



LCIHCS NEWS

Updates from Lanark County's Only Anti-Violence Organization



From Awareness to Action: 45 Years of Supporting Women in Lanark County

As fall settles over Lanark County, we look back on a summer filled with impactful conversations, events, and advocacy efforts aimed at raising awareness of intimate partner violence (IPV) and femicide. A highlight has been our work in pushing for Bill 173, a crucial step toward declaring IPV an epidemic in Ontario. Thanks to the advocacy of Interval House, over 90 municipalities now support this declaration, representing more than 90% of Ontario's population. This year alone, Ontario lost 62 women to femicide, with one of those tragic losses in our own community. The stakes are higher than ever.

This fall, we reflect on 45 years of Lanark County Interval House standing strong as a place of support, empowerment, and safety for women and children. This milestone is a poignant reminder that our work continues as long as gender-based violence persists. Our 45-year journey reaffirms our commitment to making every woman in Lanark County feel empowered to reclaim her life.

Part of our work over the past few months has focused on educating on the term femicide. Recognizing femicide as the deliberate killing of women due to their gender is vital to addressing the depth of the crisis and driving meaningful change. The Ottawa Police Service, for the first time, used the term in a recent death—a powerful step that highlights the urgency of this epidemic and the need to name it to address it.

As winter approaches, we invite you to join us for the 16 Days of Activism against Gender-Based Violence, starting November 25. During these 16 days, we'll be hosting events and vigils as well as sharing digital content to continue our advocacy for a safer, more equitable future. The campaign amplifies our voices, uniting individuals, organizations, and allies in a powerful stand against violence.

This season, our resolve to end violence and create a world free from abuse only strengthens. We're proud to stand in advocating for change and promoting public understanding of IPV and femicide. With your support, we can continue empowering individuals, influencing policy, and shaping a safer, more just Lanark County. Join us in honoring these 45 years of resilience and action as we continue this vital journey together.

BECAUSE OF YOU: HONOURING TWO YEARS SINCE THE CKW INQUEST RECOMMENDATIONS

This summer, our staff and volunteers attended Because of You in Barry's Bay. This event honoured the second anniversary of the release of the 86 jury recommendations from the CKW (Renfrew County) Inquest.

Survivors, family members, those who have advocated for implementation of the recommendations gathered for a community discussion and vigil to discuss what's been accomplished over the last two years and what needs to be done next in order to end violence.

Following the discussion was a vigil around the pebble mosaic created by ReDefine Arts where we were able to have a moment of silence honouring Nathalie, Carol, Anastasia and all those who have experienced or were taken too soon by violence. We greatly enjoyed the musical presentations by the After the Revolution Choir.



TAKING BACK THE NIGHT!

At our September Take Back the Night march, we were joined by a powerful group of supporters, united to raise awareness about gender-based violence.

This year, we added a poignant visual element: 49 participants each received a purple card and stood in a caution-taped circle, representing the 49 women who have tragically lost their lives to femicide in Ontario up to the end of August.

This visual served as a stark reminder of the pervasive threat of violence, emphasizing that these losses could impact any of us. Abuse and violence are everywhere, affecting individuals across all demographics and communities.

Until femicides are a thing of the past—until we reach a year with zero femicides, a marked reduction in human trafficking, stalking, and intimate partner violence—our advocacy will continue. Women, children, youth, immigrant and Indigenous women, those with disabilities, and members of 2SLGBTQIA+ communities remain at heightened risk, with lives on the line. The fight to educate, prevent, and support is ongoing, and together, we march forward to end femicide.





HONOURING OUR COMMUNITY PARTNERS WITH A HEALING GARDEN

This year, our Annual General Meeting marked a special milestone as we gathered in person for the first time since 2019 to reflect on 45 years of service.

It was a memorable evening with heartfelt presentations by long-time staff members Genevieve and Jean, our Executive Director Erin Lee, and our dedicated Board of Directors.

