

AWHL Byline

Winter 2003



Special points of interest:

- Message from the Board
- Blueprint to change
- Celebrate the Woman In Your Life!
- Remember our Sister
- Training, Resource & Outreach

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A Message from the Board of Directors

Greetings to our community members and partners, our staff, volunteers, funders and our service users! It is with a sense of pride and accomplishment that we extend this greeting.

The AWHL mourned for the women who lost their lives at the hands of their partners. We saluted those who escaped the confines of violence & abuse; and those who reached out for support. Your strength, courage and determination ground us in this very important work. We will continue to listen and our commitment to working to end violence against women will never falter.

The past year saw the certification of OPSEU, Local 515 as the bargaining agent for the non-managerial staff at the Helpline and the signing of a collective agreement. We look forward to a productive working relationship with the members of the bargaining unit.

We bid a fond farewell to our sister, Mary Pritchard who lost her battle with Cancer. The sector has lost a committed, compassionate soul who was dedicated to working with women & children [see page 8 for Mary's story].

We would like to take this opportunity to express our appreciation and to say good bye to Beth Jordan, Director of Programs & Services, who leaves us to pursue a private consulting practice. We thank Beth for her vision and years of hard work co-directing the work of the Helpline and for making your vision of a Provincial line a reality. In resigning from the Helpline you have left a legacy for all who come after you. The

work that the co-directors have engaged in over the past six year has made what could have been a very challenging transformation a smooth evolutionary process of growth and change.

The AWHL welcomes Huong Pham, formerly the Director of Finance and Administration in her new role of Executive Director. We look forward to Huong's tenure as the ED & are very excited at the prospect of Huong leading us into the New Year. The AWHL is gearing up for a year of new programs & continued quality service as we work toward eradicating the violence that touches the lives of so many women & children.

The end of 2003 brought in a new political era with the Liberal party winning a landslide victory in the Provincial elections. The AWHL looks forward to working closely with the new government & our community partners to see the issues of violence against women brought to the forefront.

Welcome to another new year at the Assaulted Women's Helpline!

Best regards,

Margaret Haynes
Chair—Board of Directors

Sharon Simpson
Member—Board of Directors

Community Partners Spotlight

Coroner's inquests make 271 recommendations for change

'Emergency Measures' give direction from the front-lines

The list of recommendations to stop violence against women from studies, reports, consultations and public policy experts is almost endless. Action to implement the list, however, is short by comparison. So it is no surprise that under the Mike Harris government numerous recommendations for change were added to the stack. Or that all too little has been done to make them real for women.

There have been two lengthy inquests into the deaths of women in Ontario. The first was the inquest into the death of Arlene May, a mother of five children who was shot by her ex-boyfriend, Randy Iles, on International Women's Day, 1996. Her three children had just

been released from a closet and ran crying for help. Iles then killed himself with a gun he bought despite a court order not to possess weapons. The order to surrender his Firearms Acquisition Certificate was inadvertently left off his typed bail orders.

Randy Iles had been in bail court on numerous occasions--each time receiving less stringent conditions--because he refused to obey orders to stay away from Arlene. Arlene May, a mother who was trying to survive on social assistance, had few resources to take on Randy Iles and counted on a criminal justice system that let her down. In only three months she had given up hope and written her will just before she was murdered.

The 213 recommendations of the May-Iles jury, released in July of 1998, included a myriad of very clear, specific changes to criminal justice system response as well as calls for increased independent, community-based women's services, such as shelters and women's advocate programs. They also included changes to the family law and legal aid systems to support women in civil legal processes. The government was directed to consult with women's advocate groups before implementing changes.

A small implementation committee was struck that further studied the recommendations and submitted its own 'five-year plan' for change offering another 173 recommendations. Women's advocate groups with le-

gal standing at the inquest were not invited to participate.

In response to all of these ideas for improving abused women and children's lives, the government began work on selected recommendations in the criminal justice system, declaring often that from 85% to 90% of the recommendations had been implemented or was "in the process of being implemented."

