendships, and are challenging for parents. Youth with FASD are at high risk of dropping out or getting kicked out of school, of getting into trouble with the law, of abusing alcohol and other drugs, of promiscuous sex, and are vulnerable to becoming victims of physical and sexual abuse.

Message from new Administrator, Laurie Dalzell

**GIRL
POWER!**



Fall is here! For many that means back to school, back to work. I don't know about you, but every September, I get the "back to school" bug. (How's back to school feeling for you Heidi?) It's been a long time since I went back to school, but every fall I feel it. It's a good thing, since I usually get a burst of motivation and productive energy. This will be useful as I embark on this new adventure as Administrator of the Golden Women's Resource Center!

I would like to specifically thank Dana Hudson, Annie Richard, and Sarah Nolin for keeping things going while I am learning the ropes here. Dana has been the master planner for our two September events, Take Back the Night March (September 16) and the FASD Benefit (September 10, 7 PM at the Anglican Church). She is also the mastermind behind what has to be the Women's Center's most looked at window display (on Fetal Alcohol Syndrome). Sarah will be continuing her research and writing of our Status of Women Canada project on "Sexual Exploitation of the Youth of Golden" through September; and Annie, the Safe Home's coordinator is always on hand to answer my

questions and educate me on the topic of women and violence.

For those of you whom I haven't met yet...hello. I'm Laurie. I have recently relocated to Golden from Mont Tremblant, Quebec, with my husband and two daughters, Daela (3 ½) and Ainslee (1, this month!). Mont Tremblant is a small resort town an hour north of Montreal. I've been in Golden for 8 weeks, but in many ways, I feel that I've been here for much longer. The community, board and staff have been so welcoming. Thank you.

In Tremblant, I was involved with a non-profit organization supporting families with young children (age 0 - 5). The experience there opened my eyes and heart to the non-profit sector. Being a new mom has boosted my interest and concern for encouraging and supporting the development of a strong, whole "girl-person." I hadn't considered myself a feminist until I remembered a story my father would tell over and over which seemed to make him proud. When I was 7 or 8 years old, I would often march around the house proclaiming "Girl Power!" Even then, I believed that girls could do anything.

As fate would have it, my path crossed with Heidi and the board hired me as the

new administrator. My business background is in management and program administration, with a bit of sales and marketing thrown in. My passion is teaching. I play and teach violin and viola. I have taught snowboarding, exercise, mom and tot classes, swimming. After all, every encounter you have with someone is about listening, learning and teaching, isn't it?

My visions for the Women's Center include outreach, education, and reminding people that one need not be in crisis to access the resources of the Women's Center. We want to enhance our warm welcoming atmosphere, especially at the "front of the house," with a comfortable seating area by the front window, that invites all women in to sit down, browse the library, chat with other women, share ideas, or just relax. We welcome ideas and feedback (and donations!) to help us realize this goal. So if you have decorating ideas, a comfy chair to donate or some inspiring quotes to paint on the walls, let us know. After all, this is *your* Women's Center. I look forward to meeting each and every one of you in the months to come.

Peace,
Laurie

Women Unite!

8:00 PM

Friday September 16

**Meet At
The Golden Women's
Centre**

Take Back The Night March

The Golden Women's Resource Centre is hosting it's
9th Annual Take Back The Night March to protest
violence against women.



*The Golden Women's Centre Society's
Mission Statement*

The Golden Women's Centre Society exists to support all women in their lives by encouraging their growth and finding opportunities to increase awareness of women's experiences and needs.

Support *your* Women's Center by initiating or renewing your membership. Your membership helps us continue to offer the services you enjoy, as well as to expand our offerings to meet your interests and needs. To become a member, simply fill out the form below and bring it in or mail it to the Women's Center. Cost is \$10, but don't let your budget stop you. Pay what you can afford, every dollar we receive makes a difference! Thank you.

Name: _____

Mailing Address: _____

Phone: _____

e-mail: _____

You can reach the Golden Women's Resource Centre in the following ways:

in person: 419C N9th Ave N
by mail: PO Box 2343, Golden, BC V0A 1H0
phone: 250-344-5317
fax: 250-344-2565
e-mail: mtnwomyn@redshift.bc.ca
web: www.goldenwomencentre.ca

Mountain Girls for girls, women and their fans

A newsletter of the Golden Women's Centre

March/April 2005

UPCOMING

EVENTS:

- **WOMEN'S HEALTH, INFO AND DISCUSSION SESSION - MARCH 4TH, NOON @ THE WOMEN'S CENTRE,**
- **VAGINA MONOLOGUES - MARCH 5TH IN FIELD**
- **WOMEN'S PERFORMANCE SALON - CELEBRATING INTERNATIONAL WOMEN'S DAY - MARCH 8TH AT JITA'S CAFE AT 7:30PM.**

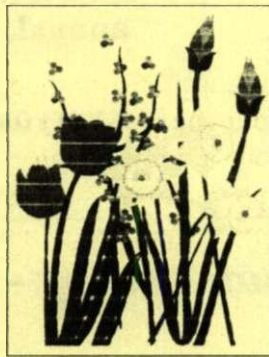
Women's Centre Update

We are pleased to welcome new additions to the Women's Centre family. Our Safe Homes Co-ordinator, Nuala Wolfe, is now on maternity leave (she and her two new babies are doing great!) and we are excited to introduce our new Safe Homes Co-ordinator, Annie Richard. Feel free to come in and meet her!

