

Welcome from the New WC Executive!

by

LISANNE ROY
VP Women's Center 2009-2010
3rd year Psychology and GESI

Hello! Hello!

My name is Lisanne Roy. I am the 2009-2010 Vice President of the Women's Centre. This year, we have an amazingly dedicated and ambitious executive team. We are excited and looking forward the upcoming year. The Executive Council is composed of Alexandra Archibald (President), Bonnie Talbot (Treasurer), Emily Gillespie (Secretary), Ian Desjardins (Male Issues Representative), and myself.

For students that are joining us this year (and others who still may not know), the Women's Centre heightens awareness of equality issues on campus and in the community. Our project is to coordinate events and campaigns on campus which address gender equality and social justice issues. We provide a safe and welcoming environment in which ALL women AND men can come together to share their thoughts, feelings and concerns, as well as receive support. Lastly, the Women's Center

provides students and faculty with a diverse resource centre.

We are glad to announce that this year the Women's Centre has been provided with a bigger space in response to the growing number of participants. In addition, we will be offering many (and even some new) events. Mark your calendars and get ready for the following events!*:

Meet & Greet (September):

Here is your opportunity to visit the Centre's space, grab a snack and meet the Executive Council!

Take Back the Night (October):

A rally and march which publicly confronts the fear and anxiety women are taught to sense at night (amongst other factors) and, instead, empowers them.

Fantasia Party (January):

The mission is to educate women and couples to build a loving relationship, which includes intimacy and communication. There will be a presentation of their products. Just in time for Valentine's Day!

The Bath Tub Project (February):

A kiddie pool is setup in front of the library for a week. Students and staff are encouraged to fill it with hygienic products. These products are then bagged and delivered to the local women's shelters.

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International Women's Week (March):

A week-long celebration which provides an opportunity to consider steps to bring about equality for women in all their diversity.

Resource Tours (Various):

An initiative looking at educating students on local resources by visiting these locations and having guided tours provided.

*Note: not all events are listed.



You may be wondering how you can get involved. It's easy!

- You can stay up-to-date by joining our Facebook group.
- You can attend the weekly meetings during the academic year (date and time to be announced).
- You can volunteer or participate in the activities being offered by the Women's Centre.
- You can make use of the resources available in the centre.

- You can send in some work (articles, poems, art, etc.) to be published in *Our Voice*, the Woman's Center Magazine at ourvoice1@live.com.

Last but certainly not least, you can simply come in and chat it up with any of us especially during our office hours (to be posted).

I look forward to seeing many new faces this year!

About the North Bay & District Multicultural Centre

by
Don Curry
Executive Director
North Bay & District Multicultural Centre

The North Bay & District Multicultural Centre should be the first place newcomers to Canada visit in North Bay. Operating at 374 Fraser Street in downtown North Bay since February 2008, it offers a complete range of free immigrant settlement services. It also offers meaningful volunteer



opportunities for city residents to mentor a newcomer during those important first few months in the city. It is funded by Citizenship and Immigration Canada.

The Multicultural Centre plays a leading role in the North Bay Newcomer Network (NNN), and works closely with the international student department at Nipissing University. University staff members Karen Strang and Melissa Toupin Laforge are both active volunteers with the centre and NNN.

"We work very closely with the university," says Program Coordinator Ann Welsh, an NU grad. "We have volunteer opportunities for staff and students and we have very much appreciated their involvement."

Vindra Sahadeo is responsible for the Host program at the North Bay & District Multicultural Centre. She matches newcomers with volunteers who know the city. Once matched, the pair decide how much time they want to spend together and what their priorities are. The newcomer may want someone to practise English or French with, or someone who works in the same field to help him or her network in the

city. Or, the newcomer may just want a friendly person with local knowledge to talk to every so often.

Sahadeo, a former NU lab instructor, enjoys meeting new people and loves to match newcomers to people in the community.

Taslina Ahmed is the settlement counsellor at the multicultural centre. She provides assistance in finding housing, employment, enrolling children in school, obtaining a

health card, understanding the city transit system and many other issues facing newcomers.

Taslina is always on the lookout for people who can volunteer interpretation services for clients

with limited English or French.

While the centre is not funded to assist international students, it doesn't mean there is no contact with them. NU international students have participated in the multicultural showcase on the waterfront each Canada Day, and in the Canada Day international soccer match, organized by the university and the multicultural centre.

