

“Establishing lasting peace is the work of education; all politics can do is keep us out of war.”

Maria Montessori

roar

The Newsletter of

S•W•●•V•A

Salt Spring Women Opposed to Violence and Abuse:

Issue 24 • SWOVA *roar* • Fall/Winter 2008/09



SWOVA staff & board members show support for Salt Spring's first Pride Parade, September 2008.

*“Be the change
that you want to
see in the world.”
- Gandhi -*

Creator of the award winning school
violence prevention program which
focuses on developing healthy and
respectful relationships



eliminating violence through learning, research and action

344 Lower Ganges Road
Salt Spring Island, B.C., V8K 2V3
Telephone/Fax (250) 537-1336
E-mail: info@swova.org
Website: www.swova.org

Issue 24 • Fall/Winter 2008/09

- 2 **Message From the Executive Director**
- 3 **News from the Board of Directors**
- 4 **Pass it On Project**
- 5 **The R+R Program – Around the Province**
- 6 **News from SD#64**
- 7 **Widening The Circle Project**
- 8 **Meet our Youth Team**
- 9 **Information, Resources and Library**
- 10 **Become a member of SWOVA**

This newsletter is published twice a year by **SWOVA**, a non-profit registered charity that works for social change. Our primary purpose is to develop solutions to prevent violence and abuse against women and children, through research, education, and community development. We are helping to create a world where women and children are valued and able to live without fear of violence and abuse. SWOVA's work is in primary violence prevention. Our commitment to develop healthy and respectful relationships ultimately means a safer community for everyone.

The views expressed in this newsletter do not necessarily represent the views of the Board of Directors or the staff at **SWOVA**.



*SWOVA is now under the Distinguished Patronage of:
His Honour The Honourable Steven L. Point, OBC
Lieutenant Governor of British Columbia.*

**2008-2009
Board of Directors**

Lorna Cammaert
Leslie DeAthe
Jean Elder
Sarah Hook-Nilsson
Christine Hunt
Richard Kerr
Anne Marshall
Karena McAllister
Janice McLean
Linda Quinn
Zelly Taylor
Judy Thompson

SWOVA Office Staff:

Lynda Laushway - Executive Director
Megan Manning-Burton - Office Administrator
Resource Librarian, Newsletter Editor
Randie Clark – Assistant to Executive Director
Juli MacDonnell - Bookkeeper

Our Sincere thank you to Barnyard Grafix Inc
for all their help in making this newsletter possible.

SWOVA PRODUCTS AVAILABLE FOR SALE

Freedom From Fear: The How-To Guide on Violence Prevention Inspired by Teens for Teens.

A hands-on guide for youth and adults to creating a schools/community violence prevention partnership, Co-created for SWOVA by a team of youth and adults. The book outlines the steps for teens and adults to work together to develop and facilitate workshops on violence prevention for students of all ages. Attractive and highly readable, it is simply bursting with tips for youth involvement and leadership. Includes instructions, philosophy, stories and sample workshops. 68 pages, 8-1/2 x 11"



Price: \$19.00 ea. (20 or more) \$15.00 ea. plus S&H.

Women and Violence: Education is Prevention.

This is a 20 minute video in which project staff, teens, teachers and other community members talk about the schools-based "Women and Violence: Education is Prevention" project -- describing what it is, what it does, the reasons it has worked so well, and the reasons they are supporters and participants. It's not a 'how-to' film, rather it's a 'why-to' film. The conviction and enthusiasm of the interviewees is inspirational, especially the words of the teens themselves. No matter what kind of community you come from, but especially if it's a rural community, you will see that you too can make a difference by launching this kind of project where you live. Price: \$25.00 includes shipping and handling.

TO ORDER: SWOVA.org or 250-537-1336

You can help to support the work of SWOVA

Become a Member or supporter of SWOVA

By joining SWOVA you will actively participate in the struggle against violence and you will be kept informed of the work of SWOVA as well as other events or activities related to violence prevention initiatives through newsletter and e-mail updates. You will also receive an invitation to our Member's Reception and our Annual General Meeting, and discounts on tickets for SWOVA events. Membership is open to women and men, adults and youth.

Annual membership dues are \$5.00.

Whether or not you wish to be a member of SWOVA, any monetary donation you make to SWOVA will be used to maintain and improve our program and services. You can even specify where those funds will be applied.

Tax receipts will be issued for donations of \$20 or more.

Please check appropriate box below:

YES! I am choosing to be a **member** of SWOVA! My \$ _____ cheque is enclosed.

YES! I am choosing to become a **supporter** by making a **donation to SWOVA**, My \$ _____ cheque is enclosed.

