

5th Annual Walk a Mile in Her Shoes

In May 2011, we had another successful Walk a Mile event, raising an amazing \$34,000 in pledges and welcoming over 600 people. In addition, an anonymous couple from Victoria gave \$28,000 as a matching gift. Everyone did a phenomenal job of fundraising and we extend special thanks to our top fundraisers: Dwane Ford (\$5,925), Mike Kroeger (\$1,525), Howard Liptrot (\$1,135), Bruce Bryant-Scott (\$1,130) and Leopold Bienkowski-Gibbons (\$1,109). (We extend a special apology to Mike Kroeger for not being publicly recognized as 2nd top fundraiser at the event and thank him for being so gracious in accepting our oversight.) Our presenting sponsor, RBC, was once again our top fundraising team and had over 50 employees join in the walk and volunteer. Team RBC (\$20,416), CFUV 101.9FM (\$1,746), Bruce & the Boys (\$1,130) and Victoria Social Media Ninjas (\$700).



RBC volunteers



RBC team members

Mayor Dean Fortin shows his support



Vic High rugby team steps up to make a difference



Monday Magazine Team



Auggie Thomas of the Esquimalt Nation performed a welcome song and drum solo

WSAC Events

Triathlon of Compassion July 2011

Wow! This year's Triathlon organized by Island Triathlon and sponsored by Fort St Cycle and Frontrunners brought in over 190 participants and raised a record \$25,000!! We thank everyone for making this event a

tremendous success and extend special recognition to top fundraisers: Niki Hodgkinson (\$2,295), Bjarne Hansen (\$2,015.01) and Jules Wilson (\$1,625).



Bjarne Hansen



Jules Wilson & Barb Peck

Save these tentative event dates for 2012

- ◆ Walk a Mile in Her Shoes - Saturday, May 12 @ Centennial Square
- ◆ Triathlon of Compassion - Saturday, June 30 @ Esquimalt Rec Center

Emily Ellingsen Achievement Awards



Christy Smith, Lenore Kennedy and Tracy Lubick

In honour of outstanding achievement and support through volunteerism and/or fundraising, Jules Wilson was the first recipient of the Emily Ellingsen Achievement Award last year. This year we were proud to present the award to two more remarkable individuals. Christy Smith courageously shared her experience as a survivor in October 2010 when she launched a social media campaign around her participation in the GoodLife Fitness Marathon. An article about her in the Times Colonist prompted a \$7,500 donation from generous donor, Rudi Hoenson, bringing her grand total for the event to over \$20,000.

This was followed by a personal letter included in our holiday mail campaign and, in April, Christy organized a fundraising event at Willow Stream Spa where she unveiled her personally designed Shh! Campaign t-shirts that raise awareness about the issue of sexualized violence and are now on sale at LeBlanc Boutique with all proceeds benefitting WSAC. Christy's goal is to break the silence that surrounds this issue and to let survivors know that they are not alone. Due to her ongoing efforts, Christy was selected by Glaceau Smartwater and Plan Canada's "Because I am a Girl" initiative to accompany Olympic champion Jennifer Heil to Rwanda to help celebrate the completion of a new school for girls. Congratulations and thank you, Christy!

Niki Hodgkinson was the recipient of the second Emily Ellingsen Award at the Tri of Compassion in July. Niki launched her fundraising efforts in the spring by doing a spin demo for six hours in the front window of the Lululemon store in downtown Victoria. Together with DJ Anger and Plint's Prints she created and sold a music CD that included training music for Tri participants and she created a personalized fundraising website encouraging people to support WSAC. Completing her first Triathlon and finishing third in her age category, Niki was the top fundraiser at the event raising \$2,295! Way to go, Niki!



Niki Hodgkinson

Victoria Foundation's 75 Hour Challenge

We are proud to partner with the Victoria Foundation on community initiatives and are thankful for their support and the hosting of our endowment fund. To celebrate their 75th anniversary, the Foundation is hosting a **75 Hour Challenge**, which will be launched Nov. 15 – National Philanthropy Day – and run through Nov. 18. If you donate to our endowment fund during that time, the Foundation has allocated \$75,000 of its own funds that will be distributed to participating organizations on a prorated, "matching" basis. Contact Tracy Lubick at WSAC (250-383-5545) for further information.

