### Thompkins awarded peace cup

Joanne Thompkins was named the 2001 recipient of the Voice of Women

Peace Cup. This award is presented by the Antigonish Women's Association to women who have worked toward a more just and peaceful world. She is a founding member of the Antigonish Coalition for Economic Justice and over the past several years she has been at the centre of many economic justice efforts in Antigonish. Her peace and justice promoting activities have reached far and

Thompkins was one of the main coordinators of the weekly Town Hall vigils for the World March of Women 2000. Along with her partner, Ed Miller, and their two children Marion and Carl, she played a critical role in Wednesday noon demonstrations come alive with people, music and fun. The weekly vigils promoted anti-poverty activists in Halifax to refer to Antigonish as the She helped to organize the justice

"social justice capital of Nova Scotia." coalition's first International Day for the Eradication of Poverty event, a popular theatre production called Shine

the Light of Justice. The piece demon-



## Harper honoured with service award

Antigonish resident Lucille Harper the has recently been distinguished with an the prestigious Ron Stratford Memorial

The award is given annually to a po resident of Nova Scotia who, through volunteer efforts, makes significant contribution to a preventative or community-based social service program, or is involved in research surrounding 'a 'related social service/community

Harper is the director of the Antigonish Women's Respurce Centre. In her nomintion, Harper is cited as the epitome of innovative and progresssive community-builder. She has done extensive community development to address health, well-being and social issues of women, youth, families, and the needy on the local, provincial and national levels. She is a brilliant analyst and visionary with superb insight, tremendous integrity, boundless energy, strong work ethic, and well-integrated



LUCILLE HARPER judgement to facilitate groups with consummate proficiency. She shows respect to everyone, in turn, people diplomacy and leaderhips skills. She who work with her return that respect uses tact, wisdom, focus and good and feel invested in the project

She has been involved with several health, ont-

or i youth for social justice

Wome -p. Assertiveness for Women, women on the Road to Employment; Stages 1 and 2 Groups for Adult Survivors of Childhood Sexual Abuse; Antigonish Committee to Address Sexual Violence (community group with education and serveenhancement subcommittees); Youth: Act for Change (organization which ran a Youth Centre which was approved as a federal crime prevention initiative; Youth Coalition Project; Teens Take Action (two separate peer education projects on substance abuse, and sexual assault and dating violence); Young Women's Reading Club; Young Women's 'Exploring Our Lives' group;



# award for health promotion women examine alternatives working to improve women's health. The At to market housing a project last fall called When advocar alternatives. The At to market housing no sexual Harase Centre advocar alternatives. Women's Centre receives

Centre was honoured last week with an award from the Maritime Centre of Excellence for Women for its leadership role in promoting women's health. Lucille Harper, AWRC director, says violence against women, unemploy ment, poverty and affordable housing are all issues that affect the commu

Harper says it's critical that health is looked at in the broadest sense possi-

Women's Resource Centre works with many other community organizations which also deserve credit for the recognition. Those groups include the Antigonish Town and County Community Health Board, Society for Affordable Community Housing, Addiction Services, St. F.X. Extension Department and representative from town and county councils.

The AWRC was one of 10 Nova Scotian groups to receive recognition from the Maritime Centre of Excellence for Women's Health. Each year the leadership awards are presented in the four Maritime provinces to individuals or organizations working in communities, universities, clinics and private and public sectors that improve

women's health in their province.

The At to market housing project able Community Housing. The AWRC also conducted the People Assessing Their Health (PATH)

> ing what it takes to keep the community healthy. Other projects the AWRC has undertaken include 18-week employment readiness programs, women in transition, sibling violence and income tax

program which engaged local people

from diverse backgrounds in identify-

It is only too easy to compel a about anything.

