

ORCC Newsletter

February 2007

ORCC Ottawa Rape Crisis Centre

winter 2007 Edition

THE ORCC'S STUDENTS AND VOLUNTEERS

Student Profiles

Lindsey Wade

My name is Lindsey and I am a student at Carleton University in my third year of studies. I'm working to earn my Bachelor of Social Work (BSW) degree.

I completed my Crisis Line training over the summer, and then started my official placement in September of 2006. I have also enjoyed participating in Team Meetings with the women and making noise at Take Back the Night and the Step It Up campaign.

I feel like my time spent at the ORCC so far has contributed to my understanding, and also to my direct-practice skills in an invaluable way.

I will be counselling women in crisis appointments, and co-facilitating the Crisis Line Training with Josephine on Tuesday nights, in addition to working on the Crisis Line weekly.

My time at the ORCC so far has proved to be both challenging and rewarding. I am proud to be part of an organization that works so tirelessly to improve the lives of women in Ottawa.

Kate Sudak

Hello All! I am a new intern at the ORCC, anxiously awaiting to complete my final term of the Masters of Educational Counselling Program at Ottawa U. I hail from a small town just north of Toronto, and did my undergrad degree in Kinesiology at the University of Western Ontario, in London.

I took a left turn into counselling since graduating and (happily) have never looked back.

My evenings are filled with being a Residence Advisor for Ottawa U, and helping new students adjust to university life.

I am looking forward to the unique challenges, triumphs, and learning moments the ORCC clients and staff have to offer and to meeting everyone!

Joanna Follet, Juliet Haynes, Anna Tillett, Erin Williams

As Masters of Social Work at Carleton University, we are given the opportunity to partner with a community organisation to probe a research question that is relevant to the organisation's practice.

We are thrilled to be able to work with the Ottawa Rape Crisis Centre to explore the following question: How do rape crisis centres across Canada respond to the needs of women crisis callers who are survivors of sexual violence and who may suffer from mental illness and/ or addiction?

In keeping with the ORCC's feminist, anti-racist and anti-oppressive principles, we have designed a questionnaire that is responded to collectively by workers who support women in crisis. We are hoping that 15-20 centres across Canada will participate in the survey.

This potential knowledge and resource sharing excites us. We hope that our research will aid the ORCC and other centres in the continual quest to offer ethical and caring services. Our report will be available in the spring of 2007.

Volunteer Profiles

Candace Hebert

My life is really busy with work, school and several volunteering positions so I try very hard to maintain my social network.

I'm an extrovert so I like to go out and be with people to relax. I also spend lots of time playing with my kittens which is a huge stress reliever.

Finally, I try and get out of the city every once in a while to visit friends in other cities... there is nothing that reenergizes me more than getting out of my routine, leaving my planner behind and taking off to another place.

I'm an activist at heart. One of my other volunteering positions is with my union at my workplace. We're going into bargaining this year so I'm learning a lot about labour relations and negotiation tactics. My main interest in this position is to engage our membership in the importance of unions and to get more members active in the Local.

Annika June Vander Kooy

Annika has volunteered with the ORCC since 2004. She is currently completing her Social Services Worker Diploma at Algonquin College and will be furthering her studies at Carleton University in the fall. Annika's background is Fine Art from Canterbury Arts High School and her mature understanding of women's issues will serve her well in her career as an Art Therapist for survivors of sexual violence

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Editor: Carla
Parchelo

Ottawa Rape
Crisis Centre

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A Note from the Crisis Line/ Volunteer Coordinator

Josephine Bassude

I would like to take this opportunity to thank the volunteers who work tirelessly on the crisis line. Thank you so much for your commitment to supporting women survivors of sexual assault.

The number of hours on the lines for 2006 is 4112. We have at present 35 volunteers on the crisis line, many of whom have joined the team as of last spring and fall.