One of the highlights was a nostalgic display of archival materials—old photographs, newspaper clippings, and LCIH t-shirts—bringing our organization’s rich herstory to life. These mementos reminded us of our roots and how much we’ve achieved together over the past four and a half decades.

In the spirit of honoring our journey, we’re excited to announce the planting of a Healing Garden at our Community Support Programs building next spring. This garden will be a sanctuary for reflection, featuring plants chosen for their medicinal and symbolic significance, a calming water feature, and a purple bench for peaceful moments. We are proud to dedicate plants in this garden to our incredible community partners, each representing their unique contributions to our mission:

- The Hub: Honored with Echinacea for their steadfast support since the beginning, symbolizing protection and resilience.
- As Good As New Volunteers: Evening Primrose, representing the quiet yet powerful healing they bring to our community.
- Police Services: Sage, for wisdom, protection, and their meaningful partnership in creating safe pathways for women.
- Local Media: Chamomile, for nurturing the voices of survivors and telling their stories with compassion.
- McNaughton Family: Heather, reflecting their enduring support and strong commitment to our cause.
- Lanark County Council & Staff: Lavender, honoring their tireless advocacy for safer communities.

And finally, to the women and children we serve—those who lead, endure, and those taken too soon—we dedicate Sunflowers, symbols of hope and resilience, facing the sun and reminding us to keep striving for a brighter future for all. Stay tuned as we bring this meaningful Healing Garden to life in the spring, a lasting tribute to our journey and the community that makes it possible.

GOLFING FOR GOOD: FIRST ANNUAL TOURNAMENT A SUCCESS!

We had an amazing time at our first annual Golf For Change tournament! A huge thank you to everyone who joined us on the green and showed their support. Your enthusiasm and generosity made the day a huge success, and we can’t wait to do it all again next year!



LANGUAGE MATTERS: UNDERSTANDING FEMICIDE AND ITS IMPORTANCE

Earlier this fall, The Ottawa Police Service made the decision to classify two tragic deaths as femicide. This is a powerful step toward addressing and understanding gender-based violence. This shift comes after years of advocacy from groups working on the front lines of violence against women, including LCIHCS. The decision highlights the critical role that specific terminology plays in bringing visibility to intimate partner violence (IPV) and holding society accountable for systemic issues that disproportionately affect women and girls.

What is Femicide?

Femicide refers to the intentional killing of women and girls based on their gender. Defined broadly, it includes deaths resulting from IPV and misogynistic motives. According to the Canadian Femicide Observatory, femicide is more than just a homicide; it reflects gendered patterns of violence rooted in social norms and systemic inequality. The Ottawa Police used this term for the first time in response to Jennifer Zabarylo's death, stating it as a femicide because of the intimate partner violence context in which it occurred.

Why Labeling Femicide Matters

The use of the term femicide by law enforcement marks a significant step in understanding and addressing violence against women; using such language allows for greater clarity and accountability around IPV. This language shift is not merely symbolic; it underscores an urgent need to track, recognize, and act upon the specific dynamics of violence that women face:

- **Improved Tracking and Awareness:** Labeling cases as femicides enables law enforcement and support organizations to collect accurate data on gender-based violence. Tracking femicides helps raise awareness of IPV's prevalence and puts the issue front and center, rather than hidden behind general homicide statistics.
- **Policy and Advocacy Support:** Defining these cases as femicides strengthens the call for policy change. The provincial Bill 173, which seeks to declare IPV an "epidemic," is one such response, following recommendations from the Renfrew County inquest into IPV-related femicides. With this data and awareness, policymakers have a clearer picture of the problem, which can drive change on the ground.
- **Public Education and Bystander Awareness:** Acknowledging femicide publicly can shift cultural perceptions around IPV. Erin Lee and her colleagues underscore the importance of education and intervention, as seen in initiatives like the bystander awareness program funded by Ottawa Victim Services. Such programs equip individuals to recognize signs of abuse and intervene safely before situations become fatal.

