

# *Corner Brook Status of Women Council*

NEWSLETTER - December 2021

## Holiday Coping

Okay, deep breath first. Five things to look at. Four things to stress about. Three people that you don't know how to shop for. Two things you can sell to make some Christmas cash, and one panic attack because "how in the heck is it already December"?

It's been about a month since I started seeing Christmas trees go up (I'm pretty certain some of those trees never came down). And I really do understand that between covid, Rittenhouse, climate change, Snelgrove and run away inflation, the holidays are a necessary reprieve from this dumpster fire of reality. But, for those of you already celebrating, I need to know where you are finding this Christmas spirit. Did it come from a store? Did it come in a bottle? Absolutely, no shade if your answer to either of these questions is yes. I am willing to pay.

That being said, I'm also willing to skip the whole thing. Hibernate for a week and hope that fortune favours 2022. Skipping Christmas however is not in the cards. My name is Mom and I don't have that option. In a few short weeks, I have to create magic. Although the kids are not yet avid news watchers they are aware that globally, nationally and locally things aren't alright. They are weathering the storm because in a few short weeks there will be Christmas magic, at least for a few days.

Panicking rarely helps in these situations but planning helps, at least a bit.

One more deep breath. Choose five family obligations I'm willing to attend. EVERYTHING else is optional. Apparently it is possible for hubby and the kids to visit his great Uncle George without me and I can take the kids to a playdate with my best friend while he unwinds. Choose four mandatory self-care activities. This may seem excessive but if I plan four, there is half a chance of completing one or two.

Select three free family fun activities, no extra guests and no extra money. I need to build up my courage for this one, however, an evening playing board games might be more magical for the kids than all the toys in Santa's sleigh. Snowshoeing and sledding are also doable, but I'm not getting on the sled myself unless the hill is really low and very flat.

Remember my Christmas magic obligation extends to two people only and they've been pretty impressed with every Christmas so far. Sure there are others that I need to pick up gifts for, but I am not their mother and I am not responsible for ensuring the best Christmas ever. I may have some duty to create a happy Christmas for hubby too, but honestly, if he doesn't stop using all of his gifts before Christmas he may soon find himself permanently on the naughty list.

And one last thing. Relax. It's Christmas. It's one day. It will not make or break the children's childhood. It shouldn't break the bank or leave the winter unmanageable. The sources of Christmas magic are love and time. Share those things with the ones you love and hopefully the magic will replenish itself.



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## Upcoming:

You are all welcome to attend this year's candlelight vigil at 2pm on Monday December 6th for the National Day of Remembrance and Action on Violence Against Women. We are pleased to announce that we are returning to an in-person format this year and the event will be held in the Missing & Murdered Indigenous Women & Girls Commemorative Garden on the Magestic Lawn, hope that you can join us.

This month we will be continuing our book club. Our next book is Power by Naomi Alderman. The meeting will be 7pm, Tuesday, December 14th so there is still time to join us.

Our offices will be closed for Christmas holidays starting on Friday, December 24th at noon. We will be returning to the office at 8:30am Tuesday, January 4th.

Continuing through Dec 6th - Hanukkah - a Jewish festival, celebrated over eight nights, commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.

Wednesday, December 1st - World Aids Day - an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.

Friday, December 10th - Human Rights Day - celebrated globally in honor of the United Nations General Assembly's adoption in 1948, of the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights and one of the first major achievements of the new United Nations.

Tuesday, December 21st - Yuletide/Winter Solstice - A Germanic pagan festival celebrated on the longest night of the year.

Saturday, December 25th - Christmas Day - commemorating the birth of Jesus Christ, Christmas is a religious and cultural celebration among billions of people around the world.

Saturday, December 26th - Beginning of Kwanzaa - an annual celebration of African-American culture, held from December 26 to January 1, culminating in gift-giving and a feast of faith, called Karamu Ya Imani.

Friday, December 31st - New Year's Eve - Best wishes to you all for a happy and healthy 2022!

## INTRODUCING SARA:

SARA is a 24-hour crisis line offering support and information to those who have experienced sexual assault in Corner Brook and surrounding areas. Volunteers at SARA provide inclusive support and essential services to individuals, aged 16 and older, impacted by sexual violence in Corner Brook. This is a project led by the CBSWC with multiple stakeholders.

Once volunteers have been selected and trained, a SARA volunteer will be reached, by phone or text, day or night. Our volunteers will be there to listen. They will be well trained and will provide you with the information about accessing resources, about your options and about what to expect if you choose to go to the hospital or file a complaint with the police. We anticipate going live on telephone and text in February 2022.

Interested in volunteering? You can visit us at SARA: Sexual Assault Response & Advocacy Corner Brook, at [CornerBrookswc.com](http://CornerBrookswc.com) or call 709-639-8522.

Ready to apply? Simply click this link:

 [SARA Volunteer kit](#)