**Crisis Line Calls Quarterly Statistics
October 2006 to December 2006**

	OCTOBER 2006	NOVEMBER 2006	DECEMBER 2006
Childhood Sexual Abuse	10	8	5
Adult/Recent Sexual Assault	26	34	29
Sexual Harassment	1	0	2
Combination	16	35	12
Other	40	15	27
Information Request	12	10	2
Total Calls	105	102	77

**Crisis Line Volunteering Quarterly Statistics
October 2006 to December 2006**

	OCTOBER 2006	NOVEMBER 2006	DECEMBER 2006
Active Volunteers	22	19	17
Volunteers on Leave	2	4	6
New Volunteers	0	0	10
Volunteers Who Left Centre	3	1	0
Total Volunteers	27	23	33
Total Volunteer Hours	371	354	263

Please join me in welcoming the following women: Verbena Ramah Rose Fuchs, Jenni Fraser, Racheal Dean, Joanna Oda, Alyssa Taylor, Kristina Fragione, Linda Liu, Jenny Reynen, Liesel Aranyosi, and Aliya Juma. Welcome to all of you and I hope you have an enjoyable and educational experience working at the Ottawa Rape Crisis Centre. You have joined a dynamic and interesting working group. Please feel free to come to the centre and enjoy the warm and friendly environment.

I would also like to take this opportunity to honour the work of some of the women who are no longer with the Ottawa Rape Crisis Centre. They, too, worked diligently on the crisis line and sometimes came into the centre and volunteered by providing administrative support to the crisis line program. Farewell and good luck to Jillian Curtin, Lana Wilson and Teresa Willoughby. We shall miss you and we wish you the best of luck with your future endeavours.

The winter crisis line training started on January 2 and will end in March. We are still following the same process, which involves using the crisis line binder and also having our community partners make presentations on the work they do in the community. I would very much like to hear from those of you who have taken the training, with any suggestions that you think might improve the training.

The training dates for spring are April 10 – June 12. Please be advised that if you want to do a placement at the centre in the fall, it is important that you attend the spring training, and a placement for December will require that you complete the fall training.

AGM: Honouring our Volunteers

Emily Martin



Emily Martin has been volunteering with the ORCC since January of 2003, and in that time has generously invested a great deal of time and effort into the crisis line program. She has co-facilitated two volunteer training sessions, has been a supportive and available back-up resource for other volunteers numerous times and has often evaluated new volunteers, helping to prepare them for the difficult work on the lines.

Lois Larade

Lois Larade first joined the ORCC as a volunteer in 1991 and worked as a crisis line counsellor for four years. In her time at the centre she has been very active and has often worked with other volunteers. She has attended training sessions to help with role plays, has coached, mentored, evaluated and backed-up new volunteers and has also co-facilitated several Crisis Line volunteer training sessions over the years. As well, Lois has facilitated information sessions in the community, was a member of the Public Education and Fundraising Committee and worked on the ORCC Newsletter

Announcements

Did you know...that in 2006, we had five babies at the centre, making us all grandmothers, aunts, and mothers?

It's true. Congratulations to the following:

Ikram:

"My son's name is Mahad, he was born October 3rd, 2006 and he is a healthy boy, he is growing everyday and we are doing really well."

Bogi:

"My little girl is Zoe Julia Tessier was born on November 20/06 with a 15 minutes c-section. ha..ha.. a quick one."

"She was 4 weeks early and weight 2411. She was a tiny baby but she is so wonderful. I have to say, that is is wonderful to be a mom, even if I will never sleep again. ha..ha.."

Svejtлана:

"My son's name is Roko Delic and he was born on November 12, 2006."

Natasha

Natasha's baby is named Mila Vjalakovic and she was born August 16, 2006.

Laura

Laura became a grandmother to Alexa Lola Yaphe on December 27th, 2006.

Her daughter, Jessica, and the baby, are healthy, beautiful, and much loved, according to Grandma Laura.

Public Ed Prattle

Chris Nuyens,
Public Education Coordinator

Chris comes from Kingston, where she did 911/dispatch for the Kingston Police, worked in a shelter for abused women, and in a halfway house for women. Chris has lots of exciting ideas for the Centre this year so we look forward to seeing how they pan out.

By the end of January, we will have eight new trained Public Ed volunteers, just chomping at the bit to get involved. These women are great, enthusiastic, and full of energy. Bring on the presentations!