I am choosing to **sponsor the R+R Program in School District #64;**

- I want to donate \$100 X _____ Student(s) = \$ _____
- I want to support a whole classroom for the year (\$3,000) \$ _____
- I want to help. Here's what I can offer \$ _____

PLEASE PRINT CLEARLY

Name: _____
 Address: _____
 Postal Code: _____

Telephone: _____
 FAX: _____
 **E-Mail: _____
 Date: _____

Please make cheques payable to SWOVA.
 344 Lower Ganges Road Salt Spring Island BC V8K 2V3

NEW TO SWOVA'S LIBRARY

by Megan Manning-Burton

Thanks to a grant from B.C. Gaming, as well as receiving some donations, we have been able to update our library, purchasing new books and videos. Our library focuses on education and information about abuse and violence prevention and is open to all - call ahead for opening hours: 250-537-1336.

A few new selections are described below:

The Healer's Way – Earnie Larsen

Larsen - a counselor and author - offers insights into dealing with the human condition and healing the human spirit. In this book, he explores how healing happens, how the process of healing can best be aided. Straightforward advice is interspersed with personal insights, stories from his clients and from his own experiences. *"This book stirs emotions, challenges thought patterns, and touches the very core of what it is to be human."* – (Barb Rogers, author)

Lifting the Veil – Linda Jean Shepherd, PhD

Shepherd confronts the idea that science is a MASCULINE endeavour and suggests that a new spirit of cooperation and compassion needs to be applied to it. She turns a statement like "Emotions have no place in science" on its head and suggests we give up our attitudes of certainty and control and integrate the feminine. She describes it as an alchemic process of uniting the opposites to create something entirely new. A 'new science' would include radical considerations such as: intuition; feeling; cooperation; nurturing and receptivity.

The Little Black Book – by St Stephen's Community House

This book is a mix of candid advice, poetry, personal stories, drawings and interviews on a variety of subjects ranging from healthy relationships, to how to use a diaphragm. The experience of being a teenager is explored in this unique book, written by girls for girls. It is packed with facts that some of us grownups could benefit from reading.

Pete Seeger The Power of Song – Jim Brown (DVD)

This is a moving documentary chronicling the life of political activist/humanist/songster, Pete Seeger. It tells a story, it moves you and makes you want to dust off your 'peace' sign and march on the capital.

I Was a Teenage Feminist – Therese Shechter (DVD)

Therese explores how the 'f' word has changed over the years and gives some insights into why was it cool to be a 'feminist' in the 70's, but not so today.

Open House & AGM
Tuesday 25 November 2008

4:00 -6:00 PM

Open House & Refreshments

6:00 – 7:00 PM

Annual General Meeting

Members and supporters of SWOVA are cordially invited to celebrate our new offices. This is our opportunity to meet you and express our thanks for your support.

344 Lower Ganges Rd

DATES TO REMEMBER

November 20 - National Child Day

November 25 - December 10 - International 16 Days of Activism Against Gender Violence

December 1 - World AIDS Day

December 3 - International Day of Disabled Persons

December 6 - National Day of Remembrance and Action on Violence Against Women

December 10 – International Human Rights Day

February 2009 - Black History Month

March 8th - International Women's Day

SWOVA - What's New

From the Executive Director's Desk



Lynda Laushway

I am writing this from my desk in our new SWOVA Office in The Upper Ganges Centre on Lower Ganges Road. We waited for 15 years to have a real office space and we are now very happily working from our new premises. The flush toilet, running water, kitchen facilities, meeting room with a real board room table and chairs, a separate office with a door that closes, are all taking some pleasant getting used to. We are grateful to the Murakami family of Salt Spring Island for renting us an affordable space.

We are about to begin our 9th year of **R+R** program delivery to about 500 students in grades 7,8, 9, and 10 in our school district. We proudly welcome new Adult Facilitators Sean Mulligan and Nicola Temmel. Nicola is a former R+R Youth Facilitator and student participant in the workshops as well as summer student in the SWOVA office. It is a proud moment for us as we mark a 'first' in our **R+R** program history, to have someone who experienced the program, as a youth return as an Adult Facilitator.

Christina Antonick has moved into new duties as Coordinator of **R+R** in SD#64 and Co-coordinator with Debbie Magnusson of our exciting new **Pass It On** Program for girls and young women. We also welcome Alison Vida, and Eleanor Cocker, as members of the **Pass it On** team. Megan Manning-Burton and Juli MacDonnell are also new additions to our Office Administration staff.

