

AWHL Byline

Summer 2003



Special points of interest:

- Message from the Board
- Facts about Abuse
- Hadley Inquest Ignored
- Linguistic Barriers
- Chicken and Herb Pot stickers

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A Message from the Board of Directors

Seventeen Years old! It is our honour to acknowledge and express our deepest gratitude to the people who made it possible for our agency to provide service to over 200,000 women in the past seventeen years.

What started as an idea, driven by the needs of the women of Toronto, quickly transformed into a living, breathing service which for the past sixteen years has been providing crisis counseling, emotional support and referrals to women in Toronto and its surrounding area. From our early days in the basement of shelters to an autonomous agency is proof that women can organize, develop and implement the critical services they needs. A whole hearted thanks goes out to all people who have been involved with agency since its conception!

Last year's announcement of funding for the expansion of the Helpline to a province wide agency is a testimony to the dedication, commitment and hard work of our staff. The expansion of the Helpline to the four corners of this province allows this extraordinary group of women to provide their services to women every where in Ontario who are abused and oppressed.

A year later, the Helpline responded to over 40,000 calls from the four corners of the province. More women died in the hands of their intimated partners and there are still innumerable women in this country who face the horror of abuse as a matter of course. More financial cuts to the community based agencies. More homelessness and more women and children are living in poverty.

Today, however, we celebrate the sisterhood and unwavering encouragement of our sister agencies and community partners who aided us in our bid for a province wide Helpline; and their on-going commitment to provide support, advice and guidance to the Helpline as we move forward on this new journey.

The members of the Board also celebrate this milestone, not with great abandon, but in awe for and pride in the women who made this possible. Beth Jordan and Huong Pham are phenomenal women and on behalf of the Board, we thank them for the three years of their lives, which they have dedicated to this effort.

Tomorrow, we will continue to work with women living in violent situation. Tomorrow, no doubt will also be yet another inquest, different name, and same result. Tomorrow we would ask ourselves again, what is it that is not understood and how many inquests will be held before solutions are implemented?

It is now more than ever that we look to the future. We stand committed to meeting the needs of the women who use our service, and advocating for women's human rights within our mandate. We believe peace will remain an illusion for all if living with violence is still a reality for women and children. The Helpline stands firm in doing its part to eradicate violence against women.

Best regards,

The Board of Directors

The Assaulted Women's Helpline Goes Province Wide

After 16 years of uninterrupted 24-hour, 7 days a week service to Toronto and the GTA, the Assaulted Women's Helpline (AWHL) is now available to women in need across Ontario.

Last year, the Ministry of Community and Social Services granted the AWHL \$4.5 million in provincial funding over a five year period to expand from a city-wide service to the much needed province wide service it has become today.

"Supporting women who have been abused is a personal priority of mine, and a priority of our government," said John Baird, Minister of Community and Social Services. "The \$4.5 million in provincial funding to expand the Toronto based Assaulted Women's Helpline, is another step in our campaign to eradicate violence against women."

At a media conference to announce the expansion, Barbara Hall, former Toronto Mayor and MC of the event said, "The Assaulted Women's Help Line is more than just a telephone service; it has literally been a lifeline for many Toronto women. Its expansion province wide will save lives."

Over the past year the AWHL has been consulting with its community partners and forging links with some 2000 agencies and support groups across Ontario. These are the shelters, rape crisis centres, housing agencies, legal services, counsellors, therapists, child protection agencies, anger management groups, police, hospitals, and other support groups to whom the AWHL refers people.

Every year the AWHL receives over 25,000 calls. With the province wide expansion we expect that number to at least double. Before the expansion, the Helpline was already receiving calls from outside of the GTA from places such as Timmins, Kingston, Ottawa, Lindsay, Sault Ste. Marie, Kapuskasing, and Barrie, among others. At that time the Helpline was not advertising the service outside of the GTA. The women represented by these crisis calls somehow found the AWHL on their own.

Speaking at the media conference, the woman known as Jane Doe said, "I didn't come here today to celebrate. It is no happy matter that the Assaulted Women's Helpline must expand to even begin to meet the needs for service for the one in four women who experience violence in our province. It is no happy

matter that our shelters have waiting lists; our agencies are overrun and under funded. I came to continue the work to generate awareness and education as we provide services to those women."