Welcome to the new Public Ed Volunteers:

Sylvia Sirivar
Michaëlle Mundele
Jill Hutchinson
Chelsea Nickleson
Colleen Dockerty
Lauren Calderwood
Caroline Seguin
Candace Hebert

Mark your calendars for April 14th.

ORCC will be holding a fabulous evening of entertainment at the Bronson Centre. The lineup of women donating their time to take part in this evening is very impressive and includes chamber music, a comedienne (Wendi Reed), several singers (Melissa Laveaux as well as The Herb Girls), and some fascinating groups of dancers (hip-hop and junior ballet). The Raging Grannies will also be along to give us their unique take on a current event. Kimothy Walker of CJOH will start the night off with a few remarks.

Although we have just finished training Public Ed volunteers, we still encourage women to come forward and express their interest in volunteering. The next training session will be held when we have 8-10 candidates confirmed.

Visit our site regularly to stay up-to-date with the fabulous new merchandise, including all kinds of shirts (short-sleeved, long-sleeved and maybe even a hoodie).

Featured Article from The Fulcrum

**Sunday nights just got a little hotter:
Sexualized ads run deeper than the
Urban Well**

**By Kristen Gilchrist and Siobhan
Dunbar
Fulcrum Contributors**

ACCORDING TO NEW posters plastered around campus and Sandy Hill, your Sunday nights will never be the same if you head to the Urban Well pub on Laurier Ave. E. That is, so long as you're a woman whose definition of a good time is making out in public (on top of a few kegs, no less) with another woman, wearing only a bra.

If the no-bra, keg-top, make-out party isn't your cup of tea, what about kicking off the week by stripping down into some leopard-print lingerie while seductively embracing your very good female friend?

These are just some of the classless depictions of women portrayed in these new ads. Is this the face of the new Urban Well? Have they shifted their marketing to a different clientele in the hopes of becoming *the* lesbian hotspot? Doubtful. Is the Urban Well following suit and becoming yet another establishment pandering to the omnipresent albeit sexist philosophy that sex sells? More than likely.

Don't get us wrong—this is not an argument against a woman's right to express herself sexually. Our position becomes not one of censoring female sexuality, but of questioning and rendering problematic what seems to be a constant bombardment in media, film, advertising, music, and television of images aimed at titillating (pun intended) men by fulfilling, for example, men's supposed fantasy of hyper-feminized girl-on-girl action.

Ads like this represent young women as another commodity to be consumed by men, as objects designed solely for sexual pleasure, fantasy, and desire. In their 2003

article, "Begging for It: 'New Femininities'", feminist theorists Estella Tincknell, Deborah Chambers, Joost Van Loon, and Nichola Hudson argue, "In the last decade, alongside the claims of girl power and the increased visibility of lesbianism, there has been the powerful re-inscription of young women's bodies and identities as sexually available—to men." The Urban Well's advertising campaign attempts to shamelessly profit from the sexualization of women's bodies while buying into the fairy tale that they are actually empowering women's sexuality, rather than exploiting it.

These ads aren't just random, but send a clear message about the wild sexual antics women should be getting up to (and men should be drooling over) on a Sunday night at a bar that doesn't even have a dance floor, let alone floor space for the kegs-turned-make-out couches featured in their ads.

Under the guise of depicting bi-curious or lesbian sexuality, these ads are blatantly geared to a heterosexual male viewer, and have very little to do with promoting or appealing to same-sex attraction or relationships. This fact is easily confirmed by imagining the entirely different social impact and reaction these ads would have if they depicted two men in intimate sexual positions: either it would be assumed that the establishment caters to a predominantly gay clientele, or there might be some kind of adverse reaction to the posters since they wouldn't be appealing to the assumed viewer—a straight guy.

The question remains: are we—both men and women—so desensitized to these images that we don't even challenge them anymore? Furthermore, do we play a role in perpetuating these stereotypes ourselves? While it may be easier to say that ads like those for the Urban Well are just ads, they carry within them underlying social messages (or sometimes, they're right in your face, on a keg of beer) that are potentially damaging, not to mention degrading, to both sexes.

