

WOMEN Spirit

VOL. 2 NO. 2

— THE VOICE OF NATIVE WOMEN —

APR.-MAY 1988

Sisterhood

On Friday, Feb. 26, 1988, the opening ceremonies for International Women's Week were held at Convocation Hall, at the University of Toronto. "Sisters of Struggle" was the theme and eight women representing various women's organizations spoke. Angela Davis, long-time women's and civil rights activist was the guest speaker. The following is the speech given by Maddy Howe who was chosen to represent Canadian native women at this special event:

Greetings! To all of you, all my sisters, We are honoured to be here tonight. Native Women proudly representing Native People. Sharing our words, our pain and frustrations and most of all our strength and power.

This land, this continent, this Turtle Island, North, South, East, and West, all four directions is our responsibility. The Creator gave us this role.

The earth is our Mother. We watch over her. Each day we feel pain as we feel her destruction. We are forced to watch her raped, her waters are being poisoned, her air is polluted, her skin gouged with deep wounds. Our Mother's heartbeat is becoming weak. Our hearts are heavy. Her children cry out in anger and frustration; colonialism has brought death, pain and savagery on our Mother and her children.

We are survivors. We have survived over 400 years of genocide. The state is dishonest, murderous and treacherous. They give nothing that we have not paid for with our blood and souls. This nation of colonials would prefer us to be quiet, to be good Indians. They would prefer us to remain shadows and window dressing on their political games.

As Native Women we are the strength of our Nation. We have risen out of misery and pain and reclaimed

our roles of warrior, worker, organizer, politician, war chief, teacher and healer.

We the Native people of this land are still at war. We are still fighting for the dignity that was wretched from us. We are still fighting for the rights that our ancestors died for. We are still waging war to regain our lands, to heal old wounds to force the government to fulfill its legal responsibility. When it signed treaties with our ancestors these were legal, binding contracts.

The Lubicon Nation no longer stands passively by. They are angry and are fighting back. They have asked for support in their struggle. The responsibility lies with everyone present here tonight to ensure the Lubicon win. To ensure that their treaty is honoured. That the shame the state bears on its shoulders is rectified. That the treaty with Lubicon and every treaty with every Native nation is carried out in good faith.

The time for passive protest is over, whatever it takes to ensure justice is the road that must be followed. It takes all people to win a war not the few. It takes education, it takes knowledge. We the Native people have an ancestral responsibility to fight in this war. Non-Native people also have the same ancestral responsibility to assist in removing the cloak of shame that hovers over all involved in these times.

We will no longer be shunted aside
We will no longer remain quiet
We will no longer let our children be taken and our women abused
We will no longer see our people murdered.

This month is the anniversary of the death of Anna Mae Aquash. One of the countless number of our people who have been mutilated and murdered. She was politically and spiritually active.

She valued her Native Spirituality above all else. The FBI silenced her with a bullet. They cut off her hands and buried her in an unmarked grave. Who is held responsible? Where is the accountability? Our brother Leonard Peltier lies rotting in jail, a victim, another scapegoat of the FBI. Where is the justice? Are we always to be trod on? Is the alternative to join our sister Anna Mae and our brother Leonard? We are fighting for our children, that they may walk with Mother Earth with dignity, that they may walk without shame.

We fight on, the battle cry of all our people, those who have gone before, those that walk with us now, is heard. We are here tonight in solidarity with our sisters. We offer them our time, our understanding. We listen with intent to their words. When we leave this building, their words remain with us. They offer the same. This is the nature of our sisterhood. We listen, we remember, we strive to understand. We share a strong unrelenting bond. We go off to fight our battles.

Meegwetch

Native Women's Resource Centre New 1988

Board of Directors

PRESIDENT: Pauline Smith

VICE-PRESIDENT:

Dawn Smoke

TREASURER: Brenda Simon

SECRETARY: Wendy Julian

DIRECTORS: Jackie Alton

Lidia Sommers

Alfeda Wheatley

SONG ABOUT HOUSING

Composed at The Native Women's Resource Centre

We're a group of Native women in ol'
Cabbagetown
Lettin' people know we intend to stay around.
We came to the City in search of better
times,
Cos we'd heard that there were jobs
and houses we could find.

