

# Corner Brook Status of Women Council

NEWSLETTER - February 2022

## I'm sorry. I can't. Don't hate me.

Things were already pretty crap on December 31st of 2021, but even the late 2021 me would not have predicted my 2022 mantra to be "I'm sorry. I can't. Don't hate me".

In 2008 this post-it note was perhaps the most cowardly thing I had ever seen on television. Today, the words repeat in my head like a broken record during every human interaction. Sometimes they are on repeat when the only human I'm interacting with is me.

No matter how much I might want to, these days it is just so difficult to engage. Maybe it's the constant threat to my health. More likely it's the threat to the health of my children and older loved ones. Perhaps it is the looming threat of war or the questioning of peoples humanity (really if you are Canadian and dancing on the tomb of the unknown soldier or dressing up a Terry Fox statue, it is time to pass in your toque and your maple syrup and leave). It could be that next month I may need to dip into my savings to supplement the grocery bill. Whatever the reason, or reasons, I want to talk to you, I want to fight for you, but I can't.

With two full years punched, I'm past the point where I think this too will pass. The hope of building it back better is almost laughable. Medical experts on the t.v. keep telling us the virus isn't tired and that's true I guess, but it's not the virus that is ripping apart humanity. Corporate and personal greed and government corruption isn't getting tired. Anyone looking out for number one is living their best years and to heck with anyone else. I can conjure the

strength to face the virus, the virus isn't being malicious but I'm not sure where to find the energy to fight society.

I am very small, seemingly insignificant, but what happens if I just can't anymore? What happens if I and others like me can't bear to witness the autricities any longer but no longer have the strength to fight? If we can't engage, if we retreat, what happens? The world is not an algorithm, you can't adjust the settings and run a test, so I don't know the answer. But, I don't think things will be better.



It is said that "it is the greatest of all mistakes to do nothing because we can only do a little". So, today I will carry on, but I am scared, I am tired and I am weary and I need your help. I need you to be kind, to me and to everybody.

Kindness can be easy. Help when you can. Be patient whenever possible, and it's probably possible more often than you think. Call people in when they are speaking or acting from an unaware position. It could look like privately saying "hey John I know you didn't intend to be mean when you told that joke, but it's really hurtful to (fill in the blank) because it means (fill in the blank). I just wanted you to know". Give smiles and compliments as freely as you feel safe to do so without expecting anything in return.

And if you can please send "hey hope you're well", or "I've been thinking of you", or a funny meme to your friends who are suddenly m.i.a. They aren't actually missing, they're just sorry, they can't, don't hate them.

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## Upcoming:

In Newfoundland February is Violence Prevention month. Through the Violence Prevention Initiative, government and community partners are taking action needed to reduce the many types of violence in our province. Violence in any form is never acceptable.

The Canadian Cancer Society has challenged the country to go dry this February in hopes of raising awareness and funds for cancers linked to alcohol consumption.

Nationally, February is recognized as Heart & Stroke month. Cardiovascular issues continue to be the leading cause of death for both men and women in Newfoundland.

Every February, Canadians are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians, past and present.

Wednesday, February 2nd - Groundhog Day. I strongly suggest that we only observe blind groundhogs this year.

Saturday, February 12th - Sexual and Reproductive Health Awareness Day. This year's theme is centered around infertility.

Sunday, February 13th - Wear Red for Women's Heart Health is an initiative of the Heart and Stroke Foundation to bring awareness to the fact that cardiovascular disease is the leading killer of women as well as men.

Monday, February 14th - Valentine's Day. Don't forget to spend some time with someone special. No sweetheart, no problem, you are special, take some time to spoil yourself.

Thursday, February 17th - Random Act of Kindness Day. Each and everyone of us are

going through a lot right now, a smile, a compliment, or a cup of tea might be all it takes to change someone's day.

Monday, February 21st - Corner Brook Civic Holiday. Our office will be closed on this day but sadly Winter Carnival will have to wait for 2023.

Wednesday, February 23rd - Pink Shirt Day (Anti-bullying). The aim is to "lift each other up" and support programs that encourage healthy self esteem and teach empathy, compassion and kindness.

## The Final Word:

We are beyond excited that before the end of February, SARA will go live for talk or text. The first class of volunteers are just a few classes away from being ready to answer our 24 hour-a-day sexual assault response and advocacy line.

The logo for SARA (Sexual Assault Response & Advocacy) features the word "SARA" in a bold, teal, sans-serif font. Below the text is a thick, solid black horizontal line.

**Sexual Assault Response &  
Advocacy**

If this is the first time you've heard of SARA it is not too late to volunteer. Please call 639-8522, check us out on Facebook @SARACornerBrook or on the web at [www.cornerbrookswc.com](http://www.cornerbrookswc.com) for more information or a volunteer application.