We have just completed six days of training with twenty-four Adult Facilitators and Coordinators from seven B.C. communities: Salt Spring Island, Prince George, Kamloops, Gold Trail Region, Valemount/McBride, Ucluelet/Tofino, and Cowichan. New seeds for respectful relationships are being planted in these communities.

SWOVA staff and Board members carried our banner in the first Salt Spring Pride Parade displaying our team approach to "Together Against Violence".

SWOVA's 'think tank' continues to be active in the pursuit of finding solutions to prevent violence in our community and throughout British Columbia.

"It is a proud moment for us as we mark a first in our R+R program history, to have someone who experienced the program as a youth return as an Adult Facilitator."

Lynda Laushway
Executive Director



The New Office at 344 Lower Ganges Road.

Wow! What a full year this has been!

Please come and see our new offices at our Open House and AGM on November 25th, 4-6pm.

The Minister of Community Services, the Honourable Ms. Ida Chong provided \$500,000 for us to coordinate delivery of the Respectful Relationships program in eight communities including Salt Spring. In January she visited the program in our high school and was very impressed by our excellent youth team members. We have received other monies from a wide variety of funding sources including the Canadian Women's Foundation, the Salt Spring Foundation, the United Way, BC Gaming Commission and B.C. Civil Forfeiture Program. With some of these monies, we have launched a new program called **Pass It On** which identifies risk factors for young women and provides mentoring opportunities. Soon this will be replicated with a young men's program, recently funded by RCMP and Victoria Foundation.

To provide these programs we have the largest staff we have ever hired, including a new administrative assistant, Megan, and a part-time bookkeeper, Juli. All the financial work and records are in the office. Hiring good new staff takes time, but is well worth it as we have a terrific team on board.

In June, Alan Moberg graciously offered to do a benefit concert for SWOVA which turned into a wonderful warm event in the Fulford Hall. Pharmasave held a women's event in April and all proceeds from that were generously donated to SWOVA. Such good community support helps us enormously, both psychologically and monetarily, to continue our work with Salt Spring youth.

To assist us in planning and coordinating our fundraising efforts, Vivian Smith facilitated a one day planning session for the Board. Vivian is organizing our ideas into a plan which will guide us over the next 3 to 5 years. This basic foundation planning was funded by the Canadian Women's Foundation.



Lorna Cammaert joins the Honourable Steven L. Point for lunch hosted by SWOVA.

One major highlight of this year was the visit of The Honourable Steven L. Point, Lieutenant Governor of British Columbia. His Honour participated in a talking circle with GISS students in our **R+R** program and then addressed the student body. Later he met Youth Team and Board members. Many people made this a warm and wonderful day to remember. The Lieutenant Governor left impressed with our terrific students, our award winning program and the wonders of Salt Spring.

In September, 24 **R+R** facilitators and coordinators from all over BC came to Salt Spring for training. What an impressive group of community leaders! The Board hosted a Salt Spring dinner for them, providing an informal atmosphere for everyone to meet. They left with newly honed skills, a passion for this work and great respect for Robert, Christina and Lynda.

All told it has been a very busy and successful year. Yet we continue to be faced with ongoing challenges. The latest is that the Ministry which has supported our work has been abolished by the Provincial Government and we are now assigned to the Ministry of Public Safety and the Solicitor General, but the funding has not followed the move. We are befuddled and perplexed, but continue to work with the government officials in the hopes that we can find ongoing support for our work in preventing violence and promoting respectful relationships in our schools.

-Lorna-

Meet our 2008-09 SD#64 R+R Youth Team

We at SWOVA are deeply proud of the young adults who choose to join our R+R Youth Team to participate in the learning and exploration of social justice and non-violent communication. There are approximately 15 members in this year's team. Here's what a few of our Youth Team Members had to say about their experience of being on the R+R Team.

"I joined the Youth Team because I strongly believe in what **SWOVA** has to say and I'm glad I'm a part of spreading the message. I enjoy facilitating the students because you learn so much from them and I feel like most kids can relate to their peers better. I love being on the youth team because we have such a connected, family atmosphere and you learn so much about other people and yourself."
-Emily Bishop –Grade 12



Emily

Danica

"Book learning can only take you so far. Respectful Relationships are fundamental, and what is taught in this program is so incredibly important. I joined the Youth Team because I wanted to be part of what inspired me to be a better person. I take what I learn here and apply it in so many instances and in each one, I am thankful for the knowledge I've acquired while exploring humanity. The best thing about

it, is that this kind of exploration won't ever stop – social growth is something you can't avoid. I'd just like to grow in the most positive ways I can, while leading by example, and I think this work is on the right track."
- Danica Lundy – Grade 12



"I decided to do a second year in **SWOVA** because of two things: I'm interested in social justice, its a passion of mine, and I really like the idea of spreading awareness, through a program like **R+R**. Secondly, I want to make the world a better place, for my generation, and for the generations to come, and **SWOVA** is an excellent way

to start doing that, to start getting involved in a cause I care about."
- Cecelia Fraser – Grade 12



Members of 2007-08's Youth Team meet The Honourable Steven L. Point, Lieutenant Governor, in May 2008.