Chorus

We've strengthened our circle
Hear our voices proud and clear
With the sound of distant drums
ringing in our ears.
We're fighting for the right to
live in dignity.
On the lands which once were home to the Anishnabe

The streets were so cold, it was
lies all around.
We applied yes we tried, but the
landlords turned us down.
They never gave a reason but it
sure was plain to see
That we're going without housing
because of bigotry.

Welfare says no help 'til you
have a place to stay.
While the Children's Aid are
taking our babies away.
We'll be silenced no longer, we'll raise our voice for
change.
When a system serves the rich,
it must be rearranged.

From the land to reserves you
tried to kill our pride
You enacted laws and policies that led
to genocide
So we move to the city for a
better place to stay.
But as we walk the streets of Cabbagetown
No homes for us you say.

The Earth is our Mother
each day we feel her pain
As She's covered up with concrete
and bathed in acid rain.
We as Native Women must answer
to her cry
A home is more than walls
it's trees, earth and sky.

We want a world where our kids
can safely play.
Where all people live in dignity,
each in their own way.
With mutual respect and reverence
for the land.
This is the way of Native women
and this is our demand.

Women's Group

To Women of the Native Community

We have started a Women's group at the Native Women's Resource Centre. This group is for you to come together and meet new women and share different activities together. We have had a volleyball game, and a film called "Akali Lake". We are having a social afternoon to play cards, do beading, and talk about what kinds of things you would like in the group. Day care will be provided at the centre of this day. Please let us know if you are interested in being a part of this group for the future.

BOOZHOO

On Sunday, May 8, 1988, 2:00 p.m. at the Native Women's Resource Centre, we will be celebrating an: "Honour Our Women" Feast. There will be a social get-together and a feast. Those who have been to our feast in the past know how enjoyable this is. All our sisters and brothers are welcome to attend.

Meegwetch

New Staff

Hello! My name is Betty Belanger. I'm the new Crisis Worker for the Native Women's Resource Centre. I was born in a little reserve called Dog Creek, B.C., and I'm 34 years of age. I grew up at Alkali Lake, B.C. where my father is from, my mother's home was Dog Creek. I have three sisters and three brothers. I've been married for two years. I'm a Shuswap Native and I can understand my language and write it but have a time to put whole sentences together.

I've been taking a lot of personal growth programs since I've quite drinking eight years ago. I like learning more about myself and supporting other people. My interests are learning more about spirituality and meeting people. I am a singer and was a part of the Alkali Lake drum and dance group. I moved here a year ago with my husband Marc who wants to become an electrician. I want to go back to school also and into Social Work which is what I'd like to do so I can help other people. I will be here from 9 to 5 Monday through Friday.

Applications for Housing (Nishnawbe) are being accepted every Tuesday starting 1 p.m. until 5 p.m. Please schedule appointments prior, phone 923-5068.

Pamela Simon

Literacy Program Update: Good News!

Hi! My name is Kim Anderson and I am the new literacy program coordinator at Native Women's Resource Centre. I grew up in Ottawa, Ontario and am Metis.

Along with coordinating the literacy program here, I am presently finishing my B.A. at the University of Toronto, specializing in English. My work experience includes career counselling, literacy tutoring, working as an attendant to a disabled woman, and working as a tour guide and writer for an educational tour company. My interest in literacy comes from my love of reading and belief in the values of education.

In my work so far in the literacy program at NWRC, I am pleased with the way it is developing. At present we have 18 tutor-learner pairs working together. We have lots of room for more learners, though, as we are now in the process of training new tutors. We were pleased to see so many Native people come out this time to volunteer their services as tutors. We hope it is a trend that will continue in the future.

We are starting a new program this month called the "Circle of Learning". It will take place every Saturday morning and will be for mothers and children. Activities will include storytelling, storywriting, drawing and discussions. We encourage all mothers and children to come out and share this fun learning experience with us. Adult tutoring will be available to mothers wanting to learn how to read, or to upgrade basic reading and writing skills.

We hope to see or hear from lots of you some time soon!