"Although there has been progress made in the last few decades in recognizing partner abuse as an equality rights issue, a criminal offence and public health epidemic, there are still many areas in this province that lack a comprehensive response system to women in immediate crisis," said Beth Jordan, Director of Programs and Services at AWHL. "Many women continue to fall dangerously through the cracks because they lack access to critical help or information they need. This is particularly true for women who live in rural or isolated areas, northern women, women whose first language is not English, racialized women, lesbians, Bi-sexual and transgendered women, Aboriginal women and women with disabilities. It is time to provide the means for women to break the silence. Today, we are hoping to do just that!"

To prepare for the increased workload the Helpline has added extra phone lines and staff. At the end of the month a website will also go online at www.awhl.org. To get the word out to women across Ontario, radio and television public service announcements have been created and Beth Jordan will be visiting communities across Ontario spreading the word and toll free telephone numbers.

(TOLL FREE) 1-866-863-0511
(TTY) 1-866-863-7868
(Greater Toronto Area) 416-863-0511

The Assaulted Women's Helpline is a non-profit agency funded by the Ministry of Community, Family and Social Services, and City of Toronto.

AWHL is a charitable organization and gratefully accepts donations.

Charitable # 127624443 RR0001

Some Facts About Abuse

Children are affected by abuse. Children who witness abuse are affected by violence in the home. Violence hurts children even if they are not the ones being physically hurt. Children who witness the abuse of their mothers may experience long-term emotional, physical and psychological effects.

We know from statistics, media coverage and the thousands of women who call our Helpline each year, that woman abuse is an epidemic.

Women and children are being killed. In the province of Ontario alone, on average 40 women and children are murdered each year.

We know that a woman is harmed, maimed or injured every minute of every day.

That woman is someone's mother, daughter, sister, lover, wife, friend, in-law, co-worker.

All businesses, corporations and service agencies are touched by violence against women. It does not stay behind closed doors.

Questions & Answers

Q.

What is violence against women?

A.

In the United Nations Declaration on the Elimination of Violence Against Women, the term violence against women refers to "any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life" Violence against women is also a manifestation of the historically unequal power relations between men and women, which have led to domination over and discrimination against women by men and the prevention of women's full advancement.

Q.

What are some of the common forms of violence against women?

A.

Violence against women can take many forms. It is most commonly divided into the following types:

Physical violence

The most obvious ranges from pushing and shoving to hitting, beating, physical abuse with a weapon, torture, mutilation and murder.

Emotional/Psychological violence

Encompasses various tactics to undermine an individual's self-confidence, such as yelling, insults, mockeries, threats, abusive language, humiliation, harassment, contempt, deliberate deprivation of emotional care or isolation.

Sexual violence

Any form of non-consensual sexual activity (i. e. forced on an individual) ranging from harassment, unwanted sexual touching, to rape. This form of violence also includes incest.

Financial violence

Encompasses various tactics for total or partial control of an individual's finances, inheritance or employment income. It may include denying access to one's own financial records and knowledge about personal investments, income or debt, or preventing a partner from taking employment outside the home, or engaging in other activity that would lead to financial independence.

Neglect

Includes failure to provide for an individual's basic needs and human rights, and the refusal or delay in the provision of food or medical care.

Women who are abused require access to a full range of services:

- Emergency shelter
- Emotional support
- Short/long term counselling
- Legal assistance and advocacy
- Financial assistance
- Affordable housing

It is essential that these services be provided in a manner that validates the women's experience and empowers her to undertake her own healing process. Accessibility to these services is crucial to the healing and rebuilding processes. Fear and shame caused by abuse are real barriers to access.



Community Partners Spotlight

Hadley inquest ignored: women's groups demand action

Women's groups from across Ontario say the Tories are playing with the recommendations of inquest juries and time is running out for them to act.

To mark International Women's Day, the Cross-Sectoral Violence Against Women Strategy Group will hold a press conference to expose government inaction on inquests. The Cross-Sectoral VAW Strategy Group is a province-wide coalition of over 160 women's and community groups formed after numerous deaths of women, including Gillian Hadley, in the summer of 2000.

A year ago, the jury in the Gillian Hadley inquest released 58 recommendations to prevent killings of women by intimate partners. Two years before, a similar inquest into the death of Arlene May suggested 213 needed changes. While government continues to posture about intolerance to violence against women and claim that recommendations have been implemented, it has done little to respond meaningfully to these juries. At the same time, the killings of women by their ex-husbands in Canada increased by 25% between

2000 and 2001, with virtually all of the increase in Ontario.