Featured Article from The Fulcrum

**Defending Belinda: Why sexist remarks
will keep women out of politics**

**By Kristen Gilchrist
Fulcrum Contributor**

A SERIES OF recent incidents have shed light on the venomous treatment directed at female politicians in Canada. Specifically, in recent weeks, Liberal MP Belinda Stronach has been on the receiving end of questionable comments deemed to be humorous by some and harmful and distasteful by others.

Although Stronach is no stranger to public scrutiny, these comments directed at her by Canadian figures (mostly male) raise some important concerns about a woman's place in the political realm.

Three recent events are worthy of consideration.

First, there was the accusation that Foreign Affairs Minister Peter McKay referred to Stronach as a "dog"—in Parliament.

Next, political pundit and former Canadian Ambassador to Israel Norman Spector publicly called Stronach a "bitch" for her alleged affair with hockey star Tie Domi.

The most recent attack came when Alberta Premier Ralph Klein "roasted" the female MP by making direct reference to a past sexual relationship with Peter McKay—"I don't think she ever did have a conservative bone in her body. Well, except for one... Speaking of Peter McKay..."

Klein's comments have found their way onto YouTube and have had more than 20,000 hits since the video's posting. (If you want to see some real unbridled misogyny, check out the comments *accompanying* the video; search for "Ralph Klein" and "Belinda Stronach".)

(Continued on P. 6)

It's all in good fun, right? I say, no. These incidents send a strong message to young women interested in pursuing politics: Be prepared to defend not only your public position but also your personal life. Or in other words: Watch your back.

We are all aware that politics is an institution that often displays a serious lack of decorum, and that living in a fish bowl comes with the territory. However, with this influx of personal attacks, young female politicians have yet another concern: How "personal" will the media and public get? Is anything sacred? How far is too far?

Some would argue that the attention Stronach generates is not specific to her gender, but you need look no further than the language and images used, which share many of the qualities of a stereotypical sexist representation of women. It is safe to say that male politicians simply do not have to deal with this sort of attention. For instance, incessant attention to sexuality, detail after detail about physical appearance and personal style, and rampant discussion of romantic involvement are not criticisms levelled at male politicians.

Then: Enter Tie Domi.

Largely lacking in the discussion of her alleged affair with Leafs demigod Tie Domi was his own personal responsibility. Stronach has been eagerly portrayed as a "homewrecker", yet the only one who took vows of fidelity to Mrs. Domi (that is, Mr. Domi) escaped widespread criticism. Belinda Stronach was/is painted as a seductress and destroyer of sacred marriage, whereas discussion about Domi's alleged affair could have led to a discussion geared towards recognizing that male promiscuity in professional sports (or rock music, or hip hop, etc.) is almost a badge of honour, if not a fringe benefit.

It is also important to state that this article is not a defence of Stronach's political affiliation, her surprise defection across party lines, her voting record, or her short time as a professional politician. This is a defence of a woman that has gotten nearly unprecedented negative attention for everything but her politics.

I could be in Belinda Stronach's position in 20 years; her dirty laundry could be mine. The recent sexist attacks on Stronach make me seriously rethink entering a political climate and media more concerned with a woman's sexual partners, who cuts her hair, and who designs her clothes, than with her social and political platform. Enough already. Seriously, enough.

Featured Article from The Globe and Mail

Jan.26, 2007

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HEATHER MALLICK

Warning: inappropriate addiction can be fatal; Being hooked is less dangerous when our society winks

Warning: This story contains graphic details about the Robert William Pickton trial.

When Robert William Pickton was filmed being shown the mug shots of dozens of Vancouver women who had gone missing, he would sometimes comment on their attractiveness or lack of it and then move on to the next one, without any visible flashes of recognition. This does seem odd given that the evidence found on his pig farm — bloodstains, an asthma inhaler, clothing, a crucifix, even heads cut vertically in half — means that some of the women had arrived on his property at some point and apparently never left.

Just as a meat cutter makes no distinction between the carcasses that arrive before him on the speeded-up line at the plant, the women's faces, so fascinating to horrified Canadian viewers, are all a bit same-y to Pickton. We, too, regard the women as much of a muchness. Almost all appear to be prostitutes. They were all desperate, and desperation brings a certain uniformity to humans, whether they're addicts or refugees. They only want one thing, whether it's drugs or freedom, and when they die pursuing their want, they are defined by their failure to get it.