GoodLife Fitness Victoria Marathon

Join the WSAC team and participate in the 8k, half or full marathon on Sunday, October 9, 2011. We are proud to be part of the 2011 Times Colonist Charity Pledge program. Sign up by following the link at www.vwsac.com or contact Lenore Kennedy at lenorek@vwsac.com or (250)383-5545 for additional information.



August 2011

It is our Mission

To support, empower and advocate for women who are survivors of sexual assault and sexual abuse; and to work towards the prevention of sexualized violence against women.

WSAC Board of Directors

Heidi Exner, co-chair
Sally Gose, co-chair

Allison Beardsworth

Kim Brown

Yvonne Haist

Tyler Schaus

Makenna Rielly, Executive Director

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www.vwsac.com

Women's Sexual Assault Centre

healing, education & prevention

Celebrating our Special Events

Special events play an important role in the work of WSAC. At our Annual General Meeting on September 15th we will be celebrating all of those people who put in countless hours to organize special events on our behalf, the participants who take part in them and the donors and businesses who give so generously with pledges and sponsorship.

Events, and the publicity around them, advertise that WSAC exists in Greater Victoria to serve survivors of sexualized violence. We know that one in three women are sexually assaulted every year and only 6-10% come forward to report to the authorities or to seek assistance. Community events, with the support of the media, keep us in the public eye, build awareness of our Centre, and, most importantly, ensure survivors know where to turn for help. In addition, events allow us to educate the public about sexualized violence issues and raise much-needed financial support.

This past year over \$75,000 was raised at special events like the Walk a Mile in Her Shoes, Triathlon of Compassion and various other smaller events that were organized on our behalf. Charmaine Welch and Myrna Nygaard organized the Metchosin Fabric Fest in March, Christy Smith launched a t-shirt campaign at Willow Stream Spa, the Victoria Highlanders women's soccer club invited WSAC to be the recognized charity at one of their games in May, Tara Paterson organized a garden party and panel discussion about feminism through the ages in July, the Eves of Destruction roller derby team welcomed WSAC to their game in August and donated partial proceeds from ticket sales, and Julia Denley from UVic Hope is organizing a benefit concert and raffle that will take place this fall.

Thanks to the efforts of these groups and many others, awareness of WSAC and the issue of sexualized violence is kept at the forefront and invaluable connections with donors and supporters are made.



Myrna Nygaard presents Tracy Lubick with proceeds from the Metchosin fabric Fest. Preloved fabric, yarn and craft supplies were sold by vendors and proceeds from table fees and refreshments were donated.



Christy's Shh Campaign launch



Members of the Kappa Beta Gamma International Sorority sold 50/50 tickets at the Highlanders game in May to benefit WSAC.



Annual General Meeting Thursday, Sept 15th

Please join us at our Annual General Meeting on Thursday, Sept 15th at James Bay New Horizons, 234 Menzies St., 4-6pm. In addition to providing an update on our programs, we will be honouring our special event participants and organizers. RSVP (250)383-5545 or vwsac@vwsac.com.

Women's Sexual Assault Centre ~ #511-620 View St. Victoria, BC, V8W 1J6
Business Line: 383-5545 ~ Crisis & Information Line: 383-3232 ~ Visit our website at www.vwsac.com



Project Respect

Project Respect - Program Highlights

Project Respect works to prevent sexualized violence among youth aged 14-19 by providing safe and skillfully facilitated spaces for young people to begin to think critically about, act to resist, and create positive alternatives to the harmful (yet normalized)

messages they receive about gender, relationships, sexuality, and violence. Programming addresses individual, relationship, and societal level influences by focusing on knowledge change, skill-building, attitude change, and social change.

