

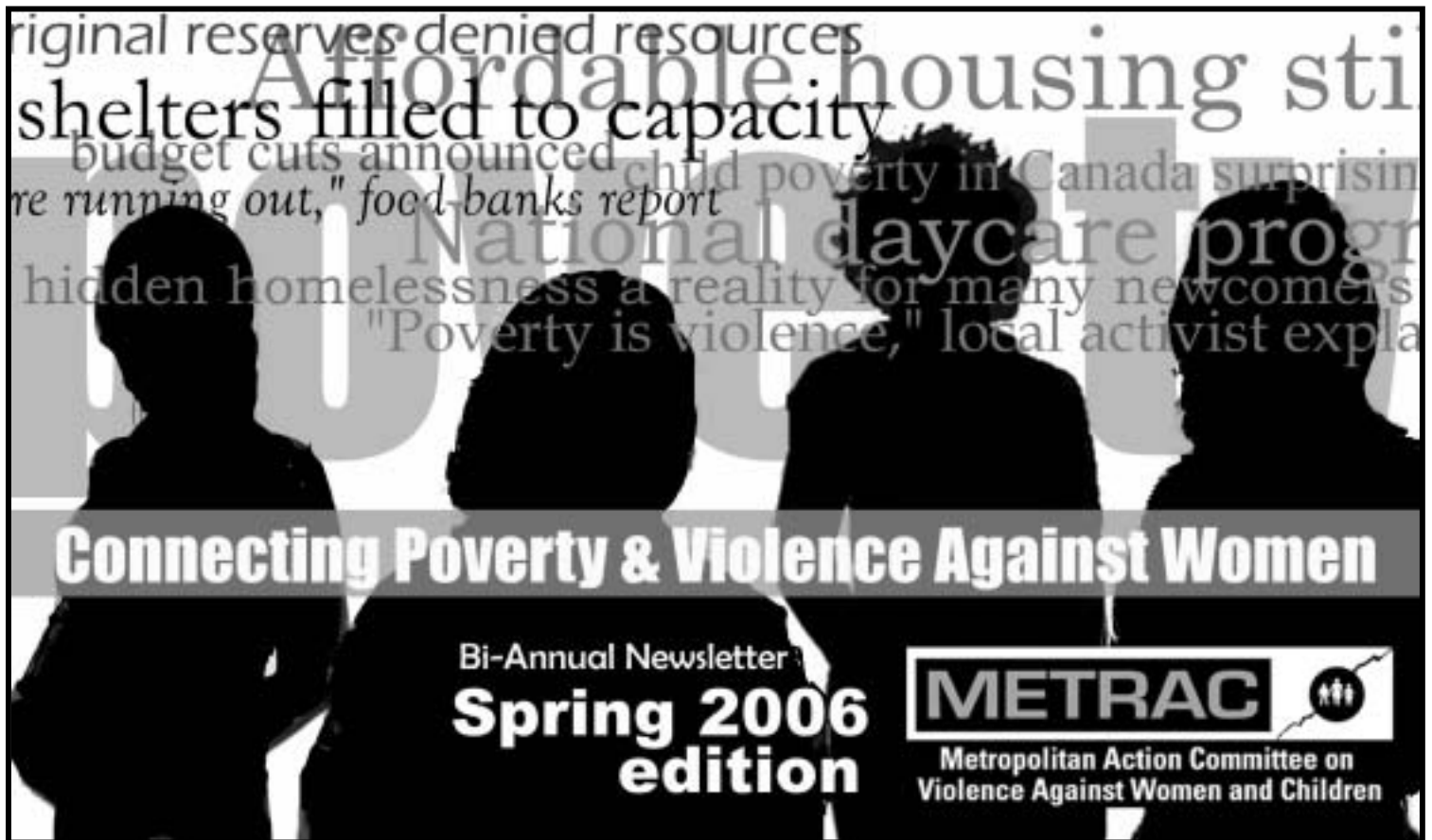
*Safer for women, youth, and children ... Safer for everyone*

original reserves denied resources  
shelters filled to capacity  
budget cuts announced  
"we're running out," food-banks report  
child poverty in Canada surprising  
National daycare program  
hidden homelessness a reality for many newcomers  
"Poverty is violence," local activist explains