This "process" has been excruciatingly long. To this day, it is unclear exactly what specific recommendations of the May-Iles jury have been completed, despite claims of implementation. Shelter advocates tell of little change for women in their communities. In fact, they report a disturbing number of abused women being charged by police in a "mutual charging" trend.

We know for certain that shelters have not received the support intended by the jury. And we know that the women's advocate program suggested has not materialized. Government did provide \$10 million in annualized funding to create child witness group programs and "transitional support worker" programs to help women liaise with community systems. Although certainly welcome, many of these programs are shared by a number of community agencies and groups.

In June of 2000, Gillian Hadley was shot to death after a public struggle for her survival on the street outside her front door. Frantic neighbours on their way to work called 911 several times, while others responded to her terrified pleas to save her baby. Ralph Hadley fought off rescuers with a loaded gun and, slamming the door, murdered Gillian and himself. The details of criminal justice system intervention were eerily similar to those of Arlene May four years before, and both press and public began to ask why the murder happened given claims that the May-Iles recommendations had been implemented.

During that spring and summer, murders of women exploded across the headlines: Harjaap Bola, Hemoutie Raghunauth, Gillian Hadley, Bohumila Luft and her four children, Daniel, Nicole, Peter and David, Laurie Lynn Volmershausen, Renee Joyson, Patricia Real.

Women's anti-violence advocates began to demand

Ontario has
blueprint to
change women's
lives

Community Partners Spotlight [continued]

immediate action to give women and children more than a criminal justice system response that was clearly failing. A broad-based coalition of groups formed called the Cross-Sectoral Violence Against Women Strategy Group. It included advocates from a number of sectors: women's crisis services like shelters and rape crisis centres, anti-poverty and social justice groups, legal support services, labour representatives, advocates for Aboriginal women, Francophone women, women of colour and immigrant women, and women with disabilities.

A week after the murder of Gillian Hadley, the Government of Ontario announced it would table a Domestic Violence Prevention Act, a plan already in the works to strengthen civil restraining orders. The Act had no real connection to the facts of either the Arlene May or Gillian Hadley murders. Despite some serious flaws, it was read three times but never proclaimed.

The Office of the Chief Coroner announced another inquest, this one into the death of Gillian Hadley.

In response to government inaction, the Cross-Sectoral VAW Strategy Group prepared 39 Emergency Measures for violence prevention and called for all-Party support from the Legislature. Both the NDP and Liberal Party supported the Measures; Howard Hampton and Dalton McGuinty personally signed, in front of media, a Declaration of Commitment (pictured above) to work on them.

The Emergency Measures include not only crisis services for women, such as increased shelter spaces and restoration of funding cuts to first and second stage shelters, but broad prevention strategies: annualized increases in social assistance, legal services for women such as legal aid, and implementation of the May-Iles recommendations.

The Measures call for funding supports for neighbourhood women's centres and provincial women's advocacy groups such as OAITH. They also include economic security measures--pay equity, elimination of the clawback of the national child benefit and reform of welfare policies in Ontario.

The PC Party refused to sign the Declaration but was eventually pressured to provide expansion of the Assaulted Women's Helpline and the establishment of 300 new and 136 refurbished shelter beds in areas where need was desperate. It also increased some funding for interpreter services that were also part of the Cross-Sectoral list.

Over a year later, the Gillian Hadley inquest began. For almost four months, it reviewed the recommendations of May-Iles, those of the May-Iles implementation committee 'five year plan' and even the Emergency Measures of the Cross-Sectoral Group. The jury released a further 58 recommendations for change in February 2002.

The Hadley recommendations went beyond those of the May-Iles inquest jury to focus on broad prevention and community-based social development approaches. Although the recommendations again included changes to the criminal justice system, they also highlighted increased social assistance, development of new subsidized housing and second stage housing for women. There were recommendations for adequate funding of women's services, including shelters, a system of women's advocates working both within and outside of the justice system, reform of workplace legislation to include intimate violence issues, and many other important public policy recommendations women sought.