Youth Team members present a warm-up activity during a workshop.

Widening The Circle Successfully Completed

By Carol Grier

In June of 2008, SWOVA completed a pilot project, to invite parents and teachers into the **Respectful Relationship** circle. **Widening the R+R Circle: Working with Parents and Teachers to Prevent Violence Against Women and Girls.**

Widening the Circle (WTC) focused on developing practical and useable communication skills for relationships, such as reflective listening styles, assertive communication skills, and useful conflict resolution techniques.

Salt Spring Island was one of five communities that hosted the Widening the R+R Circle program last winter and spring. Other communities participating in the pilot project were Kamloops, Cowichan, The Boundary Region, and Prince George.

The year started with the hiring of a “think tank” style team: Chris Gay, Peter Morin, Elly McKeague and Carol Grier. SWOVA staff members also joined the team: Executive Director Lynda Laushway, Evaluator Judi Stevenson, as well as administrative assistant and Woman Friday Randie Clark. The team’s mandate was to write curricula for a parents’ workshop that complemented the students’ **R+R** curriculum, as well as a one-day teachers’ professional development workshop.



The first step in forming the project was a workshop with Maggie Ziegler focused on exploration, personal identity and group dynamics. Then, over several months, Peter and Chris concentrated on writing the parent curriculum with Elly working on the teachers’. Carol developed a “Community Toolkit” and Parents’ Handbook. After many rewrites, the team was ready to take “**WTC**” on the road.

As the designated trainers, Peter and Chris first went to Prince George where they facilitated a Train-the-Trainers weekend with facilitators and came home after this trial needing team focus and energy to

rewrite some more. This happened again with a focus group of teachers for the professional development day. All in a day’s work for a pilot project!

In the meantime, Carol sparked interest in the **WTC** workshops on Salt Spring by attending Parent Advisory meetings, meetings with counsellors in local schools and at Community Services, attending school events, as well as giving a television interview. Getting parents out for a six week, two hour evening workshop was difficult to “sell,” but the class filled with interested parents & grandparents.

Feedback from participants was excellent, and one Saltspring parent was heard to say “This is the best thing I’ve done for myself all year!”

The year ended with a successful series of workshops in Cowichan where parents met twice a week for three weeks. An intensive effort and commitment by parents to assist their youth to stay safe, build stronger connections and navigate healthy respectful relationships within the family.

Throughout the workshops across BC, parents and teachers were given the opportunity to discuss some of the challenges faced in building healthy and respectful relationships, and to work toward making positive changes in their relationships, families and communities.

While **Widening the Circle** is not currently funded, a piloted curriculum is ready for communities who wish to engage in a comprehensive violence prevention strategy. Paired with the award winning **Respectful Relationships** Program, youth, parents, teachers and community members can join together to create safe communities for all.

Widening the R+R Circle: was funded by the BC Ministry of Community Services, United Way of Greater Victoria, B.C. Gaming, and Salt Spring Foundation.

The **Pass it On Project** is a new initiative created by Saltspring Women Opposed to Violence and Abuse (SWOVA) and jointly funded by Status of Women Canada and the Civil Forfeiture Program (B.C. Ministry of Public Safety and Solicitor General.)

The project will work with girls and young women to explore the top four risky behaviours that are presently threatening their health and safety in our community and leaving them vulnerable to violence and abuse. A portion of the Respectful Relationships Program is spent in separate gender workshops. In the past, program facilitators have repeatedly received requests for more of these sessions. The **Pass it On Project** has been created to address this demand by providing opportunities for discussion and mentorship.

The Project will run over an 18 month period and focus on working with four key issues compromising island girls' health, safety and feelings of respect. Topics identified through a youth focus group and youth survey were; island party safety, girl/girl relationships, expression/ depression, and personal identity (body image/ self-esteem).

The Program started working with grades 10-12 young women through workshops and other events in September 2008. Additional training will be provided for up to 30 senior students for their upcoming leadership role. Between January and February 2009, these same young women will create and deliver workshops to younger girls in the community. **Pass It On Project** will continue with an older/ younger girls

partnership (two-month pilot) in which older girls will be paired with younger girls in a guiding relationship.