Breaking the Silence Around Femicide

Using the term femicide is essential for addressing the often-hidden realities of IPV, which still go unspoken in many communities. We cannot change what we are not prepared to name; naming these cases brings the issue to light, reframing it as a public health and safety crisis that demands urgent action. Recognizing femicide as a distinct form of violence allows communities to both honor victims and confront the social norms that enable such violence.



CREATING GLOBAL CONNECTIONS

In September, we had the honour of hosting a group of delegates from Kazakhstan and the Department of Justice. This is the third such delegation we have hosted, having Mexico join us last July and a virtually with Costa Rica earlier this year. We discussed the issue of IPV and shared a little about how we address IPV at LCIH and across Canada.

We had wonderful conversations and fruitful discussions (thank you to our three wonderful translators!) and enjoyed forming new connections with the group!

INTRODUCING RURAL ROOTS

In early 2024, LCIHCS partnered with Luke's Place and Neighbours, Friends and Family to create the Rural Roots initiative. Born from a commitment to address intimate partner violence (IPV) in rural areas, Rural Roots will equip individuals with the knowledge and tools to support survivors within their rural communities.

The genesis of Rural Roots is in the webinar, "[A Rural Inquest: The Role of Neighbours, Friends and Families in Keeping Women Safe](#)," which delved into the inquest into the 2015 murders of three women in a rural community in eastern Ontario. Rural Roots strives to bridge gaps in understanding and support for survivors of IPV in rural communities.

Rural IPV presents distinct challenges that are frequently overlooked in urban centric narratives. For example, rural victim/survivors are 30% more likely to face firearm threats compared to their urban counterparts. Rural Roots empowers individuals to take meaningful action through a simple framework: **See it, Name it, Check it.**

- **See it:** be aware of common warning signs of IPV so you know it when you see it.
- **Name it:** for what it is, to yourself, and to the person you are concerned about.
- **Check it:** for danger, for yourself, and reach out for community expertise.



HONOURING A BELOVED LONG-TIME STAFF: HAPPY RETIREMENT, JEAN!

After a 38 year career with the agency, Jean Rogers is retiring to explore new adventures.

Jean is a part of our foundation. From the early days of the shelter to the residential team manager, Jean has done it all! Her dedication, resolve and tenacity toward women's equality rights and her belief in change has been central to the agency's growth and development over our 45 year her-story.

She's a one of a kind, remarkable and wise woman who has supported so many. The community has been lucky to have her service. We will miss her and wish her well as she journeys on to more adventure!

Much love and gratitude to you, Jean!



16 DAYS OF ACTIVISM 2024

NOVEMBER 25 TO DECEMBER 10



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| MONDAY NOV. 25 16 DAYS OF ACTIVISM KICK OFF | TUESDAY NOV. 26 WEAR PURPLE DAY | WEDNESDAY NOV. 27 LIFT UP VOICES THROUGH READING | THURSDAY NOV. 28 SHOP WITH A PURPOSE @ AS GOOD AS NEW 10AM TO 8 PM | FRIDAY NOV. 29 Coaching Boys INTO MEN VIDEO | SATURDAY NOV. 30 HONOURING 45 YEARS OF SERVICE VIDEO |
| SUNDAY DEC. 1 PRESENTATION WITH ERIN LEE AT TRINITY UNITED CHURCH 10 AM HOLIDAY GIVING VIDEO | MONDAY DEC. 2 PEBBLE MOSAIC TOUR | TUESDAY DEC. 3 GIVING TUESDAY: GIVE A GIFT CARD LANARK COUNTY MEDIA DAY | WEDNESDAY DEC. 4 AND SOMETIMES THEY KILL YOU BOOK LAUNCH WITH AUTHOR PAMELA CROSS ALMONTE LIBRARY 6PM | THURSDAY DEC. 5 INTERNATIONAL VOLUNTEER DAY ACKNOWLEDGEMENT JAM TO OUR EMPOWERING PLAYLIST! | FRIDAY DEC. 6 NATIONAL DAY OF REMEMBRANCE & ACTION ON VAW VIGILS SMITHS FALLS 3PM PERTH 5:30PM |
| SUNDAY DEC. 8 VICTIM ADVOCATE PROGRAM VIDEO | MONDAY DEC. 9 BOARD'S EYE VIEW: A MESSAGE FROM LCIHCS BOARD MEMBER | TUESDAY DEC. 10 HAPPY ROOTS LAUNCH | <p>The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.</p> | | |

