



# Collective Wisdom

Quesnel Women's  
Resource Centre

Collective Wisdom  
December 2011

## December 6, 1989

December 6th, marked The National Day of Remembrance and Action on Violence Against Women for the 14 women killed in the Montreal Massacre. Marc LePine entered L'Ecole Polytechnique and shot 14 women and injured 10 more women and 4 men. He did so because they were feminists and he blamed feminists for ruining his life. They died for being women.

In 1991, Canadian Parliament declared December 6th a National Day of Mourning and The National Day to End

Violence Against Women.

As well as remembering the 14 young women who lost their lives on Dec 6th, we must also reflect on the violence against women in our society. It is also a day to consider the women and girls for whom violence is a daily reality and to think of those who have died as a result

of gender based violence.

We can make a difference by speaking out against bullying, harassment and discrimination of any kind, by raising strong compassionate children and by fighting for women's equality and economic security.

Each of us has the power and responsibility to speak out against violence to help create a society where people can build their futures without the threat of violence.

We must insure that this terrible day in history serves as a reminder that we must do better and continue to raise consciousness regarding

violence against women.

Lastly, it is a day for communities to consider concrete actions to eliminate all forms of violence against women and girls .

Please take a moment everyday to remember the 14 women killed on December 6, 1989 and also remember the women and girls whose lives are threatened with violence



Each of us has the power and responsibility to speak out against violence to help create a society where people can build their futures without the threat of violence.

## Take Back The Night

Take Back The Night is an international yearly event that takes place the 3rd Friday of September. This is an important event as it raises awareness about violence against women and also offers support for grieving families. One in every 3 women will be a victim of violence in her lifetime and 1-2 women are murdered by a partner or ex-partner in Canada every week.

Violence affects the lives of millions of women regardless of social or economic class.

September 16th, 2011 at 6:30pm The Take Back The Night Walk to reclaim women's rights to be safe and free from violence in their own homes and communities took place in Quesnel.

The walk started at the Women's Memorial Monument, with nearly 200 people in attendance, where the shirts from the Clothesline Project were hanging. A peaceful protest march through our downtown core ended at the Quesnel Women's Resource Centre where tea and coffee were served.

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*From all of us at the Women's Centre we hope you have a Happy Holiday Season and all the best for 2012!*



# WOMEN'S MEMORIAL MONUMENT



**Natasha Montgomery**

Violence against women is a serious crime that is all too common around the world and Quesnel is no stranger to the violence against it. Thirteen local women have been murdered or gone missing under suspicious circumstances in the last 30 years. It is a concern for the entire community and it will take entire communities to make a change. The Missing and Murdered Women's Memorial Monument stands at the bottom of Bowron Avenue along the Riverfront Trail Walk, and serves as a reminder to everyone the devastating impact violence against women has on our society.

In late August, 2011, 23 year old Natasha Lynn Montgomery's name was added to the Monument. She has been missing since August 2010. Cody Legebokoff was charged with the first degree murder of Natasha in October 2011.

A celebration of Life was held for Natasha on November 2nd and a Benefit Dinner, Dance and Auction was held on November 26th. The evening was an overwhelming success and \$3500 was raised to help with the Education and well being of her children.

The Monument is not only a place for families who have been impacted by crime, but also for others who work toward change.



The Monument also acknowledges these women's experiences in a visual matter.

## Julie Oakley-Parker

Quesnel RCMP Case No 2006-8388

On Saturday, August 5, 2006, Julie Oakley Parker, age 33, was reported missing by her family. She was last seen at a relatives residence, in the Red Bluff area of Quesnel, in the early hours of August 3rd. Julie is a Caucasian female, with medium length sandy, blonde hair. She is 5 ft 6 inches tall and weighs 130 lbs.

If anyone has seen Julie since August 3 or knows her whereabouts, they are asked to contact the Quesnel RCMP at 250992-9211 or Crimestoppers at 250-992-TIPS.



## The Clothesline Project

On March 31st, April 6th and 7th, The QWRC hosted shirt decorating sessions where women decorated a shirt to break the silence about violence against women. April 10th-16th was The National Victims of Crime Awareness Week, sponsored by The Department of Justice. The QWRC held an open house on April 13th and the shirts were hung on a clothes line in front of the Centre and remained there until April 21st in recognition of The Prevention of Violence Against Women Week April 21st-23rd.