**Connecting Poverty & Violence Against Women**

Bi-Annual Newsletter  
**Spring 2006  
edition**

**METRAC**  
Metropolitan Action Committee on  
Violence Against Women and Children



*Stephanie Dutrizac (Board President)*

# Message

## from the President



I am pleased to introduce friends, partners, and supporters to METRAC's Spring 2006 Newsletter, focusing on the links between poverty and violence against women. The connection between social inequality, poverty, and vulnerability to experiencing violence is extremely significant and well documented. As you read on, you'll see many statistics and analysis that show how women are vulnerable to both poverty and violence. And for women from marginalized communities,

that vulnerability is intensified all the more.

That's why METRAC's work to end violence against women, youth, and children also addresses the fight against social inequality and poverty. It's an unfortunate reality that many people and institutions view poverty as inevitable and accept its presence in society.

### this issue

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Outreach • 7	Forms • 16
Safety • 9	

I would like to congratulate departing board member Peggy Nash for her recent appointment as MPP for the Parkdale-High Park and thank her for her many years of dedicated service on METRAC's Board. The Board also said goodbye to Sandra Noe, Board Secretary, but happily Sandra is continuing to work with us as a new staff member, coordinating the RePlay Positive Video Gaming Project.

METRAC sends a HUGE thank you to all of the individuals, foundations, organizations, and corporations who support the work we do to fight violence against women, youth, and children every day.

## metrac's mission

The Metropolitan Action Committee on Violence Against Women and Children works towards the goal of eliminating all forms of violence against women and children. It is committed to the right of all women and children to live free from violence and the threat of violence. METRAC's work is informed by anti-oppression principles which recognize that women and children within and among diverse communities experience violence in different ways and forms, and which recognize that anti-violence measures must address the distinctive realities of women and children within and among diverse communities.

## metrac's staff

Farrah Bykalo-Khan,  
**ReAct Coordinator**  
Pamela Cross,  
**Legal Director**  
Stephanie Ehret,  
**Volunteer Coordinator  
& Resource Developer**  
Kenney Garib,  
**RePlay Researcher**  
Andrea Gunraj,  
**Outreach Manager**  
Wendy Komiotis,  
**Executive Director**  
Alana Lowe,  
**ReAct Coordinator**  
Narina Nagra,  
**Safety Director**  
Sandra Noe,  
**RePlay Coordinator**

Ginny Santos,  
**Justice Coordinator**  
Shahnaz Uddin,  
**Admin. Assistant**  
Elizabeth Chen,  
Paula Del Cid,  
David Lewis,  
Bruce Maya,  
Angela Musceo,  
George Phu,  
Claudia Rios,  
Chelsea Takalo,  
Nicole Walters,  
Rochelle Woodstock,  
and Semhar  
Woldseyesus,  
**ReAct Youth  
Peer Facilitators**

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**Safety Across Cultures  
Community Facilitator**  
Irmina J. Ayuyao & Yoon-Hee  
Park, **Web Mistresses**  
Paula Wansborough, **OWJN  
Web Mistress**

# Message from the Executive Director

Greetings! Spring has arrived and it's time to reconnect with METRAC's friends and supporters. As usual, we welcome the opportunity to update you on our programs and to highlight the critical challenges for women who experience violence. The theme for this issue of our newsletter is *Connecting Poverty and Violence Against Women*. Although poverty does not directly cause violence, women are often forced to stay in abusive situations because of economic dependency on abusive partners, parents, bosses, care attendants, and landlords.



Women who flee abusive situations face a tough life on their own and an even more difficult life if they have children. While abusers must take personal responsibility for violent behaviour, social and economic inequalities limit some women's choices and determine their ability to protect themselves and their children from violence. In our daily work we hear from women who are forced to stay in abusive relationships in order to survive. For instance, a young incest survivor living with her family may feel she cannot afford to leave home without the means to support herself.

A rural woman may find it difficult to escape an abusive relationship due to the lack of access to job and educational opportunities, inadequate childcare and transportation. An immigrant and refugee woman, a mail order bride, and a domestic live-in caregiver may stay in abusive relationships for fear of withdrawn immigration sponsorships, termination of work contracts and lack of access to legal help she can't afford.