Project discusses bullying, harrasment

by Bonnie MacDonald The Antigonish Women's Resource

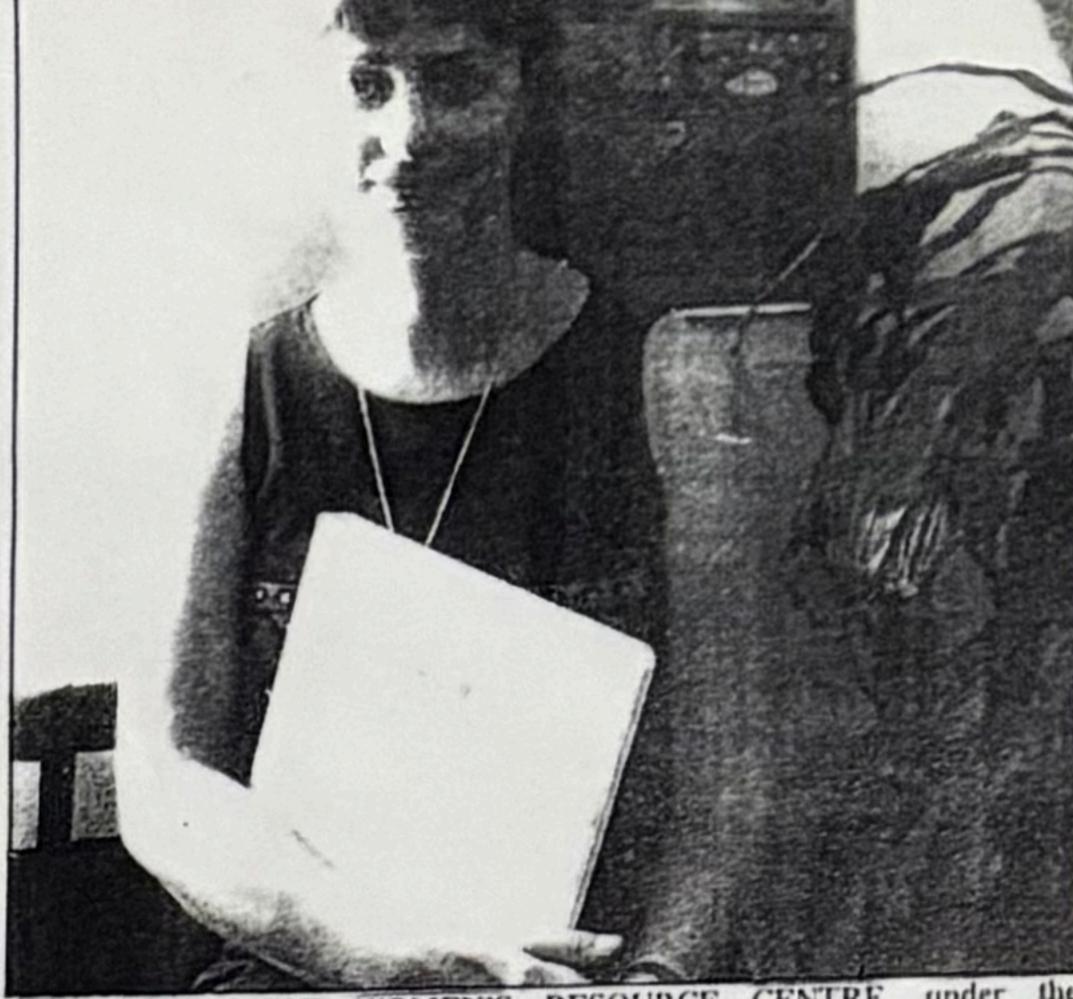
from the community

significant aims of this project was empower youth in this community to recognize and address peer sexual har-

Fry conducted a research componen that included both academic study and community-based research. 'The goal of the research was to develop insight regarding the frequency and severity of peer sexual harassment among young people in Antigonish." Another aspect of the project was direct service to youth in the form of workshops and discussion groups. The final aspect was workshops and discussions with adults

who work with youth. "What I discovered is while kids recognize the behaviour, they accept it as normal," Fry says. "But when I wentinto the classrooms, they seemed to be almost relieved when they realized

harassment is not acceptable."



THE ANTIGONISH WOMEN'S RESOURCE CENTRE, under the facilitation of Pamela Fry, is putting together an information kit on its project When Bullying Becomes Sexual Harassment - Building a Student-Centred Approach. The project was funded under the community mobilization program and the kits will be distributed to women's centres and school boards across the province, as well as to all schools within the Strait Regional School Board.

to youth and acknowledged their experiences with peer sexual harassment as serious, legitimate and worthy of urgent consideration. Secondly, it has utilized consultation with youth and other community members to develop a this area continues," Fry concludes. resource that will enable educators to begin to address peer sexual harass-

Fry has put together a resource kit for educators throughout the province. These kits will be distributed to all women's centres, school boards and to all schools within the Strait Regional School Board.

"I'm hoping PDR teachers will pick up this kit and use it as a resource." Fry

She says the success of this project depends on the willingness of educators to continue this work. "Certainly, there exists a climate of interest in, and concern for youth in our community. The desire of adults and youth to live in a safe and equitable environment will ensure that work in

Inspire



## AWRC presents self-esteem workshop

The Antigonish Women's Resource Centre is presenting a series of work-

shops on Women and Self-esteem. Workshop facilitator Barbara Hayes says that negative self-concept, selfdoubt, and low self-esteem are common feelings held by many women. These feelings of inadequacy often contribute to depression, passivity, and anxiety, which often prevent women from leading more healthy, happy and successful

The self-esteem workshop will ex-

body image, depression, addiction, sexuality and eating disorders.

Hayes, a practicing therapist who has many years experience in working with women, uses a holistic approach in guiding women on a journey of selfdiscovery and self-acceptance. Women will be invited to explore these issues through experiential exercises, sharing

and role-playing. The "Embracing Ourselves" program begins on September 11, 9:30 to 11:30

weeks up to and including October 23. The program will be held at the Antigonish Women's Resource Centre. There is no registration fee. For more



Affordable housing a reality

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Antigonish is \$862.

The Antigonish Affordable Housing Society is looking for land to accommodate its first housing project.

