

# *Corner Brook Status of Women Council*

NEWSLETTER - March 2021

## Lock down 2.0

What lower rung of hell is this? Last year, I feared contracting Covid. I spent time washing groceries and sanitizing the house inside and out. I also got a bit of work done. Things were stressful but I went to bed happy each evening that we weren't sick.

This year is different. I wear a mask and sanitize my hands, but otherwise I'm too exhausted to clean and the only sickness I'm worried about is burnout. I can't begin to imagine the mental exhaustion of those deemed to be essential workers.

Last year the province shut down at 2pm daily to tune into the media update and to fret. This year I find out about the case numbers usually by about 7pm and always before bed, but then don't give it another thought unless there is unknown transmission west of the Avalon.

As I am in a different role this year, work is a bit busier, however, I am blessed to work at a fantastic organization and work with amazing people so work is good. My partner in crime is still at the same job, teaching. And the job has never been more complicated. We thought that because he was prepared for online teaching that the transition would be easy. We were wrong. Class time is essentially the same but the prep time has been endless...did I mention, he was prepared.

His additional working hours are only matched by the additional hours I spend with the children on their asynchronous lessons. Although I realize the children should probably do more than the one to two hours of learning

per day, I'm afraid I'm simply not free to facilitate one to two hours of homework for each child. In lock down 2.0, unlike the original, my work, my online courses, my volunteer work and the project I took on "cause I could swing it" have not slowed down.

To add to the insanity both me and my husband are taking online university courses this term. His master's course as should be expected has been an enormous amount of work, perhaps we should have opted for a self paced thesis option. At the same time my bachelor of education post-secondary program would prefer that I complete my practicum hours in person. It's only alert level five, it shouldn't be a problem. Last year my final research paper was optional; I could and did choose to write my opinion on the long term impact of covid on the future of post-secondary education.

The volunteer work and project are certainly self-sabotage and a habit that I'm making an effort to address. In my defense I took on this work and the project during a time when there hadn't been cases in Newfoundland for months. I don't regret it per se, but it is complicating my efforts to build a gigantic blanket cave to hide away in until the lockdown is over.

Last year I worried about getting enough exercise, maintaining my sanity while the family was together 24-7, making healthy food and beverage choices and keeping the house somewhat clean. This time I'm in fear of us all developing scurvy, while we try to work through a sugar and salt induced haze, screaming insanities/profanities instead of talking in a house that I'm no longer sure is fit for human habitation.

Hold strong everyone, we've been through this before. We know so much more. I've been told it is easier this time.

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## Upcoming:

Our Feminist Book Club is expanding every month. This month's book is *The End of Your Life Book Club* by Will Schwalbe. The virtual meeting will be 7pm, Tuesday, March 9th. Call us for more details, there is still time to join.

Monday, March the 8th - International Women's Day. This year our Bread and Roses dinner will look a little different. As opposed to gathering at a restaurant or a banquet hall, this year we will gather with our bubbles and celebrate together virtually.

This year's theme is timely and is "Women in Leadership: Achieving an equal future in a COVID-19 world." With so many women in leadership roles steering the way through during this global crisis, it is a pertinent year to celebrate the achievements of women.

Join us for an exciting evening with our guest speaker, **Dr. Janice Fitzgerald, Chief Medical Officer of Health** for the province of Newfoundland and Labrador as we discuss leadership of women and achieving gender equality during COVID times.

Additional guests include the comedy troupe Mom's Girls, and musical guests Kacie Callahan and Amanda Squires.

Event registration is free but limited. Please register today to avoid disappointment. Registration is available here: [https://www.eventbrite.ca/e/international-womens-day-tickets-138254836939?keep\\_tld=1&fbclid=IwAR1tbBL8LdU6YAvWLz\\_B1ZiYwVOLy9MvDkUbWaiqk9iBWWABwx358Op91hl](https://www.eventbrite.ca/e/international-womens-day-tickets-138254836939?keep_tld=1&fbclid=IwAR1tbBL8LdU6YAvWLz_B1ZiYwVOLy9MvDkUbWaiqk9iBWWABwx358Op91hl)

Sometime in March we will be receiving the results of the Newfoundland and Labrador provincial election. What are your thoughts on the whole situation?

In Canada, the month of March is in recognition of the following issues and causes: Fraud Prevention Month, Juvenile Arthritis Awareness Month, Kidney Month, Liver Health Month, National Colorectal Cancer Awareness Month, National Epilepsy Month, National Nutrition Month, National Social Work Month, Red Cross Month and Youth Science Festival Month.

Saturday, March 20th - International Day of Happiness. Since 2013, the United Nations has celebrated this day as a way to recognise the importance of happiness in the lives of people around the world. In 2015, the UN launched the 17 Sustainable Development Goals, which seek to end poverty, reduce inequality, and protect our planet – three key aspects that lead to well-being and happiness.

Sunday, March 21st - International Day for the Elimination of Racial Discrimination. As a part of the International Decade for People of African Descent, this day recognizes the solid framework required to take effective measures to address issues in the spirit of recognition, justice and development.

Monday, March 22nd - World Water Day - This year's theme is valuing water. The value of water is about much more than its price – water has enormous and complex value for our households, culture, health, education, economics and the integrity of our natural environment.

Friday through Sunday, March 27th - 29th - National 30-hour famine. This year, thousands of young people around the world will do the 30 Hour Famine — going without food for thirty hours to raise awareness and funds for those who go hungry every day. Hunger isn't just. Yours can be.