Join LCIHCS in standing together for the 16 Days of Activism Against Gender-Based Violence, an international campaign that runs from November 25th (International Day for the Elimination of Violence Against Women) to December 10th (Human Rights Day). This annual observance is a powerful call to raise awareness, foster community dialogue, and advocate for meaningful change. Throughout the 16 days, we will be hosting events, sharing important resources, and inviting you to take action with us as we continue our mission to end violence and support survivors. Follow along, participate, and show your solidarity—together, we can make a difference.



WEAR PURPLE DAY

Date: November 26

Wear purple as a symbol of solidarity with survivors of violence.

Take a photo, share it to social media, and make sure to tag us!



PEBBLE MOSAIC TOUR

Date: December 2

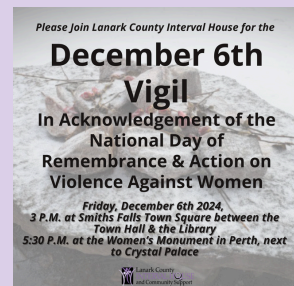
Explore all three of Lanark County's pebble mosaics honouring victims and survivors of gender based violence. Go at your own pace or chat with staff onsite
 Carleton Place: 10am to Noon
 Almonte: 1pm to 2:30pm
 Smiths Falls: 2 to 3:30pm



AND SOMETIMES THEY KILL YOU BOOK LAUNCH WITH PAMELA CROSS

Date: December 4

Join us for a discussion confronting the epidemic of IPV as we celebrate Cross' new book. Books will be available to purchase for \$30 via e-transfer or cash. Please register via Eventbrite.



NATIONAL DAY FOR REMEMBRANCE & ACTION ON VAW VIGILS

Join us for two vigils.

3pm in Smiths Falls at the Pebble Mosaic, between the library and town hall.

5:30pm in Perth at the Women's Monument, next to Crystal Palace

Ways to Support
Lanark County Interval House
This Holiday Season

By giving to LCIHCS, you will share in the generosity of the season and make a difference not only for the women and children who will call Interval House “home” this December and beyond, but for the 300+ families we serve in the community.

How Can You Help?

- **Make a Donation** through CanadaHelps.ca, our website lcih.org, or send an e-transfer to finance@lcih.com
- **Donate a Gift Card** to a local store or restaurant. Gift cards can be mailed to P.O. Box 107, Carleton Place, ON K7C 3P3
- **Support Our Angel Tree** by purchasing a gift for a woman, teenager or child in need through our Virtual Angel Tree, lcihvirtualangeltree.com or scan the QR code below for more information
- **Host a Third-Party Fundraiser** like a pajama or gift card drive. Email cathie.mcormond@lcih.com for more information
- **Sponsor a Family** Email lindsay.hunter@lcih.com for more information
- **Contribute to the holiday dinner at the shelter**

Consider Donating

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| • Gift Cards | • Hats & Mittens | • Arts & Crafts Sets | • Socks & Cozy Items |
| • Outdoor Toys | • Women’s gloves | • Home Decor | • Sweet Treats |
| • Items for teens | • Hyenine Items | • Self Care Items | • Headphones |
| • Wallets & Purses | • Books or Journals | • Board Games or Puzzles | • Sports Items |

We are always in need of pajamas in all sizes for women (XXS-5XL) and children. Gift cards empower women by allowing them to make choices about what their children receive for the holidays. Plus, they make great gifts themselves!

Please drop off your unwrapped gifts by December 15th to one of our drop off locations.

IDA Carleton Place
Rona Carleton Place
Mississippi Mills Public Library Almonte
Barnabe’s Independent Perth
Boston Pizza Smiths Falls

For more information, please contact:

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