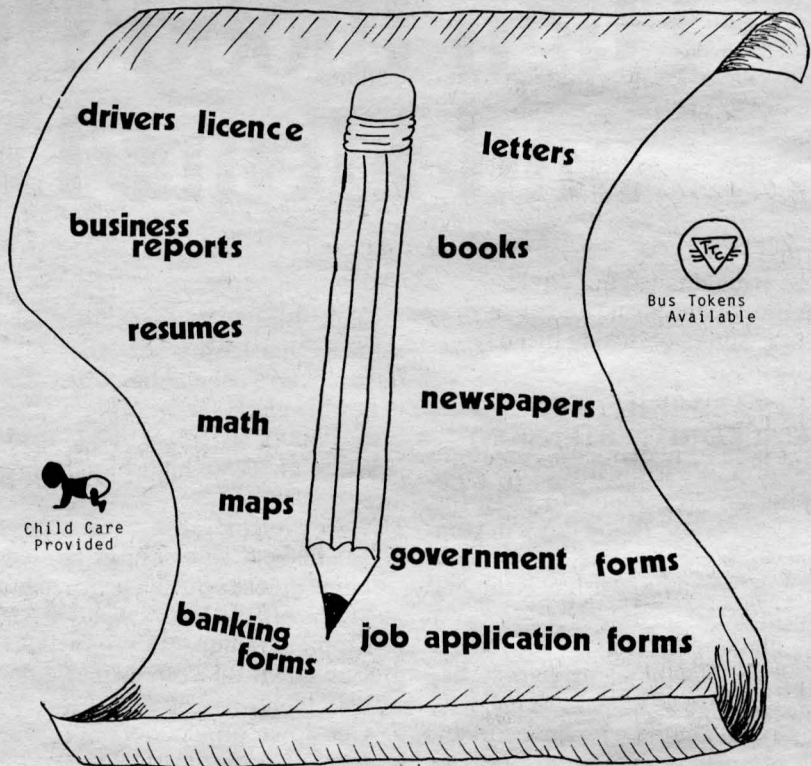
Kim Anderson

We Need You! Help!

We, at the Native Women's Resource Centre need volunteers in every area. We are appealing to the Native Community for any time or commitment that can be given.



READ & WRITE :



call: 963-9963

ask for: **KIM ANDERSON** or **CHRISTINE MIGWANS**
or drop in: **NATIVE WOMENS RESOURCE CENTRE**
245 GERRARD ST. E.

Native Women's Resource Center's

"CIRCLE OF LEARNING"



Reading can be fun. It is an experience to be shared by everyone. Join us on Saturday mornings. Everyone is welcome!

WHEN: Every Saturday at 10:00 am 'til 12:00 noon

WHERE: The Native Women's Resource Center
245 Gerrard Street East

***** Coffee and Refreshments Served *****

For more information Call Kim Anderson or Christine Migwans at 963-9963.



Child Care



Bus Tokens Available

High Blood Pressure and Heart Disease

The following information was presented at Anishnawbe Health's second health forum:

FACTS ABOUT HIGH BLOOD PRESSURE (HYPERTENSION)

Blood pressure is the force that your heart puts on your blood to push the blood in your body. Blood flows in your body in veins and arteries. High blood pressure is when this force is higher than normal.

High blood pressure is also called **hypertension**. It is a silent disease because you may have it but have no signs or symptoms. People who have kidney disease often have hypertension. The majority of diabetics have hypertension.

Some of the signs or symptoms of High Blood Pressure (Hypertension) are:

1. A lot of headaches
2. Being tired
3. Being nervous
4. Not sleeping
5. Nose bleeds
6. Blackout spells
7. Numb lips, arms and face
8. Being out of breath
9. Swelling of feet and ankles.

High Blood Pressure can lead to stroke, hardening of the arteries (atherosclerosis) and heart disease, if it is not lowered.

Ways to lower high blood pressure are:

1. Lose weight.
2. Do not eat salty things like potato chips unless you can go for a walk to sweat off the salt.
3. Stop smoking.
4. Cut down on coffee, tea, cola and chocolate.
5. Cut down on alcohol.
6. Exercise more (walking is good exercise).
7. Get your blood pressure tested regularly at a health centre.
8. Learn to take your own blood pressure and know when it is too high.
9. Do sweats. That gets out salt and negative waters.
10. Working to solve family problems that cause tension.
11. Learning to make positive decisions about situations where you feel put down or out of control.
12. Search for ways to balance life with warm feelings.