After months of silence from government, on the second anniversary of Gillian's murder, two of the inquest jurors and Gillian's neighbour joined women's and community groups to call for the immediate establishment of a committee to implement the recommendations. Their pleas remain unanswered.

The previous government has responded to the Hadley inquest with little more than high profile, low cost one-time project grants for community coordination, public education and the sponsoring of conferences to generate more discussion and recommendations. It also established a Domestic Violence Death Review Committee to study cases after women have been murdered in order to make yet more suggestions for change.

The social development and broad prevention measures called for by the jury have been largely ignored. Shelter funding has not been reviewed and increased. No housing has been built, either subsidized or second stage. The other recommendations for changes to family law processes and programming for children are yet to be implemented.

Shelters were offered \$4.5 million capital money to replace ailing furnaces and install bullet-proof glass, but they were not allowed to apply for additional support for the counselling and advocacy the jury clearly intended.

Community Partners Spotlight [continued]

Most of the recommendations of the May-Iles jury, the May-Iles implementation committee five-year plan, the Cross-Sectoral VAW Strategy Group Emergency Measures and the Hadley jury recommendations still await substantive action. A lot of work, time and money has been spent in creating these comprehensive plans for public policy and social development change. The new government of Ontario has the blueprint for change for abused women and their children in these documents. All that is needed is the political will and courage to take the steps to choose those changes.

In Opposition, the Liberal Party was vocal and passionate in its support of the inquest recommendations and the Emergency Measures and we took heart from their unflinching support. The new government now has the opportunity to take the action they called for in support of abused women and their children.

Women and children look forward to that action now.

Article by Eileen Morrow,
Lobby Coordinator OAITH

In honour of International Women's Day, we salute you...



Rigoberta Menchú Tum is a Guatemalan leader internationally known for her work in the promotion of the defense of human rights, peace and Indigenous Peoples' rights. She received the Nobel Peace Prize in 1992, becoming the first Indigenous and the youngest person ever to receive this distinction.



Rosemary Brown was born in Jamaica in 1930 and spent her early years there. She moved to Canada in 1950 to attend McGill University. From that period until her death, Rosemary Brown established herself as a person of many 'firsts' in Canada through her professional, feminist, rights activist, leadership, community and social vision to positively influence change for the betterment of all through inclusion, equity and social justice.



Harriet Brooks Pitcher [1876—1933] was well known in the years 1901-5 for her original contributions to the then youthful science of radioactivity. Distinguished graduate of McGill University, she was one of the first research

workers with Prof. (now Lord) Rutherford in Montreal.



Burmese democracy leader **Aung San Suu Kyi**, was the recipient of the 1991 Nobel Peace Prize and the first person to win it while under detention. Clearly one of the world's most exceptional women, she remains an enigma due to her forced isolation. Under the dark shadow of Burma's omnipresent military junta, author Alan Clements spent five months conversing with her, knowing that each interview could be the last.

Aung San Suu Kyi was, and still is, under constant threat of rearrest, and Clements could have been deported at any time. Since completing *The Voice of Hope*, he has been permanently banned from Burma.



Shirin Ebadi—The First Iranian Nobel Peace Prize Winner - 2003
The Iranian lawyer and human rights activist was born in 1947. She received a law degree from the University of Tehran. In the years 1975-79 she served as president of the city court of Tehran, one the first female judges in Iran. After the revolution in

1979 she was forced to resign. She is known for promoting peaceful, democratic solutions to serious problems in society.



Agnes Campbell Macphail was the first woman elected to the House of Commons and one of the two first women to be elected to the Ontario Legislative Assembly. Born in Proton Township, Grey County, Ontario on March 24, 1890, she died in Toronto on February 13, 1954. Throughout her career, Macphail strived to implement changes in a variety of areas including disarmament, international cooperation, and social reforms.