Project Respect reached 1020 youth during the 2010/11 school year through 55 two-part workshops in schools and community-based organizations, including 5 new partners. Our primary focus this past year has been strengthening and expanding partnerships with alternative schools and organizations serving marginalized youth. This allows us to engage with more young people living in contexts that produce greater risk of victimization and/or perpetration. We also facilitated



4 Young Men's Groups and 6 Young Women's Groups, with specialized curricula. In addition to working with young people who face a lot of structural barriers, another focus has been on doing more work with young men to explore masculinity and challenge gender expectations that lead to gender based violence. Our Young Men's Groups are facilitated by two man-identified facilitators and specifically explore: the gender expectations of the 'Man Box', sexualized labels, enthusiastic consent and positive sexuality, and creating alternatives to violent masculinities. We were also able to engage with adult men in a similar way at our tent at the annual Walk-a-Mile in Her Shoes fundraiser. At our tent, we had a "Break out of the Man Box" graffiti wall, where participants wrote comments and thoughts that challenge dominant expectations of being a man. A few people also shared their perspectives on video camera at our speaker's corner. This footage will become part of a larger video project we are starting, through which Project Respect will create video resources featuring boys and men in our community talking about gender and their roles in preventing sexualized violence.



David Boffa with Project Respect's graffiti wall

The Prevention Team:

There have been several changes in staffing this year at Project Respect. PR said good-bye to Prevention Coordinator, Soumya Natarajan, in August 2010 and to Prevention Coordinator, Billy Bingaman in October 2010. Soumya and Billy were instrumental to the success of Project Respect in their respective 2 and 5 years with us. In October 2010, Elicia Loiselle was hired as Prevention Coordinator and Vince Terstappen joined us as Prevention Educator. As a dynamic team, Elicia and Vince dove right into the work of Project Respect and enjoyed an exciting year working with the Greater Victoria community. In May, Vince had to leave PR to move to Vancouver, having contributed invaluable knowledge and skills to the program at a pivotal time. David Boffa became the new Prevention Educator this past May bringing a wealth of experience in anti-violence work. PR could not do the work it does without our extended team including: facilitators, Paulina Hakkarainen, Nishad Khanna and Billy Bingaman; practicum students, Lydia Hodgins and Leah Wall; and, volunteers, Anni Patila, Keyanna, and Cassie.



David Boffa, Project Respect's new Prevention Educator

Respect Revolution Campaign



F.Y.R.E. Team

This year Project Respect partnered with Girls Alternative Program for our Respect Revolution Campaign. Over several weeks Project Respect engaged with the girls at GAP supporting them to deepen their understanding of sexualized violence and create social action through Facebook. We collaborated to create the Fierce Youth Reclaiming Empowerment (F.Y.R.E.) Facebook group as a public awareness/social action initiative to take a stand against websites that promote sexualized violence through gossip that degrades girls' and women's sexuality (e.g. through labels like "slut"). In particular, girls wanted to stand up against a website called thedirty.com that has targeted several girls and women in the Victoria area. We then promoted (and continue to promote) the Facebook group via our own Facebook page and through Twitter as well as at events like Walk a Mile in Her Shoes. The F.Y.R.E. Facebook group currently has 153 members.

Thank you to our Project Respect funders for 2011 and the many individual donors and businesses whose generous gifts support the program.



United Way OF GREATER VICTORIA COMMUNITY PARTNER



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We are adding NEW information to our website! Visit us at www.yesmeansyes.com ...or follow us on Twitter: @projRespect

Direct Client Services

Highlight on WSAC's Sexualized Violence Victim Services Program

Trauma-Informed Practice and Support (TIPS) on the Road!

In 2008, WSAC developed and began providing training in the community on trauma-informed practice as a way to share what we know about supporting survivors of sexualized violence. A trauma-informed perspective is like a lens that can be applied to any field of work: youth work, medical, social work, policing, etc. This lens helps a supporter better understand the range of responses and increase the effectiveness of their primary work with a survivor by acknowledging the centrality of safety in supportive relationships, understanding the myriad of ways people respond to trauma and the importance of support for workers.