FACTS ABOUT HEART DISEASE

There are some things you do and some things you are which makes you more at **risk** to get heart disease. These are called "risk factors".

Risk factors are:

1. High blood pressure
2. Smoking
3. Overweight
4. Not getting exercise
5. Heredity (someone in your family has heart disease)
6. Stress
7. High cholesterol level in your blood.

Cholesterol is a type of fat. It gets into your body when you eat a lot of foods like fatty meat, cheese, butter, eggs and whole milk. Your body also makes cholesterol in your liver. In some people cholesterol gets on the walls of the arteries and blood cannot flow as well. This can lead to stroke or heart attack.

Some of the signs or symptoms of heart disease are:

1. Heavy crushing pressure, squeezing, fullness, burning or pain in the centre of the chest sometimes extending to the shoulder, arm, neck and jaw.
2. Vomiting and nausea (may think it's indigestion).
3. Headaches or pressure in head.
4. Cold, clammy skin.
5. Sweating.
6. Paleness or a bluish colouration of the skin.
7. Gasping and difficulty in breathing.
8. Extreme general weakness.

What to do if someone has a heart attack:

Clear a space for them to lie down. In case of vomiting, turn them to one side so they will not choke (breathe the vomit in). Quickly make them as comfortable as possible. Get to the nearest phone to call 911 for an ambulance. Return to the person and reassure them.

Toronto Native Health Fair

"Self-Determination Through Good Health"

Thursday, June 2, 1988, 2:00 to 8:00 p.m.
Native Canadian Centre of Toronto
16 Spadina Road, Toronto

- Elders' workshops — herbal medicines — parenting — diabetes — addictions — stress management
- Health information booths
- Toronto Native Service Agencies
- Nutrition and Food booths
- Health screening — assessments and fitness
- Children's programs
- clowns, balloons and games

Sponsored by Anishnawbe Health

Holistic Balance and Nutrition

HOLISTIC BALANCE AND NUTRITION

Eating well everyday is an important way of staying healthy and in balance. As we have moved away from traditional ways of living and eating over the last 300 years, we have seen our people get sick with new diseases such as diabetes, high blood pressure, kidney and heart diseases. These diseases are no accident however, and come about because of the ways in which our lives are not in balance. Although we cannot go back to the way things were, there are things we can do which can help us find a new balance in our lives. Learning to eat how people used to eat is an important way to begin to find the balance we need for health and well-being.

Before the white man came, Indian people ate pure natural foods which were fresh and low in fat and salt. Some Indian tribes were farmers and ate mainly corn, beans and squash, and small amounts of wild meat, while other more northern tribes ate mainly wild meat, roots, berries and wild rice. Indian people had to be very active and healthy in order to collect food and to hunt the animals they needed to live.

Wild meat that was eaten then was very different from the modern meat that you can buy in stores today. Wild meat is very low in fat while modern meat is very high in fat. Fat in the modern diet is one of the most important reasons why Native people get heart disease. Although it is not possible for most Native people to return to eating traditional diets, there are ways in which the modern diet can be changed so that it is more in balance. The most important of these is cutting down on the amount of fat and salt in the diet in the following ways.

MEAT: When you buy meat from the store choose meat with little fat such as chicken, fish and low fat ground beef. When you cook meat pour off any fat or oil that appears in the cooking pan. When you eat meat, cut off any fat on the meat. Try not to eat meats like hot dogs and baloney because they are high in both fat and salt. Try other foods which can be eaten instead of meat but which are high in protein such as soybeans, kidney beans, low fat cheeses and eggs.

FRUITS, BERRIES & VEGETABLES: Eat more fresh fruits, berries and veg-

etables like apples, oranges, bananas, cranberries, blueberries, carrots, celery, squash, corn or any others that you can find.

BREAD, BANNOCK, POTATOES: Eat lots of bread, bannock, noodles, rice and potatoes. These foods are low in fat, high in energy and they contain important vitamins and minerals. These foods help us stay in balance because they are low in fat.