At the time of her death in 1954, she was being considered for an appointment to the Canadian Senate.

We Remember...

Women and Children, family and friends Murdered in 2003

Victoria David, 52. Mother of three. Mississauga. Victoria was strangled to death in her home. Her husband, Emmanuel David, then killed himself. One Victoria's daughters called 911 after she couldn't get into her parents locked bedroom. (January 2003)

Laurel Price, 17. Scarborough. Laurel died of head injuries after her skull was fractured by a blow from an aluminum baseball bat. Her 17-year-old ex-boyfriend was charged with first-degree murder. (February 2003)

Marj Smrekar, 42. Mississauga. Mother of two children. Marj was found suffering from severe trauma in the basement of her home and later died in hospital. Her estranged husband, Vernon Nichols, was later wounded after an police chase resulting in an accident in Eastern Ontario. He was charged with first-degree murder. A family member was quoted as saying that she "was trying to get a restraining order on him, but the courts said she didn't have any evidence". (June 2003)

Alisse Phillips(Brown), early 20's, Hamilton. Mother of one child. A terrorized Hamilton woman was killed in her sister's apartment by an ex-convict boyfriend who then turn the gun on himself. He had just been released from prison and had made previous threats to harm her once he was released. (June 2003)

Natalie Gayle, 23, Brantford. Mother of two young chil-

dren. She was shot at a her townhouse in the early morning. Her former boyfriend, Anthony McPherson, and father of her second child was charged with her murder. (June 2003)

Gilda Schaper, 52. Coldwater. Gilda died as a result of blunt force trauma, but police would not give further details. Her husband, Hans Vogel, was charged with second-degree murder. (August 2003)

Judy Um, 32. Etobicoke. Judy was found stabbed to death in her apartment. Her husband, Seung Joon Um was charged with second-degree murder. (August 2003)

Beverley Leclair, 52. Gloucester. Beverley was found dead in her back yard swimming pool and her death thought at first to be caused by drowning. Police later charged her husband, Gilles Leclair, with second-degree murder after an autopsy determined that she had not drowned. (August 2003)

Kui Shang, 30. Toronto. Kui was found strangled in her apartment. She had come to Canada from China to pursue university studies. Her husband, Bo Li, was charged with second-degree murder. (August 2003)

Vanessa Bol, London. Mother of one. Vanessa was shot to death in her apartment after neighbours heard loud voice and Vanessa crying, "my baby, my baby". Her ex-boyfriend, Emerson Dominguez was charged with first-degree murder. (November 2003)

**Since June 1995:
161 women, 21 children, 10 family
and friends murdered. 33% increase
in murders of women between 2000
and 2001--virtually all in Ontario.**

Assaulted Women's Helpline Board of Directors

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Erin Lee-Todd, Chair - Province Wide Liaison Committee

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A Fond Farewell... and Thank You!

The Assaulted Women's Helpline...the little engine that could! This is how I feel about this wonderful, inspiring and challenging organization. We went where many people said we could not, and should not go. Counsellors on our crisis lines now respond to calls from women all over the province – this is what I will always feel so very proud of and so sad to not be an integral part of anymore. After six years I have left my position as the Director of Programs and Services at the Assaulted Women's Helpline. This was a very difficult decision for me to make, as the Helpline is a thriving, strong organization that fulfills its commitment to women who experience violence.

Over the years I have watched the Helpline grow and evolve into the organization it is today. Not without it's struggles, but all the while well worth it. I will miss almost everything about the AWHL, except of course...the pager! I wish the staff and management team strength and courage to continue in the work; to continue to provide exceptional service to women who experience violence and to ensure the Helpline's commitment to access to service for all women. To push the envelope further, to continue to challenge yourselves and to grow and learn. Further, I look forward to hearing about new initiatives for AWHL to work effectively and in coordination province-wide with its community partners and sister agencies. Never forget our mandate and what we have been entrusted to do as a province –wide organization.