The International Food Festival at the university each February attracts hundreds of city residents, and is another partnership example between the centre and the

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university.

For a more complete description of the activities of the North Bay & District Multicultural Centre check out its website at www.nbdmc.ca.

My Treasure Map

by

SANDY ARCHIBALD
NUWC President

I have been residing in North Bay since 2004. I came here for the same reason as most students: to gain higher education. I vowed to not get attached to this small city. My early goal was to leave promptly after graduation, to begin my career as a counsellor or as a social worker in my Northern community. However, as my education progressed, I began to meet fellow North Bayonites and became familiar with the quirks and history of this city.

What made me really begin to appreciate North Bay was the dedication of the local people working toward a sustainable, economical, and ecological community. As I became more involved with the Nipissing Women's Centre, I met students, as well as local residents, who understood the needs of their city and the needs of our global community. They have introduced me to programs and initiatives that promote a

philosophy of sustainability and a more cohesive community.

One particular program that has gained my attention is the move towards shopping locally. I recently visited the Farmer's Market (taking place every Saturday from the May long weekend until Thanksgiving). I had heard about this event every year, but had never taken the initiative of attending for one Saturday. My overall attitude was ignorant and blind until I began to learn about how I can be "Green" without having to buy a hybrid car, or dedicating myself to growing my food and making my own clothes.

I learned that acts of green or acts of sustainability can be as simple as going to the local market and becoming a local shopper. I went to the North Bay Downtown Farmer's Market thinking that there would not be significant products there for me. I pictured little elderly women trying to sell their crafts that would not suit my taste. My perceptions were vastly wrong. I was blown away by all the unique products that were available. Beautiful jewellery, unique spices and jams, and beautifully crafted pieces of home decor were just a few examples of what the market has to offer. There were also a variety of food vendors dedicated to providing locally grown produce. The attitude of the people was refreshing and invigorating. It felt great to be connected to a group of people who are dedicated in working toward a

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greener global community. My only regret from the experience was not bringing enough money to purchase all the wonderful treasures that were available!

As a conscious shopper and savvy student, it is hard to maintain the balance between saving money and saving the world. However, if there is one lesson that I have absorbed from the local North Bayonites, it is that small acts do go a long way.



For all the new students and returning students, I challenge you to wander the market on a Saturday morning to see the treasures the local community members have to offer. You may find a local shop that will inspire you to become a conscious shopper. As for the City of North Bay, you can say that it has grown on me like moss growing on trees. Although I still plan to move for the pursuit of higher education, North Bay has become my adopted home for my family and myself.

Moving on in North Bay

by

IAN DESJARDINS
NUWC Men's Issues Representative

Imagine, if you will, a typical dysfunctional family with all the trimmings: violence, neglect, alcohol abuse and co-dependency. Now imagine that one of the people in the relationship decides to make a stand and leave the other. They take the four children (all under the age of 8), and leave to another town, as far as their money will allow them. They have enough money to travel by bus to North Bay with the four children. When they get to North Bay's Northland Bus Terminal (**1-800-461-8558**), they do not have anywhere to go. They sit and wait in the terminal.

Later, the ticket agent tells them that the terminal will be closing and they have to leave. The strong person tells the agent that they have no where to go and asks if the agent can help them. The agent tells this person about the North Bay Crisis Shelter (**472-6204**) and that they can call them a cab to get there. This person tells the agent that they have no money; the agent brings this person to the counter to use the phone. This person calls the Crisis Shelter and they arrange to pick them up. After they get to the Shelter and register, they are guided toward their

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rooms to put their meagre belongings away, then brought down to the kitchen to eat before heading off to bed. Before falling to sleep, this person says a prayer of thanks to anyone who is listening, faithful that things will turn out better.

The next day this family gets up, eats and gets ready for the long day ahead. Before leaving, this person talks to a staff member to find out what options are available. The staff member, devoted to helping those in need, offers this person a chance to better their situation. With four children, caught in a hopeless situation, they gladly accept the help of the staff member. This staff member shows them a list of available resources in North Bay and gives them a phone to use. This strong person, afraid and alone, slowly dials the number to Ontario Works (**474-2151**) and asks to apply for support. They are then directed to go to the website and apply online (www.dnssab.on.ca/OW2.HTM) since it is easier.