A woman with a disability or a woman who has children with a disability can wait 5 to 10 years to get an accessible apartment. We know that women who escape violence of abusive partners experience barriers to living a decent and dignified life.

Some women earn a minimum wage of \$7.75 per hour and can barely pay for rent and groceries. An Aboriginal woman living on or off a reserve earns below poverty income. A single mother of one child relying on social assistance may receive less than \$1,000 per month before deductions. After paying \$900 on rent and groceries, a woman may have as little as \$90.00 left for utilities, clothing, toiletries, transportation and supplies for her child.

Clearly the economic and social plight of low-income women and children is in dire need of public attention and action. Numerous policies have been suggested to redress the socio-economic inequalities that put women and children at risk for staying or returning to violent situations.

A recent report by Campaign 2000 for the eradication of poverty in Canada points to long term solutions such as raising the Federal minimum wage to \$10.00 per hour, increasing the National Child Tax Credit; creating a national housing and homelessness strategy, which would cost about \$2 billion a year to create 25,000 affordable housing units annually; freezing tuition and increasing funding for post-secondary education.

The report also recommends a national child care plan to provide regulated, affordable, accessible childcare that will ensure a child's safety and enrichment while enabling women to participate in employment and training. Other research points to reestablishment of basic standards, including a 40% increase in the provincial social assistance rates to ameliorate the harsh realities of poverty while investing in the safety of women and children.

*Andrea Gunraj (Outreach Manager)*

# Making the Links between poverty and violence

**Fact:** 1 in 7 Canadian women are living in poverty today.

**Fact:** Welfare rates across Canada are below the poverty line (from 20% to 76% below).

Women are more likely to live in poverty: one in seven Canadian women are doing so today. For women who face more marginalization because of their identities (e.g. ethno-racial background, sexuality, age, immigration status, ability), research shows that they are even more susceptible to poverty. Poverty and barriers that come with it are both a symptom of and contributor to women's gender oppression.

It's a vicious cycle: the work women do is devalued so they get less money for it, and because they have less money, their lives are devalued too. The situation is further complicated when we consider violence against women – women are more likely to be impoverished and experience violence as a result of their gender, and they are less able to get support in and escape from violent situations.

**Become a  
Member  
of METRAC**

If you would like to make a difference for women, youth, and children, become a METRAC Member. Benefits include: a special quarterly members' e-newsletter, voting privileges at the Annual General Meeting, 10% discount on publication orders, and an invitation to a members-only *What's New in the Law Forum*. For info, see the back page or contact METRAC.

# *Pamela Cross:* **Woman of Distinction**

Congratulations to Pamela Cross, METRAC's Legal Director, on winning the 2006 YWCA Women of Distinction Award for Legal Reform. Pamela has done excellent work to help demystify Canada's legal system for women experiencing violence and their service providers, as well as advocating for women's rights in the legal system (more info: [www.ywcatoronto.org](http://www.ywcatoronto.org)).

*Pamela Cross (Legal Director)*

## **Looking Back...** Justice Program reflections

METRAC's Justice Program has seen enormous growth and development over the seven-plus years I have had the privilege of serving as its Director. In such a limited space, it is impossible to represent the extent of the work of which we have been a part, but few key highlights have been:

- Our work within provincial and national coalitions to require courts to consider violence against women in custody and access cases (**success** at the provincial level with recent amendments to the *Children's Law Reform Act*)
- Or work with the Canadian Council of Muslim Women and a provincial coalition to end the use of religious arbitration in family law dispute resolution (**success** with the passage of Bill 27 in February 2006)
- Development of accessible, current and relevant legal information materials for women experiencing violence
- Development and delivery of province-wide trainings for front line workers in basic legal information, to support their advocacy with and for women experiencing violence
- Translation of our materials into multiple languages
- Development of the Ontario Women's Justice Network (OWJN): a website that provides access to legal information and analysis written in clear, accessible language from a feminist, anti-oppression perspective

More than any specific project, though, I think of the partnerships the METRAC Justice Program has developed and joined across Ontario as the key accomplishment of this program over the past 7 years. It is those partnerships working in solidarity with one another that will, over time, increase access to justice for women who experience violence.