To my Francophone sisters who have fought long and hard for culturally and linguistically appropriate crisis line services I say bravo for your achievements and continue to push for the services your community is entitled to – you have our continued support. I would like to take this opportunity to thank all of the wonderful women involved with the French language cri-

sis lines. I think you are an amazing group of women and I wish you all the best.

I am moving on to build my own consulting practice, Adobe Consulting Services and to spend more quality time with my little ones. I will continue to maintain a relationship with the AWHL and look forward to working with the organization in the future. I am leaving the Helpline in good hands, with a superb Director Ms. Huong Pham and a solid Board of Directors ready to meet the challenges of operating a province-wide service like AWHL.

Thank you for your support and solidarity over the years, it has been an honour working alongside many of you in the quest to further the equality rights of women and to eradicate violence against women and children. I trust that AWHL will continue to enjoy your support and that the solidarity we have built with other organizations will continue to grow and flourish. Keep fighting the good fight!

I can be reached via email at adobeconsulting@rogers.com. Take good care of yourselves.

With respect and solidarity,
Beth Jordan

I am where I am because of the bridges that I crossed. Sojourner Truth was a bridge. Harriet Tubman was a bridge. Ida B. Wells was a bridge. Madame C. J. Walker was a bridge. Fannie Lou Hamer was a bridge.

Oprah Winfrey

CELEBRATE I.W.D @ THE OPERA HOUSE 735 QUEEN ST. E.

DOORS OPEN @ 9PM ~ \$10.00 IN ADVANCE ~ \$15.00 AT THE DOOR

experience the **AWAKENING** Friday MARCH 5TH

friendly
LGBTQ
space

featuring DJs:

- VERLIA
- VASHTI
- QUINCES
- JOLA

tickets available @:

- ~The Toronto Women's Bookstore
- ~This Ain't The Rosedale Library
- ~Nellie's (contact Adrienne 416.461.0769)

A FUNDRAISER FOR NELLIE'S & THE ASSAULTED WOMEN'S HELPLINE

SPECIAL THANKS TO:



Remembering our Sister

Mary Christine Pritchard – March 1, 1960 – November 19, 2003



To remember Mary is to remember a beautiful smile and her incredible strength and spirit.

On November 19, 2003, Mary passed away peacefully after a brave battle with cancer, surrounded by family and friends at the Toronto Grace Hospital.

Mary started at the Helpline as a relief crisis line counselor in 1995. She had since worked as full time permanent crisis line counselor, Training and Resource Coordinator and later as Training, Resource and Outreach Worker for the Province wide Helpline. Mary Left the AWHL in January 2003 to pursue her career as the Executive Director at METRAC.

During Mary's years at the Helpline, she was an instrumental force in bringing issues of equity and diversity at the Helpline. Mary worked diligently with her colleagues to ensure that the Helpline understood and applied anti-oppression and anti-violence framework to all level of the agency – Board, Management, Staff and Service Delivery.

Mary tirelessly represented the staff as the staff representative to the Board, She also sat on the many internal committees at the Helpline such as the Strategic planning committee, Management advisory committee, Personnel committee and whenever the Helpline needed her, she would be there to bring her wisdom, her sense of humor and her critical feedback

to the table. Mary was a loyal, hard working individual and she had represented the Helpline with pride and integrity.

Mary had been a selfless advocate for abused women and their children. She dared to challenge the system, her colleagues, her comrades, and moreover, herself to ensure that we don't get complacent and lose sight that we are here to work for women and ensure that all women have a voice and place in the society. In 1997, Mary received the Remarkable Woman Award in recognition of her outstanding contribution.