FAST FOODS: Eat less fried foods such as french fries, fried meats, potato chips, onion rings and salted nuts because they are high in fat and salt. When you eat in fast food restaurants like Macdonald's or Wendy's order chicken or fish instead of hamburgers and order salads if the restaurant has them.

SALT: When you cook and eat food add only small amounts of salt. Canned and prepared foods already have a lot of salt in them and do not need added salt. If you eat diets high in salt you will not be able to keep your body in balance.

BALANCE OF FOODS: Eat many different types of food at each meal. If you decide to eat some meat, be sure to also eat some bread or bannock, rice or spaghetti. Also eat some vegetables and fruit such as carrots, corn, apples or oranges. By balancing the foods that you eat, you will be able to keep your body healthy and in balance.

EXERCISE: Exercise is a very important way of finding balance in our lives. Our ancestors lived off the land and were hunters, gardeners and gatherers of herbs and berries. They walked, ran and worked hard every day. In the city we may find that we work in jobs where we do not have to exercise very much, so we must try to exercise when we can. We can go for walks, run, bicycle, take stairs instead of the elevator and play sports such as baseball. Through exercise we help our bodies live as they are supposed to live.

Anishawbe Health presents their third Health Education
Forum:

“Aging: From A Native Perspective”

Thursday, April 21, 1988, 1:00 to 4:00 p.m.

Na-me-res, 14 Vaughan Road, Toronto

Special Guest Elders: Joe Sylvester and Verna Johnston, Native's Seniors Club; Blossom Wigdor from University of Toronto's Program in Gerontology.

The event is free but please call 416-652-0334 to register.

Ms. Jerry Laford is a Native woman, willing to do repair work on beadery. If you require repairs please call the NWRC 963-9963 and leave your name and number. Earrings and necklaces made to order.

Letters

February 1988

Dear Women Spirit:

I have just received my copy of the Feb/March Newsletter. It came with a mailing from the NWRC Literacy program. Now the information in the Newsletter is good and important and would be great . . . if it could be read by people who have lower literacy skills! I consider that my reading skills are very good, yet even I had to re-read some of the sentences.

Why not have the Literacy Program help to make the Newsletter accessible to as many readers as possible? Why not have the health information re-done by the students and staff of the program? With this help Women's Spirit will truly be the voice of all Native Women, not just those with high Literacy skills.

Carol Farkas

Dear Carol:

Thank you for writing to us and expressing what I am sure many of our readers have also been feeling. We will try to make this and future issues of Women Spirit easier to read.

The Editor

Dear Maddy:

I would like to thank you and the rest of the people at the NWRC for letting me come in last Thursday and do interviews for my documentary. Your help was most appreciated. I am excited about the project and hope it will make is all proud.

Kindest Regards,
Pat Ross

Dear Maddy:

Greetings. This note is to express my appreciation and that of the Atkinson students who shared in your storytelling of the life and work of people around the NWRC.

Please convey our thanks to Cindy and Marguerite and the other staff who helped make it so positive, as well as Tommy too.

I am looking forward to our further times together — especially up North in April

With every good wish in the important work you are doing.

Peace with Justice,
Ed

Dear White Dove:

I keep having these strange dreams every week or so lately; and they are pretty scary. Where should I go to get these interpreted?

Thanks, Helen

Dear Helen:

Get yourself a bale of tobacco and take it to your grandmother or grandfather and ask them. These elders have more knowledge than we tend to give them credit for.

Yours in Friendship,
White Dove

Dear White Dove:

My boyfriend says my role is to clean house, wash dishes, vacuum and look after the kids. I feel like telling him !\$-7&, but I'm afraid to.

Frustrated

Dear Frustrated:

Unless you are living in a cave, this guy's in the stone ages. Tell him to wake up.

Yours in Friendship,
White Dove

Dear White Dove:

My friends keep telling me I should leave my partner but it is so lonely without him. What should I do?

J.K.

Dear J.K.

Listen to your friends!