*Visit OWJN, METRAC's website about the law and its impact on women experiencing violence, at [www.owjn.org](http://www.owjn.org)*

# Law, Poverty, and violence against women

The interconnections among women's poverty, violence and the law are many. For many women living in poverty, especially those with children, leaving an abusive relationship is simply not an option. Those who do leave and who require legal intervention, immediately discover that they have a different kind of access to justice than their partners, who are often in a better financial position.



This is largely because access to legal representation is an enormous challenge for poor women. Legal aid for family law is limited. Women who earn even minimum wage often do not qualify for coverage, even though they are clearly not in a position to pay for a lawyer themselves. As well, because the hourly rate paid to lawyers is very low and because the maximum number of hours that Legal Aid Ontario will pay a lawyer to work on a file is

limited, few lawyers accept certificates. As a result, many women find themselves unrepresented in family court proceedings. Even those who are represented often find their representation inadequate, because legal aid funded lawyers are not always able to give the files the attention they require.

This is a women's equality issue that requires immediate attention. If we are committed to ensuring the safety and well being of women and children who leave abusive families, we must work to ensure they have access to legal representation regardless of their financial situation.

Contact METRAC's Justice Program at [justice@metrac.org](mailto:justice@metrac.org) or 416-392-3138.

**Stay tuned** for exciting new initiatives from the Justice Program, such as the creation of new legal information materials for young women and older women (will become available by the beginning of July 2006).

**Also note this recent and important legal change:** the Children's Law Reform Act has been amended to take into account family violence in custody and access cases.

## **More Facts ...**

37% of Women of Colour are living with low incomes, compared to 19% of all women.

Education does not decrease the income gap between immigrant and Canadian-born women.

The average annual income of Aboriginal Women is \$13,300, compared to \$19,350 for non-Aboriginal Women.

# Poverty & Violence

## Outreach & Education at METRAC

Poverty is a major problem – the Canadian Research Institute for the Advancement of Women (2005) explains that the gap between the income of the poor and the amount needed to bring it to the level of the low-income cut off is growing (*CRIAW Fact Sheet: Women and Poverty*, p.1). For diverse women and youth from many different communities and identities, poverty is more common. It limits their options, disrespecting them in a society that measures a person's worth mainly by their money and property.

METRAC's Community Outreach and Education Program increases public awareness about violence and its connection to poverty, amongst other barriers diverse women and youth face. We continue to provide accessible, updated written information about violence, like multilingual brochures, web resources, phone referrals, and youth zines. Through Respect in Action (ReAct), we deliver violence prevention peer-led workshops for diverse youth. The program has also led special projects like our recently completed *Rise Project* pilot (for young women in marginalized Toronto neighbourhoods to speak out against violence through urban arts) and our newly launched RePlay video game project. On top of this, we have been participating in networks and coalitions to promote policy changes for marginalized women and youth doing educational outreach to local media sources.

METRAC increases awareness about how poverty constrains women and youth's abilities to deal with violence, but we also work to break those constraints – when women and youth are conscious about the issues and know their rights, they are more empowered to raise their voices for change. And, lest we think that it's not 'our problem', we should consider Audre Lorde's insight: "We must be the change we wish to see in the world."

Contact the Outreach & Education Program at [outreach@metrac.org](mailto:outreach@metrac.org) or 416-392-4760.

### Project spotlight:

## Replay

video game project

In September 2005, Sandra Pupatello (then Minister of Community & Social Services & Women's Issues) announced the launch of RePlay, a new METRAC violence prevention project. Through RePlay, we will develop two culturally competent video games for youth 8 to 14. Funded by Ontario Women's Directorate and delivered in partnership with White Ribbon Campaign, this project is part of an integrated package of educational resources to promote healthy and equal relationships for Ontario youth.

RePlay started in January 2006 and youth focus groups with diverse youth began in April. Enthusiasm for the project is building in community and video game sectors - RePlay could prove to be one of the most innovative METRAC initiatives this year!