With housing prices around town out of range for people on low income and most new structures being built for university students, Ella Gero says it's time to build homes people can afford. Gero chairs the year-old organization that is preparing to build a familyoriented neighbourhood that will house a mix of single people and families from with various income levels. She says that she struggled to find

many people who have lived and cared for children in homes that do not meet the families' needs and are too expensive for the family income. Katherine Reed, coordinator of the

affordable housing and she knows

housing society's current project, says the upcoming development is in keeping with the Antigonish tradition of "It will be modeled after similar co-

operative housing developments and will be operated as a co-op, and it will be headed mainly by women." AAHS formed from a project of the Antigonish Women's Resource Centre in which women expressed both the

community deficiency. The women's resource centre provides staff and other supports for the housing initiative.

Last summer Louise Van Wart conducted detailed research on the situation faced by modest-income and low-

gonish, a family requires an annual

mand study" that will be followed by income of \$26,000. formal project proposal. However, Reed points out 31 percent of Antigonish on incomes below \$26,000. "These families must rental housing with group who pool their shelter n

Options & Ideas Workshops for Women, ages 16 to 24 Because women tend

or hoping to go back to school? Perhaps you face problems involving transportation, money, childcare or discrimination.

Join us for our first get-together on Tuesday, July 2, from 3 to 5 p.m. Suite 204 Kirk Place, 219 Main Street

Antigonish Women's Resource Centre



Homeless youth subject Resource Centre project

The Antigonish Women's Resource Centre (AWRC) has embarked on a project that will investigate youth

homelessness in Antigonish. two project staff to conduct "action research" which will detail the scope of this issue over the next three months

and uncover the causes and effects. Action research is a method of engaging people in a community who are directly affected by an issue in describing and documenting the issue working together to address it. In action research, the people who are the subjects of the study are involved in analyzing the results and deciding on the

appropriate response.

Krista DeCoste and Katherine Reed are the project staff.

"We understand that the term 'youth homelessness' may put Antigonish residents in mind of people living on the streets in Toronto. Of course that is not the kind of thing we see here. Nevertheless, there are youth in our community who have no stable place to live and are sometimes completely without a roof over their heads at night," Reid

sons between the ages of 16 and 29 years and is also concerned about young people who face a significant risk of becoming homeless. Over the years, the AWRC has assisted young women who were homeless or who lived in insecure situations. A crisis of this nature makes a young

The project defines 'youth' as per-

turn to. "We're not sure what kinds of supports and interventions would be appropriate in this community. That is exactly what we hope to arrive at though this project by bringing community members together for discussions," DeCoste added.

"There are many different reasons why a young person might fall into this situation. Family breakdown is one of the most common causes of homelessness for teens and youth in their early 20s. Another cause is simply a lack of income sufficient to rent accommodations in Antigonish - a rental market which demands some of the highest rents in the province. Other types of situations may be discovered as the project progresses," she stated.

This research will delve into the causes and effects of youth homelessness by conducting interviews and focus groups with young people and with human service professionals who work with young people. The project will be completed in early June. For more information about the pro-

ject, or to become involved, call Katherine or Krista at 863-2028. Confidentiality is assured.

person very vulnerable and in Antigonish there are few supports they can

#### AWRC/AWA BOARD OF DIRECTORS: 2001-2002 Elsa Arbuthnot

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(PATH | Evaluation) (Social Assistance Reform in Nova Scotia) (Rural Youth Healthy Relationships Project) (Rural Youth Healthy Relationships Project)

need for high-quality affordable housing and the desire to address the this

income people in Antigonish. A student in the master of urban and rural planning at Dalhousie University. Van Wart found that to afford an average-priced three-bedroom unit in Anti-

women's centre receives health award

o facilitate the project. ibine community-based tion on the topic of peer

assment," Fry notes.

sensitive human being to feel guilty Morton Irving Seiden

The Antigonish Women's Resource Centre is offering a Pre-employment Program for Women Facing Barriers to Employment.

Willing to commit to an 18-week program (Monday to Friday, 9 a.m. to 2:30 p.m.) WE INVITE YOU TO JOIN US!

Local association plans Women's Day, March 8 n decent and safe working conditions, dig nity in later life, freedom from the hor-

Day on Friday, March 8. Women's groups around the world recognize the day, it's commemorated at the Inited Nations and is a national holilay in many countries.

On March 8, 1908, approximately 15,000 women marched through the streets of New York City demanding equal pay for work of equal value, child care centres, the right to vote, and an end

Since that time, women from all over world have organized marches and celebrations to mark the struggles and accomplishments of women throughout

ror of nuclear war, freedom from all forms of, violence, an end to racism and all forms of discrimination, and full po-The Antigonish association invites litical rights. women to celebrate on March 8 at 7:30 p.m. at the CACL Workshop, 83 Kirk

Street. The agenda includes singing, poetry readings, story telling, ritual, and

The public is also asked to bring an object that celebrates the community of women, along with refreshments. Further information is available by calling

history including: the right to education, Antigonish Women's Resource

Women's Guide to Financial Planning

se documents wil

Have you been looking for meaningful work,

Let's meet and discuss ideas and try to create some solutions. Workshops are free and financial support is a wilable to make your participation possible.

women's free store