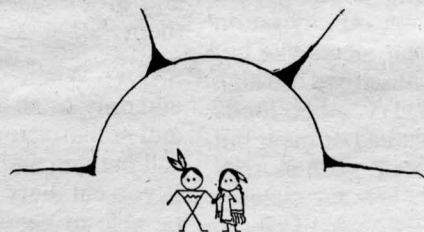
Yours in Friendship,
White Dove

Opinions expressed in this newsletter are not necessarily those of the Native Women's Resource Centre.

Funding for this newsletter was donated by the Ontario Women's Directorate.

50 cents a copy

Ad space available
\$20.00 for 3 1/2" x 5"
\$50.00 for 1/2 page



NATIVE DANCING

AT THE

NATIVE WOMENS RESOURCE CENTRE OF TORONTO INC.

245 Gerrard St., East, Lower Level, Toronto, Ontario M5A 2G1 ph (416) 963-9963
963-9348

Tuesday April 5, 1988	7:00p.m. - 9:00 p.m.
Tuesday April 12, 1988	7:00p.m. - 9:00 p.m.
Tuesday April 19, 1988	7:00 p.m. - 9:00 p.m.
Tuesday April 26, 1988	7:00 p.m. - 9:00 p.m.
Tuesday May 3, 1988	7:00 p.m. - 9:00 p.m.
Tuesday May 10, 1988	7:00 p.m. - 9:00 p.m.
Tuesday May 17, 1988	7:00 p.m. - 9:00 p.m.
Tuesday May 24, 1988	7:00 p.m. - 9:00 p.m.
Tuesday May 31, 1988	7:00 p.m. - 9:00 p.m.

The music will be provided by the Eagle Heart Singers.
For more information contact Christine at the above number.

BEADING WORKSHOP

Saturday April 12, 1988.

1:00 p.m. - 5:00 p.m.

We will cover several beading techniques such as the peyote stitch, the lazy sue stitch, medallions, chains, and trims. The fee is \$5.00 - materials will be provided. If you are interested call R.S.V.P. before April 1st, 1988. We have a limited enrollment so please call as soon as possible. Contact Christine.

RED IN THE INSIDE, WHITE ON THE OUTSIDE

Red in the inside,
White on the outside.
Still dignified in this slight state of aberration,
Wanting nothing more than partial assimilation.
Head held high, armed with a solid entity,
I carry with me — my proud red identity.
So strong is my spirit,
no one can break it.

— Doreen Silversmith

George Brown College

George Brown College in Toronto offers a program in Community Work to persons with a strong commitment to community development, human rights and social justice.

The part-time program is designed for those already working in the field or those with some active experience of community development. Employers have often been supportive by sponsoring students and/or allowing time off for classes.

The full-time program is two years long. It includes supervised work in the field. Regular employment with a community organization or agency may qualify as field work depending on the circumstances.

Applications are being accepted now for September 1988. To arrange an interview, call Catherine Sutherland at (416) 967-1212, extension 3424.

(416) 972-1551

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IROQUOIS FREEDOM FIGHTER

My spirit is crying for my people's freedom,
and my soul is feeling restless and troublesome
My heart is impaled by the lofty alienation,
but I lean to "left wing" for a viable solution.
I'm an iroquois freedom fighter with a score to settle,
and I won't succumb to defeat without a fierce struggle.

— Doreen Silversmith

York University Reaches out to the Toronto Native Community

YORK
UNIVERSITY

ATKINSON COLLEGE

December 9, 1987

4700 KEELE STREET • NORTH YORK • ONTARIO • CANADA • M3J 1P3

To: Interested Members of Native Canadian Community in Toronto Areas
From: Professor Ed File, Social Science Dept., Atkinson College
Subject: Possible Offering of University Credit Courses within the Native Community in the Toronto area

Atkinson College is taking the initiative in reaching out to the Toronto Native Community. Following discussions with representatives of several Native organizations in Toronto it has been agreed that there is sufficient interest to pursue this possibility further.

A representative Native Committee has been formed to meet in January 1988 and prepare a survey to determine the actual interests of members of the Toronto Native Community.