Replay Project Coordinator:  
416-392-3227 | [replay@metrac.org](mailto:replay@metrac.org)

## New METRAC Resources about Violence Against Women and Youth

- *End the Silence on Family Violence* Youth Zine (\$1.00, available for order)
- *Thinking Bout You* hip hop recording and *Object* spoken word recording (mp3 files) – posted for download on [www.metrac.org/programs/info/speakers.htm](http://www.metrac.org/programs/info/speakers.htm)
- Updated *Frequently Asked Questions on Violence, Girls, and Young Women* fact sheet – posted on [www.metrac.org/new/faq\\_vio.htm](http://www.metrac.org/new/faq_vio.htm)
- Blue Silicone Message Bracelet – *METRAC - End Violence Against Women, Youth, and Children* (\$4.00, available for order)

*Farrah Byckalo-Khan & Alana Lowe (ReAct Coordinators)*

# Poverty & Youth:

## Respect in Action (ReAct)

Recently, more so than ever, youth violence and poverty have become sensationalized, failing to adequately address the relation between poverty and violence against young women and youth. While some acknowledge the connection to unemployment and crime, they usually recognize young men's unemployment. Very few links are made between the root causes of poverty and why both young women and men are unable to attain and secure these jobs in the first place.

Cuts to welfare and youth programming resources have made it that much harder for young people in low-income homes to secure daily meals and cover basic bills, yet alone transportation to and from work and childcare. Here are some statistics to shed light on the problem:

- Even though youth 15-25 are the most impoverished, they represent only 15% of the social assistance caseload in Canada. Only 104,000 young adults between 20-24 received social assistance in 2001, compared to 191,000 in 1996. Among them, the average amount received from social assistance declined from \$7,344 in 1993 to \$4620 in 2001 despite an increasing need. (National Anti-Poverty Organization)
- For youth under 20, only 20,000 received social assistance in 2001, compared to 59,000 in 1996. The average amount received from social assistance declined from \$6065 in 1995 to \$5206 in 2001. (National Anti-Poverty Organization)

While there are so many issues youth face that stem from poverty and meaningful employment, there are also many solutions to the issue. For more info and resources, contact the National Anti-poverty Organization (613-789-0096, [www.napo-onap.ca](http://www.napo-onap.ca)) and Justice4Youth (403-543-7828, [www.justice4youth.com](http://www.justice4youth.com)). You can also take a look at the youth resources and publications we offer at METRAC by going to our website, [www.metrac.org](http://www.metrac.org).

Contact the ReAct Program at [react@metrac.org](mailto:react@metrac.org) or 416-397-0258.



# Linking Poverty & community safety

Toronto has witnessed a slew of violence in the last year. Its impact has shaken many people's sense of safety, whereby many are feeling increasingly fearful and threatened. Yet many members of society feel unsafe on a day-to-day basis. Poverty is intrinsically linked to experiences of violence and must be addressed to increase everyone's safety. Particularly, low-income women, youth, and children have access to resources and shelter from violence such as housing, employment, food, and education.

METRAC defines community safety as the individual, systemic and institutional factors that perpetuate violence and oppression, thus decreasing one's sense of safety. Living free from violence and the threat or fear of violence is an ongoing goal that we strive towards in all our programming. It is an enormous undertaking because, unfortunately, feeling safe in our society is becoming less less viable for all of us, but particularly those living in the margins of society. The Community Safety Program continues to provide opportunities, resources and skills to proactively engage in safety activities to address violence and oppression in our lives.

Current projects of the Program include: collaborative safety initiatives for sex workers and the lesbian, gay, bisexual, transsexual, transgendered and queer (LGBTTQ) community, the Safety Across Cultures project for several ethno-lingual communities, a cross-cultural women and girls space in the former city of York, and ongoing work with the city to implement METRAC's Safety Audit Process in under-serviced neighbourhoods in Toronto.

Contact the Safety Program at [safety@metrac.org](mailto:safety@metrac.org) or 416-392-3137.

A promotional poster for METRAC's Bowlathon. The background is a grayscale image of a bowling alley with bowling pins in the foreground. A large, dark, curved graphic element sweeps across the middle of the poster. Text is overlaid on the image.

An afternoon of bowling fun to support METRAC's work!