This was our first Clothesline event and 115 shirts were created.

The Clothesline was also displayed on September 16th at the Take Back The Night event by The Women's Memorial Monument.

The 2nd annual ClothesLine Project will take place March 8th, 2012, if you would like to get your name on a list to attend a workshop for shirt decorating call Judy at 250-992-8472 .

*115 decorated shirts hang at the Women's Resource Centre*





## Women of Distinction Quesnel Goldpain Derby Girls By Dorine Lamarche



Women's Flat Track Roller Derby is the fastest growing women's sport in the world right now, and when you break down the elements it's easy to see why.

Roller derby from back in the day was wrought with drama and staging, so much so that it distracted from the fact that all of those women were athletes who indeed had to train hard to fly around the track and pull off tricky foot work stunts. The roller derby of today is no longer about clothes-lining/tripping/face bashing, it is about pure athleticism, skill and strategy.

The movement toward flat track roller derby has made it a sport accessible to anyone who can find a smooth flat surface big enough for a track. Since early in this decade it has grown to a national competition level and there is talk of it becoming an Olympic sport. So, why the hype? Roller derby is a sport that requires strength in women, physical, personal and strength in

numbers. Derby requires you to show up; showing up to life, showing up to practice and showing up to the stuff that scares you. Derby gives you the support of numbers in that we are all doing the same thing, at the same time, in our own individual ways and so acceptance and encouragement are always present. If you want to be strong, capable, healthy or fit, then this could be the thing for you. Everyone starts at a different

level. Some show up with enthusiasm, but have never skated, some arrive with some physical skills, but need the support of great women in their lives. Some just show up because that is all they can do right then and we welcome them, lace them up and start teaching them that there is indeed a strong woman within and they are not alone.

Then there is the theatrical/alter ego element! Fish net stockings, shorts, skirts, wild and fun knee high socks, make up and derby names! It's a place to access your inner alter ego and let her shine! By day you may be a nurse, teacher, stay at home mom, accountant, retailer, student, whatever, but at night you can be whoever you create. It's an incredibly empowering sport in a social climate that says women are what they wear, what size they are and in general are not encouraged to be strong, smart and feminine. Well, in roller derby we are all of those things!

The Gold Pain City Derby Girls are always looking for new recruits. To come out and skate you need a helmet (bike, ski, skateboarding will do), knee and elbow pads, mouth and wrist guards and skates. Your first skate is free, after that a drop in fee of \$5 is required or you can purchase a punch card of 12 practices for \$36. We do have some gear to share and we have old skates in various sizes. A lot of girls found their gear at garage sales, Canadian Tire or Wal-Mart. Once you know it is for you, [rollergirl.ca](http://rollergirl.ca) can hook you up with everything you need.

We are non-profit so we fundraise together to help pay for our needs as a team.

For more information about roller derby in Quesnel, please feel free to contact Reani Rink Rash (DorineLamarche, President of the GPCDGA) [dorinel@telus.net](mailto:dorinel@telus.net) or 250-249-5095 or check out our website [goldpainingirls.org](http://goldpainingirls.org) or on facebook Gold Pain City Derby Girls.



**Gold Pain Derby  
Girls Practices  
Tuesday and  
Friday 7-9pm  
@ QJS  
Upper Gym**

## Pink Party



Our nursing student Jessica, who did a one month practicum with us, hosted a Pink Party on November 25th from noon to 2pm. It was attended by 14 women and 1 man. Everyone in attendance was educated on cervical and breast cancer in a fun interactive way.

Snacks were served followed by a delicious cake that of course, had a lot of pink on it.

Everyone got a small gift for attending and 3 door prizes were given out. Thank you, Jessica for all you have done this past month and we wish you all the best in the future.

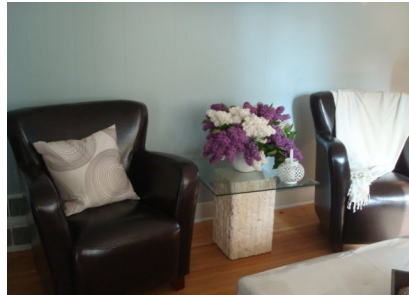


# Project Hope



## *BUILDING COMMUNITY*

In June the Quesnel Women’s Resource Centre was the recipient organization of an Extreme Makeover Project initiated by members of Reformation House. Over 80 local businesses contributed to the renovation and many volunteers gave of their time. Everyone is welcome to drop by and see the changes and meet the staff at the Quesnel Women’s Centre.