On Thursday, March 6, representatives of the Cross-Sectoral VAW Group will give reality to the public relations announcements of the Tories. Representatives will contrast the recommendations of the jury with the inaction of the government and conditions for women and children, and women's services in Ontario.

Cross-Sectoral Violence Against Women Strategy Group

By the end of April, the Chief Coroner will release a report detailing government claims of progress on the implementation of the Hadley jury list. Time is running out. With a provincial budget and election nearing, women's groups challenge the government to announce real action to help women and children, not more high profile, low impact announcements.

The recommendations of the jury are available at: www.owjn.org/issues/w-abuse/hadley2.htm

For more information, contact:

Eileen Morrow, Ontario Association of Interval and Transition Houses (OAITH): 416-977-6619
Beth Jordan, Cross-Sectoral Violence Against Women Strategy Group: 416-364-4144 Ext. 227

“Ahimsa” means infinite love, which again means infinite capacity for suffering. Who but woman, the mother of man, shows this capacity in the largest measure? She shows it as she carries the infant and feeds it during nine months and derives joy in the suffering involved. What can beat the suffering caused by the pangs of labour? But she forgets them in the joy of creation. Who again suffers daily so that her baby may live from day to day? Let her transfer that love to the whole of humanity...And she will occupy her proud position by the side of man as his mother, maker and silent leader. It is given to her to teach the art of peace to the warring world thirsting for this...

Ghandhi

Assaulted Women's Helpline Board of Directors

Jane Bakewell

Denise Brown

Kim Donlan

Margaret Haynes, Chair

Sherry Lewis

Martha Ocampo, Treasurer

Dawn Phillips

Sharon Simpson

Erin Lee-Todd



The AWHL Board Members—Back Row: Erin, Kim, Denise- Front Row: Dawn, Margaret and Martha. Absent: Jane, Sherry and Sharon

Why?

Why do the babies starve
there's enough food to feed the world
Why when there're so many of us
Are there people still alone?
Why are the missiles called peace keepers
when they're aimed to kill?
Why is a woman still not safe
when she's in her home?

Love is hate
War is yes
No is yes
and we're all free

But somebody's gonna have to answer
The time is coming soon
Admist all these questions and contradictions
There're some who seek the truth

Tracy Chapman

Linguistic barriers are a significant access issue for battered/assaulted women

If you know a woman whose first language is not English, who requires anti-violence information, support or referrals she can call (416) 863-0511 or toll free 1-866-863-0511 or TTY 1-866-863-7868. All she needs to do is state the language she requires service in. The Language Line service is available 24 hours a day, 7 days a week. Helpline counsellors will strive to make culturally appropriate referrals based on what the caller indicates she needs at the time.

Call to Therapists and Layers

The Assaulted Women's Helpline maintains a database of private therapists and lawyers who will work with abused /assaulted women. We are always encouraging therapists and lawyers who wish to be on our referral list to contact the Training, Resource and Outreach Department.

We get many calls from women in different area codes and would like to be able to refer women to services that are geographically accessible to them. We can be reached at (416) 364-4144 ext. 223 or 230, or Toll free at 1-888-364-1210

From Our Kitchen to Yours



BRAISED CHICKEN WITH GARLIC AND WHITE WINE

The chicken is redolent of garlic, but not overly so; cooking the garlic cloves whole in their skins keeps the flavors in balance.

- 2 3 1/2-pound whole chickens, each cut into 8 pieces
- 5 whole heads of garlic, cloves separated (about 70), unpeeled
- 6 tablespoons extra-virgin olive oil, divided
- 2 cups dry white wine
- 6 very large fresh thyme sprigs

Trim excess fat off chicken. Sprinkle chicken with salt and pepper. Lightly smash garlic cloves just to flatten slightly, leaving peel attached and cloves as whole as possible.

Heat 4 tablespoons extra-virgin olive oil in heavy large pot over medium-high heat. Working in 2 batches, add chicken and cook until brown on all sides, about 12 minutes per batch. Transfer chicken to plate. Add remaining 2 tablespoons olive oil and garlic to pot. Stir until golden brown, about 4 minutes. Add wine and thyme; bring to boil. Return chicken to pot. Reduce heat to medium, cover, and simmer until chicken is cooked through, moving chicken pieces from top to bottom every 5 minutes (sauce will not cover chicken), about 20 minutes. Season to taste with salt and pepper.

Transfer chicken to platter. Spoon garlic cloves around chicken and drizzle sauce over.

Makes 8 servings.