**METRAC's Bowlathon**

**Saturday December 2nd, 2006**  
**4:00-6:00 PM, Bowlarama West**  
**(5429 Dundas Street)**

Updates to be posted on [www.metrac.org](http://www.metrac.org)  
For info, contact 416-392-4286 or [fundraising@metrac.org](mailto:fundraising@metrac.org)

*save the date!*

# Taking it to the Streets

## hidden homelessness of women

Homelessness, once seen as a “man’s issue”, is a growing problem for women. While shelters and programs offer important short-term solutions, women’s homelessness has deep roots – some more easy to spot than others. Homelessness is traditionally defined as “being without shelter”. It’s stereotypically portrayed as a man on the street corner with bags containing their only meagre possessions. But the reality of women’s homelessness is complex and often contrary to popular perceptions. Threats of violence, violent experiences, and poverty are main factors that contribute to women’s homelessness.



Once defined as something visible, it is now understood that homelessness can be “invisible”. According to Angela Robertson, Executive Director of Sistering, homeless women have no place to consider a real, safe “home”. They are transient and unable to access community supports, often couch surfing, living in overcrowded housing conditions, and trapped in their homes with abusive partners.

Women are more prone to becoming invisibly homeless. Due to the lack of affordable housing, a lack of pay equity, less access to financial resources, and inadequate support services, many women and children continue to remain in situations where, to have a roof over their heads, they have to endure an abusive relationship or an unsafe place. They are all too aware that escaping abuse will cause them to face certain poverty, and that poverty could lead to precarious housing arrangements. Robertson also states that women face unique risks when facing homelessness, particularly sexual violence and harassment. Women must weigh the risks and choose the options that seem least harmful for themselves and their dependants even though it means comprising their sense of security.

Unfortunately, this is the tip of the iceberg. In addition to poverty and violence, there are many other forms of systemic oppression that homeless women experience. Despite the great support found in organizations like Sistering, December 6 Fund of Toronto, and women’s shelters, the problem is overwhelming and grounded in big societal inequities. Significant social and policy changes must happen to truly reduce women’s homelessness – hidden and otherwise.

*Many thanks to Sistering for sharing their insight and analysis with us. Contact them at 416-926-9762 and visit their website at [www.sistering.org](http://www.sistering.org). December 6 Fund of Toronto provides interest free loans to women fleeing abuse. Contact them at 416-966-DEC6 (3326) and visit their website at [www.dec6fund.ca](http://www.dec6fund.ca).*

# The Role of Volunteers

to help end poverty

Volunteers are an integral part of our work at METRAC. They connect METRAC to Toronto's diverse communities and support our work to empower people from marginalized communities, including those struggling with poverty, to have their voices heard and to rise up against discrimination and violence. Volunteers promote, educate and challenge people and organizations to work towards ending violence and discrimination against women, youth and children.



We have a wonderful group of volunteers supporting us in a variety of ways including administration, special events and fundraising, research, participation on our special committees and membership on our Board of Directors. We appreciate the dedication and hard work of our volunteers, thanks for your continued support!

METRAC works to ensure that its volunteers reflect the diversity of Toronto. We seek dynamic volunteers with diverse life experiences, sexual identities and ethno-cultural and income-level backgrounds who are committed to ending violence against women, youth and children.

Upcoming  
**METRAC**  
Fall Events  
(details to come)

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A Night Out *with a*  
Difference Fundraiser  
(September 18 - see p. 14)

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Annual General  
Meeting (October 5)

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Members' *What's New*  
in the Law forum (TBA)

Our volunteers have been doing some exciting work, such as: participating in a TTC Consultation to ensure that new subway car designs incorporate women's safety needs, outreach at City Hall, research on strength-based learning for youth, a visual art project to increase community awareness of METRAC, assisting ReAct Peer Facilitator training, and assisting in the delivery a legal information workshop.

Note to new and potential volunteers: METRAC will be holding its **Volunteer Orientation and Training Session** on June 14st and 21st. It will be a time of important learning, sharing, and fun.