Prostitution doesn't intrigue me; it is a side effect of drug addiction. I don't know why reporters are so dismissive when reports of murdered prostitutes come into a newsroom. Alcoholism remains a problem in the media. The only difference between a reporter shaking for some rye and a skeletal young woman on the street on a rainy night is that the reporter can get their fix cheaply at a liquor store.

I can never decide what's worse, to be addicted to something that's readily available and will kill you slowly like booze or cigarettes, or to be hooked on a substance that is hard to find, unreliable and expensive. Alcohol, heroin, crack, they all have a stranglehold on the frail forked human body but with liquor you can cling to your middle-classness for decades. In most provinces, the government sells you your fix in attractive little shops. How sweet.

By coincidence, I have been reading a great trilogy by Edward St. Aubyn, a British writer whose brilliant first novel upset me so badly when I reviewed books for a living that I was unable to read the next two as they were published. *Some Hope*, also known as the Patrick Melrose Trilogy, tells the story of a little boy who is the son of a "pedophile, an alcoholic, a liar, a rapist, a sadist, and a thoroughly nasty piece of work." The boy grows up to become a junkie and then a recovered junkie bereft of the brief hollow comforts of heroin. This very much resembles St. Aubyn's early life, which may be why the second novel, *Bad News*, is the most horrifying rendition of drug hunger I have ever read (and I'm a connoisseur of literary misery).

The Desperates (and this includes alcoholic journalists as well as smack-hungry prostitutes), as we shall call them, get their start with a miserable childhood. I had one of those. So did you. Have some sympathy.

Terribly unhappy, frightened, insecure people need brain holidays. They want a break from their misery.

(Continued on p.7)

(Continued from p.6)

Patrick Melrose, in *Bad News*, is so unhappy that he cannot take off his wool overcoat on a hot day. "Do you ask a lobster to disrobe?" When he injects his drug and sees the emblem of beauty, a "poppy of blood" unfolding in the syringe, he feels the drug's "cold geometric flower break out everywhere and carpet the surface of his inner vision. Nothing could ever be as pleasurable as this."

But when he had injected all the heroin and coke he had? Nothing could be as painful. "As usual, his liver ached as if he'd had a rugby ball kicked under his rib cage. His desire for drugs, like the fox hidden under the Spartan's tunic, gnawed at his entrails.... These complaints and the general feeling that his body was held together with paper clips and safety pins and would tear apart at the slightest strain, filled him with remorse and terror. It was always now, on the dawn of the third day, that he was filled with a disgusted desire to stop taking drugs, but he knew that the first hints of lucidity and withdrawal would bring an ever greater horror of their absence."

"He had run out of gear... Soon enough, his synapses would be screaming like staring children, and every cell in his body tugging pathetically at his sleeve."

If you felt this way, wouldn't you get in a car for a party just about anywhere, to earn the money to get back that feeling of ultimate maximum extreme pleasure, even if it's only brief?

I would. I suspect you would too, especially if you had no money, no family, no shelter, no routine, no structure to guide you in another direction.

To think that women died because they didn't have the drug their body and soul demanded, and they were unfortunate enough that the drug wasn't liquor, which they could buy at the corner store.

Why the hell aren't we making all drugs available to all adults? Yes, we'd have another mess on our hands, but it would be a better mess than women's heads sliced in half and left in buckets. It would instantly drain the power of violent criminals. Yes, prostitutes need protection. But perhaps we could make it unnecessary for them to climb into a car and ride into the fetid, bloody pit of death that we will peer into during this trial.

All this for a little heroin, a little cocaine, a willingness to admit that people's bodies and brains need what they need. All these things these women, The Desperates, didn't get from us because they were lumped into an undesirable group of people who need something so desperately they would go anywhere to get it.

Heather Mallick has a nice old-fashioned M.A. in English literature from the University of Toronto. She has worked as a reporter, copy editor and book review editor at various Toronto newspapers and most recently wrote a column called As If for the Globe and Mail. She has won National Newspaper Awards for critical writing and feature writing.