The Women's Centre is once again celebrating International Women's Day with an evening of local entertainment. Join us at Jita's Cafe on March 8th for our Women's Performance Salon (see article on page 2).

The 3rd week in April (April 25th - May 1st) will once again be declared Prevention of Violence Against Women Week in British Columbia.

Check out our website (www.goldenwomenscentre.ca) or stop by the Centre to find out more about planned activities.



Our very popular Health, Information and Discussion sessions with Naturopathic Doctor Heidi Lescanec continue on the first Friday of every month at the Women's Centre. Bring your lunch and pop in for some fascinating discussions and great information about how we can all focus more positively and proactively on our own

health.

On March 10th there will be a special training session at the Women's Centre for community volunteers and service providers to learn how to properly fill out court forms. The training will run from 7 - 9pm and will be facilitated by lawyer Rita Scott. Anyone interested in taking part in the training, please call the Women's Centre at 344-5317.

The Vagina Monologues will once again be performed in Field, BC by the wonderful women of Field and Lake Louise. Join them on March 5th at the Field Community Hall. Call the Women's Centre for more information.

Heidi Wurmman
Administrator

Celebrate International Women's Day

The Golden Women's Centre invites everyone out to Jita's Cafe on Tuesday, March 8th to celebrate International Women's Day.

We will be hosting a "Women's Performance Salon" where you will see local women musicians, poets, stand-up comics and actors showing off their stuff in support of International Women's Day.

Confirmed performers include: Kuya Minogue, Sarah Osadetz, Candace Helbing, Cheryl Bartram-Moss, Dana Hudson and Heidi Wurmman

The evening begins at 7:30pm, but come early because seats go fast for this annual, popular event.

Everyone is welcome.

*Come early
because seats
go fast for this
popular event*

International Women's Day - A Short Herstory

The history of International Women's Day (IWD) is steeped in stories of women's struggles for equality. It symbolizes the struggle of North American and European women to improve working conditions, achieve the right to vote and work towards peace. We celebrate IWD on March 8th because of a strike on that day in 1857. Female garment workers in New York took to the streets protesting their working conditions and it symbol-

izes the consciousness raising around issues pertaining to women's equality and women's lived experiences. By 1910, March 8th was already a day celebrated in many parts of the world by women working towards change.

Today, IWD is celebrated by women, children and men all over the world. It is a celebration of the work that women have done before us and

it is a commitment to continue working towards change. It is also a time when we recognize and celebrate the uniqueness and diversity of women. We celebrate women from all cultures and religions, from every economic class and education level, lesbian and heterosexual women, mothers, grandmothers, daughters, sisters and friends.

Peace Prize for Tree Planter

The Nobel Peace prize was awarded in Oct 2004 to Ms Wangari Maathai. This story was

They began to see that they were capable of many things... They began to recognize that they were deserving of being treated with respect and dignity.

passed on to the Women's Centre without a reference to where it came from.

What do trees have to do with peace?

Thirty years ago, in the country of Kenya, 90% of

the forest had been chopped down. Without trees to hold the topsoil in place, the land became like a desert.

When the women and girls would go in search of firewood in order to prepare the meals, they would have to spend hours and hours looking for what few branches remained.

A woman named Wangari watched all of this happening. She decided that there must be a way to take better care of the land and

take better care of the women and girls.

So she planted a tree. And then she planted another. She wanted to plant thousands of trees, but she realized that it would take a very long time if she was the only one doing it. So she taught the women who were looking for firewood to plant trees, and they were paid a small amount for each sapling they grew.

Soon she organized women all over the country to plant trees, and a movement took hold. It was called the Green Belt Movement, and with each passing year, more and more trees covered the land.

But something else was happening as the women planted those trees. Something else besides those trees was taking root.

The women began to have confidence in themselves. They began to see that they could make a difference.

They began to see that they were capable of many things, and that they were equal to the men. They began to recognize that they were deserving of being treated with respect and dignity.

Changes like these were threatening to some. The president of the country didn't like any of this. So police were sent to intimidate and beat Wangari for planting trees, and for planting ideas of equality and democracy in people's heads, especially in women's. She was accused of "subversion" and arrested many times.

Once, while Wangari was trying to plant trees, she was clubbed by guards hired by developers who wanted the lands cleared. She was hospitalized with head injuries. But she survived, and it only made her realize that she was on the right path.