*If you are interested in joining our diverse team of volunteers, please contact METRAC's Volunteer Coordinator at [volunteer@metrac.org](mailto:volunteer@metrac.org) or 416-392-4286. You may also apply online by visiting <http://www.metrac.org/about/volunt.htm#vol>.*

# Some Thoughts from a student intern

*Stephanie Marshall began an internship placement with METRAC last September. She shared some of her thoughts with us.*

**Q: How did you become involved at METRAC?**

A: As a Social Service Worker student, I was in dire need of a field placement and I found METRAC. Having searched numerous places and several interviews, a worker at a senior's housing centre referred me to METRAC. I had an interview with the Volunteer Coordinator. She reviewed my work and application and a couple of weeks later I was accepted as an intern at METRAC.

**Q: What have you been doing at METRAC?**

A: METRAC has given me the opportunity to do a little of everything, but the majority of the work I have been doing is with youth. I've worked on the Youth Safe Nite 2005 event. It was very interesting for me because working with youth is one of my dedications in Social Work. I have done administrative work, updated ReAct workshops, worked on developing a youth information bookmark, and assisted with Peer Facilitator trainings.

**Q: How have you come across issues of poverty and violence against women?**

A: I am a young Black woman of Caribbean background and my family has come from a line of trials and tribulations. Fortunately my family has managed to survive the struggles. My mother is a single parent and we live in a low-income household. Thanking God for his blessings, she is the breadwinner and role model for my family. She has never been a victim of violence against women, though it has hit close to home and has had an affect on the lives of people that are close to me. That is why it is important for me to get involved and pass on what I have learned.

**Q: How do you think METRAC reaches out to diverse communities to address the issues of poverty and violence against women?**

A: METRAC is a very organized agency and they work with numerous agencies to provide necessary information to the diverse community. They have information for people who are in need of help based on these topics. METRAC also tries to reach out to young people through workshops and trainings. If METRAC is unable to provide certain information, they make it their priority to research the relevant information and reach out to the community.

*We send many thanks to Stephanie for her great work and support during her internship.*



*Stephanie Marshall at  
METRAC*

# Knowledge is Power and Power is Freedom

*We asked Donna Hepkin, Board Member at METRAC, to share her ideas with us.*

As one of the newest board members to join METRAC, I am humbled by the dedication of METRAC's staff on a day-to-day basis. Through the many programs facilitated by METRAC, we are instilling in women the ability to break through the many cycles of violence to better their lives. Violence against women is like cancer. It does not discriminate. It can strike when you least expect it and when you are most vulnerable. When a woman does not have the adequate financial resources to meet her basic needs, she is most at risk. She is left powerless and often isolated. It is at this time when the prevalence of violence is most apparent. It's safe to say homeless women are exposed to the some of the highest rates of violence. Their screams of desperation are rarely heard. When a woman is forced to compromise her safety in order to eat, her sense of power is removed. Also, we can look through the eyes of a seemingly middle-class woman. She may be tormented psychologically by her husband or partner, who abuses and controls her financially. Her dependency also keeps her trapped in an unsafe environment.

**Fact:** The poverty rate for all senior women is 19.3%, while that for senior men is 9.5%.

**Fact:** 83% of Canada's minimum wage earners are women and youth.

**Fact:** Women earn less for doing the same jobs as men.

We are living in an age where women, on an hourly basis, fall prey to abusive partners or strangers. In order to tackle the cycle of violence, we must look at three main areas. Firstly, we need to make our communities safe for women. We must place onus on community leaders and government agencies to create affordable housing to encourage women to leave abusive partners. Secondly, we must challenge women to know and understand their rights. This can help enforce for women the power to have a voice. As the face of our communities' change, we too must all adapt to ensure they are not isolated and excluded. Lastly, there is the valuable gift of education. Education exposes women to opportunities that will enrich their lives. When a woman is financially independent, she will have more choices to leave an abusive partner if she so wishes, seek emotional support, and create a new life for herself.

I have embraced the tireless efforts of METRAC staff and my fellow Board Members with great pride. It is the work that is done late at night, early in the morning and often on an empty stomach that brings us closer to the day violence against women will be diminished. Press on toward the season ahead, the seeds planted have such promise for peace and beauty.

