

12 DAYS OF ACTION

Can anyone help me!?

Lennoxville & District Women's Centre

203-175 QUEEN ST. SHERBROOKE J1M 1K7
(819) 564 - 6626

INFO@LDWC.CA WWW.LDWC.CA

May, 30th, 2022
 We're tired.
 I'm tired.
 Of talking, rationalizing, and educating. Of seeing racism in my hometowns, new towns and on vacations.
 I'm tired.
 Of racist spaces, ignorant spaces, fake queer spaces, office spaces, schools, hospitals and even sidewalks.
 This time is volatile, overwhelming, disappointing and affirming.
 The time for education and educators going OVER and OVER race theory is done.
 If you want to learn don't ask why, say sorry, or ask me how I'm doing... DO SOMETHING!
 Teach your kids, your parents, your GRANDPARENTS and your neighbours.
 Help a stranger. Who might not look like you but you know needs the support, someone WHO NEEDS YOUR PRIVILEGE.
 Call and write your government representatives, your local police stations, school boards and Mayors!
 Ask them "What are you doing!?" to stop the harassment, escalation, violence and MURDER. Ask them what they are doing to promote EQUITY not equality.

I'm tired.
 So... I'm gonna sit back, take care of myself and see how willing you all are to look around and educate yourself.
 DO BETTER and try to make this WORLD BETTER...cause we can't do this on our own.
 So give me your ACTION...rather than your sincerest apologies.
 I wrote this to my friends in a moment of pure exhaustion 3 days before my 29 Birthday, 5 days after the brutal murder of George Floyd. A week after my 31st I was violently assaulted, detained and handcuffed behind my back for hours screaming in pain. Leaving me bruised, beaten, mocked and traumatized by Ottawa Hospital Civic Campus. Why? Because I dared to advocate for myself and verbally demand better care. I will never forget they eyes of everyone watching while they knew security was brutalizing me in plain sight. But I guess... we're all tired.
 "Then they came for me—and there was no one left to speak for me."
 — Martin Niemoeller
 By Daniella Noël - Sex & DEI Educator, Storyteller, Mentor & Mentee. BU Class of 2016.



LESHACHIKHA

Leshachikha is a Sherbrooke-based artist currently studying Fine Arts and Applied Psychology at Bishop's University. Growing up in the countryside has instilled in her a profound love for nature, which, paired with her interest in psychology, created a passion for themes surrounding folklore and myths, and how they reflect immortal truths about human nature and identity.

Her professional Instagram account: @leshachikha_

A submission from Champlain Regional College Lennoxville

The annual campaign against gender-based violence takes place from Nov. 25 to Dec.10. Gender-based violence has many faces: poverty, domestic violence, sexual violence, online harassment, etc. and it affects students as much as everybody else.

In an effort to reflect and do something about it, a writing activity with students at Champlain College was organized.

The following is a submission from one of them, who is experiencing violence based on his gender identity.

He/she prefers to stay anonymous.

I am as I am the one you hurt me when it fits you hate who I am your punch sack
 you love how it hurts to see me hunted by your violent screams they echo they shatter at last I am broken
 you slosh me bleed me toss me resent me
 strength finds me where you have rendered me defective

I stand I speak these words have been spoken
 they have heard these cries, but they took an ounce from the pounds
 I am a sheep weak in the tiger's eyes
 it is a fight that has been fought but is yet to be won
 it is an aged fight
 its cloth is worn
 the skin has been torn
 blood has been bled
 these scars I wear
 for all to be aware
 they threw shame
 for not being the same
 for not being like them
 I asked for diversity a slice of inclusivity
 they spared me no piece denied me all peace and they took away my dignity
 they give me none but ignorance
 I am allowed acceptance.
 by E.



Welcome to **SANTÉ COURVILLE** de Waterloo



- Santé Courville Team
- Nursing and assistance care services
 - Registered nurse
 - Registered nursing assistant
 - Nurses aid • Medical services
 - Pharmacy services
 - Occupational and physical therapy
 - Activities department
 - Food services
 - Housekeeping services
 - Laundry service
 - Hair and foot care services
 - Religious services

Santé Courville de Waterloo first opened its doors in June 1935, offering a peaceful and relaxing haven for residents. The "We Care" tradition began with the home's founder, Vivian Courville, and continues today.

Our 24-hour nursing care, assistance with activities of daily living and high levels of personal care ensure the happiness and well-being of all our residents. This means that family members can have the confidence of knowing that their loved one is in good hands.

Santé Courville de Waterloo is accredited by the Conseil québécois d'agrément (CQA). Innovative services and equipment are specifically geared towards creating a relaxing and comfortable environment for residents with reduced independence.