Inter-Actions: Emerging Voices <=> Transforming Visions of Feminism

The Feminist Research Group (FRG) at the University of Windsor invites you to submit a proposal for presentation at the 8th annual Feminist Research Group Conference May 24 - 26, 2007 at the University of Windsor, Windsor, Ontario, Canada. The conference features feminist research and creative works, both in progress or completed, by graduate and senior undergraduate students across many disciplines.

The international and multidisciplinary conference is a three-day event that will feature several half-day workshops and a combination of paper, panel, poster, round table, and interactive poster presentations as well as other creative presentations (e.g., visual art, short plays, musical compositions).

If you would like to present your work, please complete a 250-word summary of your work on the Conference Submission Form at <http://www.uwindsor.ca/frg/submissions> <<http://www.uwindsor.ca/frg/submissions>>

*Submission deadline: February 15, 2007

Please visit our website at <http://www.uwindsor.ca/frg> <<http://www.uwindsor.ca/frg>> for more information regarding this year's conference and previous conferences. If you have any questions, please contact the graduate student coordinator, Kelly Meservia-Collins, at frg@uwindsor.ca or at (519) 253-3000 x 2256.

Funding

In partnership with the SAN and Rwandan Social Services, the ORCC has been approved for project funding from MAG to develop a cultural competency guidebook and workshop series for service providers working with immigrant women survivors of war, rape, and torture.

The Sexual Assault Network

The Network is a coalition of individual women and women representing the community groups/ agencies who are committed to working toward ending violence against women.

The Network hosts a monthly meeting to bring the community together to improve the response to women who have experienced sexual violence and their access to services.

The Network plays a broader advocacy and political action role, but does not provide individual advocacy or direct service.

Information On WAVE (Women Against Violence)

The project raises awareness of sexual violence and identifies culturally inclusive ways of meeting the particular needs of immigrant and refugee women through outreach activities, support groups.

(Continued from p. 3)

Lynn Williams



Since completing her volunteer training in autumn of 1999, Lynn has been working for the ORCC as a crisis line counsellor. She's also worked within the ORCC offices on a few occasions, revamping a very large resource binder and wrestling with filing cabinets. She has also served as a back-up resource on many occasions and has provided support and empathy to clients as well as other volunteers. Lynn feels very committed to the crisis line and feels compelled to be a part of the lives of the women who call the ORCC.

Michele LeMay

Since 1998, Michele LeMay has offered both her time and her services to the ORCC.

She has worked as a Public Education volunteer, worked on the ORCC newsletter and has offered the Centre a wide variety of graphic art services including work on the Public Education Action Kit, the Crisis Line Volunteer Training Manual and the ORCC website as well as various brochures, posters, bookmarks and anniversary logos.

V-Day in Ottawa

As part of the 2007 **V-Day Worldwide Campaign**, Ottawa is proud to present a benefit production of *The Vagina Monologues* to raise awareness and funds for local organizations working to end violence against women and girls.

Performances:

Carleton University

1 March 2007 - 7 PM
2 March 2007 - 7 PM

Venue: **TBA**

Bronson Centre

2 March 2007 - 8 PM
3 March 2007 - 8 PM

Venue Capacity: **800**

Accessible to people with disabilities:
yes

University of Ottawa

February 8-10

Alumni Auditorium

85 University Pte

Venue Phone: 613 562 5755

Venue Capacity: **299**

Accessible to people with disabilities:
yes

Performance Language: **English**

Ticket price: **\$20**

For more information:

<http://www.ottawavday.ca>

Self Care Activity

Ingredients

- ⌘ Epsom Salt
- ⌘ Kosher Salt
- ⌘ Bottles
- ⌘ Food Colouring
- ⌘ Essential Oils
- ⌘ Ribbons
- ⌘ Corks
- ⌘ Labels

1. Mix Epsom salt with Kosher salt.
2. Add two to three drops of food colouring, or until you have reached the desired colour,
3. Add essential oils.
4. Using a funnel, pour salts into a small bottle.
5. Seal, label and tie with a ribbon.
6. Take it home and enjoy your bath!



**Season's Greetings
and
Happy Holidays
everyone!**