CHICKEN AND HERB POTSTICKERS WITH MINT-CHILI SAUCE

- 1 10-ounce package frozen chopped spinach, thawed, squeezed dry
- 3/4 pound ground chicken
- 2 large eggs
- 1 cup chopped green onions
- 1/3 cup chopped cilantro
- 1 1/2 tablespoons finely chopped peeled fresh ginger
- 2 garlic cloves, minced
- 1 tablespoon soy sauce
- 2 teaspoons chili-garlic sauce*
- 1 1/2 teaspoons oriental sesame oil
- 1 teaspoon grated lemon peel
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 12 egg roll wrappers
- 1 cup Chinese plum sauce
- 3/4 cup water
- 2 tablespoons dry Sherry
- 18 tablespoons (about) vegetable oil

*Chili-garlic sauce is available at Asian markets and in the Asian foods section of many supermarkets.

Place spinach in large bowl; mix in chicken, 1 egg and next 10 ingredients.

Beat remaining egg in small bowl. Place 1 egg roll wrapper on work surface; cut in half diagonally. Brush edges with beaten egg. Spoon heaping 1 tablespoon chicken filling into center of each half. Fold egg roll wrappers over filling, forming small triangles. Press edges together to seal. Repeat with remaining egg roll wrappers and filling. (Pot stickers can be prepared ahead. Arrange in single layer on foil-lined

From Our Kitchen to Yours [continued]

baking sheet; cover with plastic wrap. Refrigerate up to 6 hours or freeze up to 3 days. If frozen, thaw pot stickers before continuing with recipe.)

Whisk plum sauce, 3/4 cup water and Sherry in small bowl to blend. Set aside.

Heat 3 tablespoons vegetable oil in large nonstick skillet over medium heat. Working in batches, fry 4 pot stickers at a time until brown on both sides, about 1 1/2 minutes per side. Transfer to paper-towel-lined plate to drain. Repeat with remaining pot stickers in 5 more batches, adding 3 tablespoons vegetable oil (or more if necessary) per batch.

Heat 5 tablespoons reserved plum-sauce mixture in another large skillet over medium heat. Add 4 pot stickers and cook until chicken filling is cooked through, turning once, about 3 minutes. Transfer to platter. Repeat with remaining plum-sauce mixture and pot stickers in 5 more batches. Serve pot stickers immediately with Mint-Chili Sauce.

Serves 8 as a first-course.

MINT-CHILI SAUCE

Delicious as a dipping sauce or as a marinade for lamb, shrimp or chicken.

1/3 cup (packed) fresh mint leaves
 1/4 cup rice vinegar
 3 tablespoons light corn syrup
 2 garlic cloves, minced
 2 tablespoons water
 1 tablespoon soy sauce
 1 tablespoon oriental sesame oil
 Generous pinch of dried crushed red pepper

Purée all ingredients in blender. Transfer to bowl. Let stand 1 hour at room temperature. (Can be made 1 day ahead. Cover and chill. Bring to room temperature.)

Makes about 2/3 cup.

The Assaulted Women's Helpline Goes Online

Earlier this summer, the Assaulted Women's Helpline launched our website!

Now information about our critical services is more available and accessible than ever!

Our site features our new logo as well as our province wide number. It also has sections with useful information about our

organization, an area for those wanting help and a section for the Media.

Please note that our site also includes detailed instructions on how to "erase" your tracks once you leave the site so there is no record of the site on your computer.

Come and visit us online at www.awhl.org!

"And so our mothers and grandmothers have, more often than not anonymously, handed on the creative spark, the seed of the flower they themselves never hoped to see...or like a sealed letter they could not plainly read"

Alice Walker

ASSAULTED WOMEN'S HELPLINE

P.O. Box 369, Station B
Toronto, Ontario
M5T 2W2

Crisis Line

GTA: (416) 863-0511

Toll Free (Ontario):

1-866-863-0511

Toll Free TTY (Ontario):

1-866-863-7868

Administration

Tel: (416) 364-4144

Fax: (416) 364-0563



NAME
STREET ADDRESS
CITY, PROVINCE ZIP

Mission Statement

The Assaulted Women's Helpline offers a 24-hour telephone crisis line to all women who have experienced abuse.

We provide counseling, emotional support, information and referrals.

We recognize abuse as one example of women's social, political and economic inequality in the world. The Helpline is dedicated to working towards equality for all women.

*We're on the
Web!*
www.AWHL.org