“It is important that young people on our island are given the chance to realize their potential as leaders. We must do everything in our control to empower the youth of today and give them the opportunities to succeed.”
 - Grade 12 Student

The **Pass it On Project** will work to raise awareness around the 4 key risky behaviours identified by youth themselves and offer forums to help youth to understand their consequences and make healthier decisions. The project will also provide youth of this island with support, skill building opportunities and will build the youth leadership capacity in our community.



Thanks to Status of Women Canada and B.C. Govt., Civil Forfeiture for funding **Pass-It-On**

The R+R Program Around the Province



Robert Birch

R+R'S BC PROVINCIAL TRAINING 2008

From Prince George and Valemont/McBride, to Gold Trail and Kamloops; from Ucleulet, Cowichan and Saltspring, twenty four **R+R** program facilitators and coordinators arrived on our rural gulf island for a six-day intensive training at the Lion's Club Hall. Board members and other local volunteers graciously hosted our guests, offering them comfortable beds at the end of each exhausting day. Many participants described their week on Saltspring Island with SWOVA as 'transformative.'

Executive assistant, Megan Manning-Burton, along with board member Sarah Hook-Nilsson and Communications Coordinator, Carol Grier not only participated in the training (gaining insight into the **R+R** program), they also played the invaluable role of 'den parents', guiding and supporting visitors throughout the week.

GISS youth team members Emily, Danica and Marcello, former youth team member Adam Vickers, along with Alison Vida, Debbie Magnusson and Denise Buote contributed their expertise regarding the **R+R** curriculum, classroom management issues and program evaluation, respectively. Board President Lorna Cammaert hosted and other SWOVA board members provided a smorgasboard of delicious foods on Monday evening - even sharing closely guarded family recipes with many of us. Lynda, Megan and Randie served up another fine meal of salmon and salads for the end of week celebration. Throughout the week, fine vegetarian fare by Christine Godlonton fuelled us up so we could continue re-entering the challenging labyrinth of social justice work.

It took a team of many people to add to the unique flavour and success of this incredible week. Thank you to everyone who played their part so passionately and professionally.

The task of designing, delivering and hosting a provincial training for a group with such varied facilitation and social justice backgrounds was exhilarating. From two male computer programmers hired mere days prior to arriving on Saltspring, to recently retired teachers and school principals now acting as **R+R** coordinators, trained **R+R** facilitators with three years of in-classroom know-how, the task of providing a rich learning opportunity for all 24 participants inspired Christina and I to rapidly grow into our new roles as provincial trainers.



R+R teams from around the province, gather on Salt Spring

Throughout the week the whole SWOVA organization discovered our ever-evolving capacity to work as a highly effective team, able to successfully mentor the **R+R** program into seven other provincial districts. Together we consistently re-discover the value and necessity of addressing the social viruses of sexism, racism and homophobia with humour, grace and collective pride.

Robert Birch
R+R Provincial Trainer

Thanks to B.C. Provincial Govt. for funding **R+R** Outreach

The R+R Program

News from SD#64



Christina Antonick

“The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.”
- Ralph Nichols-

As summer fades into a crisp and colourful fall, Respectful Relationships Program in SD #64 celebrates its 9th year of partnership with the school district in delivery of award winning, thought provoking and skill building workshops for youth in our community. During the past 5 years I’ve been blessed to work with SWOVA, I’ve been amazed by the commitment of youth to dialogue with the Respectful Relationships program about issues including empathy, healthy dating relationships, conflict resolution and stereotypes.

As the newsletter goes to press we have begun our year at Salt Spring Island Middle School with Grade 8 students. The fall will be busy with students in Grades 7, 9 and 10 continuing along with the 48 R+R session workshops they began in grade 7.

We are very pleased to have two new adult R+R facilitators joining our team this year. Nicola Temmel and Sean Mulligan are both local island residents who took part in the provincial training in September and now begin their work in the classroom and with our R+R Youth Team. They bring a wealth of skills, creativity and passion to the position and I’m very excited to welcome them to the facilitation team.

I will continue my work in the district as Program Coordinator of R+R as well as in coordination of our new project “Pass It On” which came out of work with girls in the classroom during R+R workshops.

We are delighted to continue our work with the administration and staff of School District #64, parents and community service providers here in the Gulf Islands. Working collectively, our community commitment to the health and well being of youth continues and grows!

Christina Antonick
 Program Coordinator
 R+R and Pass It On

Thanks to funders of our Local R+R Program: BC Ministry of Community Services; Canadian Women’s Foundation; BC Gaming; Salt Spring Island Foundation; SD#64



New R+R facilitators for School District 64: Nicola Temmel & Sean Mulligan