As a friend, Mary is truthful and cares deeply about her friends. Even in her sick bed, Mary called to make sure that we were doing okay. As Percy Lezard wrote: *"I have traveled many places, met many people and walks of life, but never have I had the extreme pleasure and honour to have met a woman, whose black, queer, knowledgeable with/in many frameworks (such as the feminist, anti-oppression/racist) determined, passionate, funny and serious, highly spiritual and spirited, and who when I had interacted with her on many levels filled with integrity. I may not have had the quantitative relationship/friendship/sister-ship that many others have but to me it was the quality of time we shared, as women, as co-workers, as board members, as dykes, as activists and as spirits. Never again will I be blessed with the warmth and patience Mary had when she spoke, modeled, or shared with me one hour time together again. It is with great sadness that the sector that we both are committed to has lost the physical presence of an advocate or the equivalent known in Indian country is we called them the "movers and shakers!"*

With Mary's passing, the women's community lost a strong advocate and activist. The Helpline lost a cherished ally, friend, and co-worker. For those of us who had the privilege of knowing Mary, we are blessed. We always have our memories to keep Mary close to us forever. Her spirit will live on as we continue to do the work to which Mary dedicated her life – To work toward equality for all women and to end violence in the life of women and children.

Farewell Mary. We love you.

Board Members, Volunteers and Staff at
The Assaulted Women's Helpline

Training, Resource and Outreach

New and exciting things have been happening in the Training, Resource and Outreach Department. We welcomed Vania Sukola to our team. The department had been busy with the semi-yearly updating of our information and referral database. It was a huge task to be reckoned with as we went through over 3000 listings of community agencies, lawyers and therapist across the province in our database. We would like to extend our sincere thanks to all the agencies for your assistance and feedback. We could not do it without your help.

Throughout the year, we had continued with the outreach efforts included working on access issues for newer immigrant communities, lesbian/bi-sexual and Trans women and women with disabilities, to name a few. On November 10th, we were pleased to have the All-China Women's Federation Protection of Women's Rights and Interests Delegation visit the Helpline. Fifteen women who work on women's issues from various areas of China came to obtain information and to share experiences.

Outreach and external training is a very important integral part of the Helpline. The Training, Resource and Outreach department facilitated trainings, workshops, and guest speaking on the subject of violence against women to several agencies across the province in the pass few months:

Pine Tree Native Centre in Brantford—Healing and Wellness program.

Distress Centre of Toronto

Distress Centre of the North

Public Health's Baby Drop -In (young mothers and Spanish Speaking high risk pregnancy groups).

We also attended several outreach initiatives to promote our services and to network with the communities at large:

Aboriginal Festival at the Sky dome

Durham College

York regional abuse Program

At the Aboriginal Festival, our outreach table was visited by many people. People stopped by to purchase t-shirts, mugs, bags or just to say "Thanks". One story that we would like to share is with a woman and her two sons who attended the Pow Wow. The family was in front of the Helpline display and the mom asked her sons what they bought with the money she gave them. After they showed her the stuff they purchased the mom then asked them if they could buy her a mug from the Helpline because then it would make the whole day "perfect" for her. We are grateful and humble by the courage and determination of the women who called the line.

Our goals remain the same, to ensure that our counselors maintain a high quality, consistent service for our callers. We are aware that in order to maintain high quality service, we must ensure ongoing training to our counselors. This ensures that we are all knowledgeable not only about the newest emerging issues, but also around updating the regular information and referrals we so heavily rely upon. We are looking forward to the New Year to be able to facilitate trainings in the community, to provide ongoing trainings to our counsellors and to continue to do outreach to the various parts of Ontario.

In Solidarity
Verlia Stephens



All-China Women's Federation Protection of Women's Rights and Interests Delegation visit the Helpline



All-China Women's Federation Protection of Women's Rights and Interests Delegation gather information

Save the Date ...

Celebrate the Woman In Your Life™!

AWHL is proud to announce that we are holding our inaugural fundraising event on Thursday, May 6th 2004!