*If you are interested in becoming a member of METRAC's Board, contact our Volunteer Coordinator at [volunteer@metrac.org](mailto:volunteer@metrac.org) or 416-392-4286.*

# Out with a difference right in a

support  
METRAC's work  
to end violence  
against women  
& children

monday september 18, 2006  
6:00 to 9:30 pm  
located at the  
**DRAKE HOTEL**  
1150 queen st. w.  
(west of dovercourt rd.)

*drinks, hour d'oeuvres  
live entertainment  
silent auction*

info/details at  
[www.metrac.org](http://www.metrac.org) or  
contact 416-392-4286 or  
[fundraising@metrac.org](mailto:fundraising@metrac.org)

## Photos & Graphics

Page 6: *Typing Hands*  
(Sandra Noé)

Page 10: *IWD March* by  
(Eileen Morrow, OAITH)

Page 11: *Friendship Hands*  
(Sandra Noé)

Page 12: Photo of  
Stephanie Marshall (Sandra  
Noé)

Graphics created by  
METRAC

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## Note about statistics

Many of the statistics shown throughout this newsletter were found in *Women and Poverty*, a fact sheet produced by the Canadian Research Institute for the Advancement of Women (CRIAW/ ICREF, 2005). It is an excellent, up-to-date resource for understanding the diversity of many women's experiences of poverty in Canada, yet it also shows the commonalities of those experiences.

If you would like to access a copy of *Women and Poverty*, visit [www.criaw-icref.ca](http://www.criaw-icref.ca) or contact CRIAW/ ICREF at [info@criaw-idref.ca](mailto:info@criaw-idref.ca) or 613-563-0681.

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# Thank you

for supporting METRAC

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## *Funders*



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## *A Night Out With a Difference (2005) Supporters*

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## *Volunteers & Interns*

Doaa Abbas, Claudette Agustin, Helen Anderson, Clarissa Awogbade, Surbhi Bhanot, Aruna Boodram, Bianca Borzellino, Kiran Channa, Ameerah Criagg, Nevida Davenport, Natasha Jones, Min Kaur, Heidi Kern, Kirsten Knott, Stephanie Marshall, Kim Noronha, Deidre O'Connell, Sabrina Pingitore, Rehbel Rahman, Sandra Senuaa, Asleigh Simonton, Isabela Stec, Tanya Venoit, Helen Vincze, Everel Waterman.

## *New & Departing Staff*

METRAC will miss Puja Suri and departing ReAct Facilitators. Thank you for your work.

METRAC welcomes Keneisha Garib, Narina Nagra, and Sandra Noé. Thank you for joining us!

# METRAC Membership Form

Please mail or fax completed form back to METRAC.

A non-tax deductible receipt will be sent to you. Thank you for getting involved!

- YES! I understand METRAC is committed to promoting the rights of diverse women and children to live free from violence, and I endorse this mission!**

Name: \_\_\_\_\_ Organization (if applicable): \_\_\_\_\_

Full Address: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ Fax Number: \_\_\_\_\_

- I'm a new member       I'm a returning member       Send me volunteer info

## Annual Membership Options and Fees (choose one that applies):

- \$10 (sliding scale \$0-\$10): youth 15-24, students, seniors, under/unemployed individuals
- \$25: other individuals
- \$35: non-profit organizations (one delegate can vote at the AGM)
- For-profit organizations (one delegate can vote at AGM), based annual budget:
- \$50,000 or less: \$100
  - \$50,000 - \$1,000,000: \$250
  - \$1,000,000 or more: \$500

# METRAC Donation Form

Please mail or fax this completed form to METRAC. A tax-deductible receipt will be sent to you. Donations of \$10 or more are fully tax receiptable. Thank you!

- YES! I want to support METRAC with a donation of (choose one):**

- \$10     \$25     \$50     \$100     \$200     Other: \$ \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ Fax Number: \_\_\_\_\_

## Payment Information (choose all that apply):

- Please send invoice       I want my donation kept anonymous
- I am paying by cash – total enclosed: \$ \_\_\_\_\_
- I am paying by cheque, made payable to METRAC – total enclosed: \$ \_\_\_\_\_
- I am paying by Visa – total enclosed: \$ \_\_\_\_\_ Cardholder name: \_\_\_\_\_  
Card number: \_\_\_\_\_ Exp. date on card: \_\_\_\_\_



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Violence Against Women and Children

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