After arranging an interview, they go to the staff member to tell them of the meeting. They are then directed to call Nipissing District Housing Corporation (**472-2441**) and Low Income People Involvement of Nipissing (**472-1337**) to find out what types of housing are in North Bay. Since they told the staff member of their situation, they are also directed to contact Community Care Access Centre (**476-2222**) to see what services they offer. They are also directed to contact Community Mental Health Services (**472-1299**) for any assessments they can receive. They are overwhelmed by all the assistance and begin to cry. The staff member, trained by Canadore College's (**474-7600**) Social Worker program, begins to help this person in need. They allow this

person to begin the healing journey and support them by offering them a contact person through the Community Counselling Centre of Nipissing (**472-6515**). This person then goes to the washroom to wash their face. As they look in the mirror they tell themselves that: "*Everything is getting better*". They go to the office and continue the discussion; the staff member gives them an allowance to travel the North Bay City Transit (**474-0419**). This staff member also gives this person a listing of the various schools in North Bay provided by Near North District School Board (**472-8170**) to choose a school for the children.

Four weeks later, this person is waiting for housing renovations to complete, waiting for school to begin, and has started counselling sessions with Community Counselling Centre of Nipissing. They can proudly look at themselves in the mirror and say "*Thank-you North Bay*".

Local Products at Their Finest

by

JENNIFER McCREADIE
Recent GESI, SWLF Honours
Outgoing NUWC VP

I am sure most of you know the importance of shopping locally. However, assuming that many students are new to the North Bay area, you may not be aware of the

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many great locally owned businesses North Bay has to offer you.

Shopping locally has to be a conscious decision that we, as consumers, make. First of all, shopping locally keeps revenue within our community and helps local businesses compete against corporate chains such as Wal-Mart. I would like to take this opportunity to discuss a few of my favourite local businesses.

North Bay's downtown core is filled with many exciting local businesses. Of these, my #1 favourite is Soul Sisters Creation, located on Oak Street right near the bus terminal. Soul Sisters is owned and operated by Nikoline Calcaterra and Jen Milne and carries unique locally made or 100% fair trade eco friendly products. "The concept of the space is a specialty retail environment that focuses on women and their diversity," claims the store's Facebook page. "Jen and Nikoline are committed to continually searching out unique items created by Canadian woman-makers, discovering products that celebrate the diversity of women's interests and desires within our community, supporting fair-trade initiatives outside of Canada and being conscious of our eco-footprint during this venture." Nikoline always makes your



shopping experience a positive one. She really knows her products and the women she buys from.

Among the diverse products sold at Soul Sisters, is a unique line of body products called Natural Goddess, created by North Bay's own Jane Large. Natural Goddess was founded by Jane in 2007 when she decided that she wanted to create a product that was locally made, chemical free, with completely

waste free packaging. Since then, Jane has been dedicated to making 100% natural and chemical free skin and body care products by hand while producing minimal waste. My personal favourite of the Natural Goddess products is her cosmetics line.

Jane has traveled across the world, specifically Egypt, to collect special ingredients for her products and to research one of her newest lines, the Cleopatra Collection. I would have to say that the Cleopatra line has been one of the best products of Jane's that I have purchased so far.

Like the women at Soul Sisters, Jane is also dedicated to serving the North Bay community with integrity, while

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offering high quality, eco friendly, safe products.

I hope that while you new students are wandering around North Bay, that you will make a conscious choice to shop locally.

Check it out online at: www.natural-goddess.com

The Pluses of Buses

by

CHRISTINE CLARKE
Our Voice Editor

To those returning to Nipissing and those arriving for the first time, at least one experience will be shared among you. Though it is known by many names: the loser cruiser or, as I like to call it, the student hell-chariot, buses are a must for the majority of students. The few of you who own cars will miss the incredible experience public transit has to offer. In a short time, city buses will be packed and you, the ever conscientious student, will hop aboard, flash your student ID and head off toward a higher education. Since negativity seems so much easier to indulge in than positivity, I will outline the bright side of mass transit as I see it.

Firstly and most importantly, you will be helping the environment. Less cars, less carbon, less global warming and good things all round. North Bay Transit has already made the effort to reduce fuel consumption and enhance community awareness regarding the obvious pros to taking a city bus versus using a personal vehicle. Using that service is simply the next step. Besides, if you don't own a car, you're left with few other options. Walk in winter, frostbite is great!