This dinner and silent auction will be just before Mother's Day with the theme "Celebrate the Woman In Your Life". The event will be held at the beautiful Sutton Place Hotel in Toronto in their Stop 33 room which sits on the 33rd floor of the hotel with an incredible panoramic view of the city.

We look forward to welcoming our celebrity media-MC, Global Television's Neha Bhupal, who will be hosting this evening to remember. We are about to announce all the details about our celebrity key-note speaker, some fabulous entertainment and an amazing silent auction. Stay tuned for all the info on this and on

ticket sales in the coming months! You can check our website at www.awhl.org for updates.

If you are interested in volunteering with our event or you or your company would like to make a donation to our silent auction then please contact our Fund Development Coordinator, Sandra Diaz at 416-364-4144 x236 or sdiaz@awhl.org.

Tickets to this event will make a great mother's day gift or a fun evening in support of an important cause to share with the important woman in your life! So please save May 6th, 2004 on your calendar! We look forward to a successful evening and we hope to see you there!

All net proceeds from this event will go directly to The Assaulted Women's Helpline and OAITH [Ontario Association of Interval and Transitional Housing].



Donation from The Bond Centre for Leadership & Management Development. Huong and Derek Patrick



Donation from Bank of Montreal Fountain of Hope Foundation—From left to right Stephanie Gauthier, Sandra Diaz, Linda Downey, Rachel Ho and Brenda Griffiths

From Our Kitchen to Yours

Vegetable Pilaf /Indian Vegetable Fried Rice

Ingredients

2 cups	Basmati Rice
1 medium	Onion
2	Green chilies
1	Carrots
1	Potato
Few	Green beans
1 cup	Green peas
Few flowerets	Cauliflower
1	Tomatoes (optional)
10-12	Mintleaves
Handful	Coriander
3 cloves	Garlic
1 inch	Ginger
2	Cloves
1/2 inch	Cinnamon stick
2	Cardamom
1	Bay leaf
1 tbsp	Salt
3tbsp	Oil /melted Butter

Wash and soak rice for half-hour, Wash and cut up vegetables to desired size and shape. Heat oil in a thick bottomed vessel, add spices (cloves, bay leaf, cardamom, and cinnamon). Add onions and green chilies to the oil, when the onion is slightly brown add ginger and garlic paste and the herbs. Fry it for a bit and add all the cut vegetables except the peas. Add a cup of yogurt to the vegetables and stir it and add three cups of water and let it boil and then add rice, let the rice boil for 10 minuets and lower the heat and let it simmer for another 5 minutes. Now you can add the peas and turn off the stove.

If you are really in a rush and you have to make the dish in 15 Mts., you can add all the ingredients and throw it in the rice cooker it tastes the same try it!!! It is the intent of feeding self and loved ones. All it takes to excel in cooking is a little bit of Love and women have it in abundance only to allow that inner love to flow to the surface.

Raita (a yogurt dish to go with the rice)

Ingredients

Yogurt	1 cup
Cucumber	1/2
Mint leaves	few
Onion	optional

Mix all the ingredients and add a little bit of salt and sugar to your taste.



"Recipe For A Day"

Take a little dash of water cold
And a little leaven of prayer
And a little bit of morning gold
Dissolved in the morning air.

Add to our meal some merriment
And a thought for kith and kin,
And then, as your ingredient,
Aplenty of work thrown in.

But spice it with the essence of love,
And a little whiff of play,
Let a wise old book and a glance above
Complete the well-made day.

Anonymous

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

Message from the AWHL staff team

We are a multi-disciplinary team of women committed to providing exceptional, respectful and appropriate service to women who have and are experiencing violence or the effects of violence, crisis and abuse. We are a diverse, dedicated group, striving to be part of the solution to eradicate all forms of violence against women, first and foremost through the provision of the crisis line service. The Helpline staff team is also committed to working in a coordinated way with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to the women we work with.

Responding, acting, forging change!
Staff Team, Assaulted Women's Helpline

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.