The outline of the proposal is as follows:

1. Atkinson College offers university degree courses for mature students (adults over 21 years), particularly for those who work during the day.
2. Each course would be taught for three hours, one night a week for 25 weeks beginning in September 1988.
3. Depending on sufficient interest, courses could be taught at one of the Native community facilities in downtown Toronto, to a student group all of whom come from the Native community.
4. Persons who have completed high school could be admitted directly at Atkinson College while those with less than high school standing would be required to satisfy the College that they have a reasonable chance of succeeding in university work by a writing test or a bridging course.
6. A possibility exists to design a certificate programme of perhaps 5 courses which could be completed on the way to the degree programme. These courses could all be taught in the Native community and might include existing Atkinson General Education courses in Social Science, Humanities, Natural Science and Maths, as well as specially created courses focussed on Native concerns.
7. Students may select and pursue a major in any of the liberal arts and science fields as well as social work, business, music and theatre.
8. Each course fee is approximately \$323.00. Some financial assistance with fees may be available.

Information
MEETING

Interested in going to UNIVERSITY ?

with your friends....

in your community....

then this meeting is for YOU !

WHEN ? APRIL 6, 1988

WHERE ? NATIVE CANADIAN CENTER

TIME: 7 p.m. - 9 p.m.

Resource people include: Professor Ed File, York University

Shannon Barnes, York University - Student program

and post secondary education Native counsellor

The PLANNING COMMITTEE consists of:

Joyce Johnson - Anduhyau - 920-1492

Maddy Howe - Native Womens Resource Centre
963-9963

Bucky Greene - Pedahbun Lodge - 531-0774

Tom Harper - Council Fire - 928-6838



REFRESHMENTS

The following statement was distributed nationally in the *Education Wife Assault* publication:

The Native Women's Resource Centre deals with many issues affecting Native Women. One of the issues is wife assault. We have a crisis counsellor on staff, and all the Women at the centre have attended workshops on wife assault, incest and crisis counselling. We understand the dynamics of wife assault and the cycle of violence. We approach the problem from a holistic spiritual perspective. Our spiritual, traditional way never tolerated violence towards Women. With the invasion of colonialism we became victims of behaviour we did not understand. Our children were kidnapped and put in residential schools. Our Women were raped and abused by strangers who called us savages. We as a people experienced what most Women feel after being beaten. Shock, humiliation, and unwarranted guilt. We internalized our anger, then started to express it amongst ourselves. We are teaching our people that their anger has been misplaced and should be directed toward a racist society that condones violence. We no longer stand passively by while our Women are beaten, raped, involuntarily sterilized, and subjected to racist attacks. Traditionally Native Women were the chiefs, decision makers, warriors and healers. The Creator entrusted us with the role of caretaker for our mother the earth. We as Native Women are reclaiming our roles.

Wendo Self-Defence Classes

Where: 349 Ontario Street at Central
Neighbourhood house

When: Wednesday evenings starting April 6, ending
May 18. 7:30-9:30 P.M.

Fees: Regular fee, \$50.00. Subsidy, \$5.00 for people
on Social Assistance and Mother's
Allowance.

Day Care Provided

To sign up please contact Cindy or Betty at the
above numbers. If you require Day Care, we need
the ages of your children. Your phone number is
required.

Are You?

Afraid of your partner?
Frightened for your children?
In need of friendship and support?
Feeling alone? Confused? Helpless?

You are not the only one.
There are many women just like yourself.

You are not to blame. Your partner has to take full
responsibility for any action or violent reaction. No one
person has the right to abuse you, degrade you, beat you,
make you feel like you're small, a nobody . . .

For support, help, information,
Just someone to talk to,
Call us at 963-9963

OR
HELPLINE — 863-0511

Quest

Life is a mystery
with its twists and turns
at times like a forest
or a merry go round
They tell us this is the way
while we go blindly with faith.
We look up that road
yet go up another
Suddenly! we find truth
what else could it be.
We follow with comfort
only to find
there are many more truths
many more roads
and oh so many more questions
until
we reach the road
that was meant for us
It's time to sit
to reflect
to teach
to learn
from all that has gone
and things yet to come
Is it peace in our hearts?
or children at play?
Is it loving ourselves
while travelling this way?
Great Spirit whatever you be
Grant us the wisdom so we may see
to understand
Life is a mystery

M.H.