For almost thirty years, she was threatened

Peace Prize for Tree Planter continued

physically, and she was often made fun of in the press. But she didn't flinch. She only had to look in the eyes of her three children, and in the eyes of the thousands of women and girls who were blossoming right along with the trees, and she found the strength to continue.

And that is how it came to be that 30 million trees have been planted in Africa, one tree at a time. The landscapes--both the external one of the land and the internal one of the people--have been transformed.

In 2002, the people of Kenya held a democratic election, and the president who opposed Wangari and her Green Belt Movement is no longer in office. And Wangari is now Kenya's Assistant Minister for the Environment.

She is 65 years old, and this year she planted one more tree in celebration and thanksgiving for being given a very great honour:

Wangari Maathai has been awarded the Nobel Peace Prize. She is the first African woman to receive this award.

After she was notified, she gave a speech entitled, "What Do Trees Have To Do With Peace?" She pointed out how most wars are fought over limited natural resources, such as oil, land, coal or diamonds. She called for an end to corporate greed, and for leaders to build more just societies. She added: "Our recent experience in Kenya gives hope to all who have been struggling for a better future. It shows it is possible to bring about positive change, and still do it peacefully. All it takes is courage and perseverance, and a belief that positive change is possible. That is why the slogan for our campaign was 'It is Possible!'"

"On behalf of all African women, I want to express my profound appreciation for this honour, which will serve to encourage women in

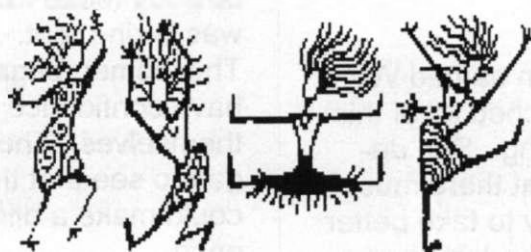
Kenya, in Africa, and around the world to raise their voices and not to be deterred."

"When we plant trees, we plant the seeds of peace and seeds of hope. We also secure the future for our children. I call on those around the world to celebrate by planting a tree wherever you are."

As she received the Nobel Peace Prize this week in Oslo, she invited us all to get involved:

"Today we are faced with a challenge that calls for a shift in our thinking, so that humanity stops threatening its life-support system. We are called to assist the Earth to heal her wounds and in the process heal our own."

Wangari Maathai has been awarded the Nobel Peace Prize. She is the first African woman to receive this award.



New Funding for Legal Aid - What Does It Really Mean?

On February 1, 2005, the Provincial government announced an increase to family Legal Aid funding. Attorney

General Geoff Plant stated that the \$4.6 million increase would help families in crisis to have greater access to legal services.

This funding is earmarked for four programs which help peo-

ple access legal assistance with family law cases.

However, there is no increase in funding for people to actually get a legal aid lawyer. For Family Law cases, you are still not eligible unless your children have been apprehended by the Ministry or there is violence involved and you are needing a protection order.

This announcement did not sit well with the BC Coalition of Women's Centres who quickly issued the following press release.

The BC Coalition of Women's Centres wants to set the record straight. Today's announcement by the BC Liberals of 4.6 million

going to legal services represents less than 12% of what they have already cut since taking office. The fact is that the BC Liberals cut 40% of the legal services budget for a total of 34 million dollars. This announcement is about boosting votes not services.

While increased legal aid funding is essential in BC, this announcement is designed to mislead women into believing that help will be there when they need it.

Further, it does nothing but add insult to injury with respect to the damage already done.

Women's Centres see women on a daily basis who are denied Legal Aid in Family or Poverty law due to funding cuts. The most significant of the family law legal aid cut is that women are being forced to represent themselves in court. Today's announcement does nothing to address the real need that women have - to have a legal aid lawyer.

The BC Liberals **have further misrepresented the services provided - not all cases involving spousal assault are covered.**

The impact of the 34 million cut from legal services has lasting and irrevocable implications for women and their children. A person's ability to pay should not impact the level of justice they have access to. Forcing women to represent themselves in court is not just and not acceptable.

Until justice is restored in BC, meaning fully funding legal aid, providing community law offices and community advocates, women continue to be shafted by the BC Liberals and by a system not sensitive to their needs.

The BC Coalition of Women's Centres calls on the BC Liberals to fully restore funding and access to legal aid. To **stop the ruse of attempting to buy votes with pre-election announcements that do nothing to repair the damage they have done to women in BC.**

To view the government press release which discusses the funding increase to Legal Aid, please go to www2.news.gov.bc.ca/nrm_news_releases.2005-AG0003-000083.htm

Today's announcement does nothing to address the real need that women have - to have a legal aid lawyer.

***The Golden Women's Centre Society's
Mission Statement***

The Golden Women's Centre Society exists to support all women in their lives by encouraging their growth and finding opportunities to increase awareness of women's experiences and needs.



As we deal with our provincial funding cuts, memberships become more and more important for the Women's Centre. If you are interested in supporting the Women's Centre by becoming a member, please fill out the following form and bring it to the Women's Centre. Cost is \$10 or what you can afford.

Name: _____

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