STV Counsellor Barb Peck

After completing the third round of trainings in Victoria in March 2010, we have moved to a fee-for-service model of delivering the TIPS training. In April, TIPS trainer and coordinator, Barb Peck, travelled to Ucluelet to deliver training to a mixed group of MCFD workers, outreach workers, First Nations community support workers, transition house staff and community response personnel. In late 2010, we negotiated with the Yukon Government's Women's Secretariat to deliver the TIPS training at the Yukon College in June 2011, which included an additional day to share our experience of the Sexual Assault Response Team with a group initiating a similar system in Whitehorse. We've also been asked to participate in national efforts to integrate

trauma-informed practice into mainstream health and social support systems. On November 18th, 2010, Direct Client Services



Stephanie Capyk, Manager of Direct Client Services

Manager, Stephanie Capyk participated in a national webinar with a panel of practitioners and researchers to explore trauma-informed practices around the country. Later this year, the Centre for Addiction and Mental Health in Toronto will be publishing a book to which Barb and Stephanie contributed a chapter on the development of TIPS, and available online, WSAC's TIPS program is referenced as an example of trauma-informed practice in action on the BC Centre for Excellence in Women's Health website. We look forward to ever-evolving ways to share the learning and ideas that our clients teach us to better support and make our community safer.

Conversations about Sexualized Violence in the Capital Regional District

Over the past year, there have been a number of stories in the media about sexualized violence. These stories were first in response to police investigations into high profile criminal investigations of sexual assault, and then over recent months, stories exploring survivors' experiences, the responses they've received from police, medical and services such as WSAC, and the socially held beliefs and values that may make it difficult for survivors to come forward with their experiences. Through these stories, a public dialogue has been emerging about sexualized violence, and people are asking, 'what is happening in our community?'

We've been so encouraged to see how our local media have sustained the conversation beyond the initial stories of public stranger

assaults. Reporters such as Danielle Pope at Monday Magazine have invited Victorians to think more deeply about sexualized violence by covering a range of stories from the recent flashings in Victoria, to coverage of Christy Smith, who has transformed her healing path into a campaign to raise awareness and funds, and an in-depth, honest and poignant story of one woman's difficult path to healing from a sexual assault. These stories act as a chorus of voices, help us all to better understand different perspectives, to hear the diversity of experiences of community members who are survivors, and hopefully to challenge us to understand the roots of sexualized violence and work together to make our community safer for all.

Comings and Goings

Over the past year, we've been so lucky to have a group of amazing interns in the Direct Client Services Team. These interns bring an incredible wealth of knowledge, curiosity and passion for supporting survivors, and the most amazing mutual learning and growth happens when we share our knowledge and experiences! A big thank you to Lisa George from the U. Vic M.Ed. Aboriginal Communities Counselling program, Lindy Devine from the U. Vic Community-Based M.Ed. Counselling Psychology program, Fabiane Silvera from the U.Vic M.A. Counselling Psychology program, and Jessica Lefevre from the City University M.A. Counselling Psychology program!

We also bid a sad farewell to a few staff, though with their reasons for leaving (the London School of Economics, U. Vic. law school, travelling the world, being closer to family, working with the police), we just feel so excited for what comes next for you all! Thank you, and we'll miss you, Sarah Schlote, Grace Lore, Savanna Peekeekoot, Kim Hamilton and Lindsay Nicholson.



On August 14th, WSAC was honoured to accept a banner from Metis visual artist, Anna-Celestrya Carr, as part of her "Men's Banner Project". Anna began the interactive community project five years ago as a way to include men in conversations surrounding issues of violence against women. The process is part visual, part performance and part interactive and the banner is a tool to begin dialogue, show support and build a stronger community through art. At the event, which took place in Centennial Square, Anna asked men walking the streets downtown to place their hands on the banner as a symbolic pledge to never use their hands in violence against women. The banner was accepted in partnership with UVic's Anti-Violence Project and will be displayed at future community events for both organizations. **Thank you, Anna!**



WSAC board member Allison Beardsworth, Anna-Celestrya Carr and coordinator of volunteers Tracey Coulter

Special thanks to the provincial employees who generously support our crisis and info line & workshops for partners and friends.