There are also petty, yet significant, reasons for taking the bus. Not only does it serve as a tool to travel the North Bay area, but it is an excellent conversation starter. I for one have started countless conversations with the lines: "Stupid bus was early", "I got on the wrong bus", "I hate that driver" and "How many people do you think we can fit in this thing?"

Taking the bus can be an opportunity of getting back at someone for angering you. I've been hit in the head numerous times by back packs and laptop bags. How hard could it possibly be to do such a thing to someone you dislike by 'accident'. Furthermore, and most importantly, depending on how charming you are, you can find your soul mate, or at least a date on the bus, by again, accidentally, falling into the lap of said attractive candidate. Not only that, some days the buses are so crowded that you'll be in that person's bubble anyway. It would be a waste not to ask him/her out.

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Now, if you're always late, you will gain the opportunity to practice your balance by standing and not killing yourself when the bus flies forward and makes its way down that ridiculously curvy hill. Let us not ignore the importance of balance in everyday life. It really is necessary for anything: from walking to class to sports such as snowboarding.

Committing to taking the bus, in my experience as a permanent resident of North Bay, also enables you to become closer to your family. Those of you from the south will discover that your parents were right to make you bring your winter coats and mittens. Again, buses open up the lines of communication between generations. To fellow townies living at home, buses allow you to escape your families, respecting the duality of the relationship between generations.



So, whether you are environmentally conscious, need to get around, want a date, an opening line, to suck up by telling your parents they were right or to escape your

parents altogether, North Bay transit has eleven different bus routes for your convenience. Plus, you pay for it when you pay tuition. Take a bus, it's not that bad and, as you've read, there are many silly hidden pluses to the experience.

What Is Local Culture and Why is it Important?

by

DAVID S. POTTERY
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Local culture means, essentially, community and support. It means building and growing a local environment that works as a symbiotic network, wherein local farmers and food growers, artists, musicians, activists, artisans and everyday citizens create, build, and grow together. Local culture is important because it allows for the flourishing of daily human life in a given area or community. Without delving into the politics of outsourced work, flying our food in from halfway across the globe, or spending our funds on non-domestic products; local culture is essential and important for the simple fact that it invests itself and its resources in the

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here and now. Investing one's time and money in local culture and its projects is beneficial as well. There is a certain satisfaction that arises from spending your hard earned cash on local products (food, crafts, art) as opposed to buying from the corporate giants.

Why? Because you know when you purchase locally produced commodities that you are face-to-face with the producers themselves. This type of closeness is impossible to achieve when visiting the mall or big-box stores, who care for little more than to take your money and offer you the same old 'goods'. Personally, I feel better about myself and my spending habits when I take a stroll down to the local farmers' market and purchase hand-made soaps (as opposed to Ivory), local grown foods and flowers (as opposed to genetically modified filler), or jewelry made by local artisans (as opposed to overpriced diamonds I can't afford). Supporting local culture increases the livelihood of both yourself and local entrepreneurs.

So how does one get involved? Contrary to popular belief, our little city of North Bay has a plethora of projects on the go. Depending on your interests, you could:

- Become a member/contributor of one of our art galleries (White Water Gallery on Main St, the Kennedy Gallery, or The Capitol Center)
- Join a local gardening or agriculture project (start your own in your yard,

or check out the Artan Gardens project on Morris St.)

- Check out the local music scene
- Support local businesses
- Go to the farmers' market! (running every Saturday until October 19th)
- Get involved on campus and beyond in a project of your liking (check out the Women's Center for details of ongoing projects)
- Start or join an activist project focused within your locale.

One good way to start would be to come and take part in the third annual Can Change Festival, occurring September 19th, 2009, at the North Bay Waterfront. Can Change is a celebration of local culture and activism with a focus on environmental issues. There will be local artists, musicians, dancers and activists all gathering to celebrate and inspire together. If you don't know where to begin getting involved in the local culture of North Bay, the Can Change Festival is a perfect starting point. Come down to the waterfront, meet some of North Bay's community leaders and activists and have a blast with us! All for now folks! Enjoy being back to school and please join in some of the many local activities, the more help we have, the easier the work for everyone.