# Community Garden



The Quesnel Community Garden, located behind Quesnel Junior Secondary, had a very successful growing season. After much prep work a crew of volunteers worked to get the garden planted on May 28th.

Baker Creek Enhancement Society held Earth Day events on April 21st for elementary children and a team from the QWRC helped children construct scarecrows which stood guard all summer. Over the course of the season more than 100 bags of produce were donated to the Soup Kitchens at The Salvation Army and Seasons House.

We had our fall cleanup on October 15th

with more than 20 volunteers. A delicious lunch of home made soup, buns and dessert were served.

Thank you to the Quesnel Community Foundation for the \$3000 donation for the completion of the chain link fence around the garden.

In the spring we will be looking for new members to participate in the garden, it is a great way to meet people and a good way to access fresh vegetables, fruit and herbs. Come to the garden to share or learn gardening skills, or just to enjoy the beauty of the garden.

If this is something you would be interested in please call Judy at the QWRC at 250-992-8472.



## What's *Happening* at the Women's Centre?

### Christmas Hours

Closed December 24th  
To January 2nd, 2012  
Reopen January 3rd, 2012  
In case of an emergency  
Contact The Amata  
Transition House @  
250-992-7321.

*Melanie  
MacDonald*



General Meeting is the 3rd Thursday of the month at 3:30pm at the centre.  
All women are welcome to Call the Women's Centre for more  
information @250-992-8472

We are sad to announce that  
December 9th was Melanie  
MacDonald's last day with us and  
we are sad to see her go. We  
wish her all the best in her new  
position as Executive Director at  
Seasons House. Thank you for all  
that you have done for the  
Centre. We will miss you.



*Susan Scott*

We welcome Susan Scott, who has stepped into the Ad-  
ministrative Coordinators position as of December 13th.  
Susan comes to us from the Amata Transition House.  
Best of luck in your new position Susan, you will be  
great.

Donations to the QWRC directly benefit all women and children in our community. We receive no government operational funding and the "silent partners" who make donations, large or small, help us to help others live better lives. Donations can be made by visiting our website at [www.qwrc.ca](http://www.qwrc.ca) and clicking on support us or by mailing/dropping off a donation to the Centre. A charitable tax receipt will be issued if desired.

### Donation Slip to the Quesnel Women's Resource Centre

Donation Form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \_\_\_\_\_



**Quesnel Women's Resource Centre**



Drop In Hours: 9:00-4:00  
Tuesday- Friday

Phone: 250-992-8472  
Fax: 250-992-6160  
www.qwrc.ca

**We're on the  
Web:  
www.qwrc.ca**

**LUNA CLINIC**

*"A woman centered clinic where you get the time to ask questions related to your health"*

*Thursdays 12pm-4pm*

*Services offered include:*

- Pap Exams • Birth Control • Pregnancy Testing*
- Emergency Contraceptive • STI Testing*
- Breast Self Exams*

*Free and Confidential. No appointment necessary*

*Child minding Available*

*Located in the*

*Women's Resource Centre*

*690 McLean Street*

*250-9928472*

*Programs and Services*

***Stopping the Violence Counselling***

*The Women's Resource Centre has a full time 'Stopping the Violence' Counselor. This is a provincial program that provides counselling services to groups or individual women who have experienced sexual assault, violence/abuse, or historical sexual abuse.*

***Outreach Support Services***

*Our Outreach worker provides counselling, advocacy, support, and transportation to clients who are the victims of abuse and/or assault. She also provides the community with information about the Women's Centre and facilitates workshops such as Self-Esteem /Assertiveness and Anger Management.*

***Luna Women's Wellness Clinic***

*The Luna Women's Wellness Clinic runs each Thursday afternoon from 12-4pm. It is staffed by a public health nurse and all women are invited to drop in for a variety of health*

*related concerns. The clinic provides pap smears, STI testing, pregnancy testing, emergency contraceptive, breast exams, and low cost birth control to women. There is child minding available during these appointments.*

