

National Day of Remembrance and Action on  
Violence Against Women

*December 6*

Meet at Centennial Park,  
Ganges, Salt Spring Island  
at 6pm  
for a  
*Candlelight Vigil*

*roar*

The Newsletter of

**S•W•V•A**

**Salt Spring Women Opposed to Violence and Abuse**

Issue 27

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SWOVA *roar*

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Fall/Winter 2011/12



2011 is a bumper year! R+R Youth Team members with facilitators, Christina Antonick and Kevin Vowles - October 2011

“R+R teaches us how to be open and to  
truly speak our mind.”

- Respectful Relationships Youth Team Member

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



**eliminating violence through learning, research and action**

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Martin Blakely, VP at GISS, draws the winning door prize at SWOVA's Sexual Health Faire as Chris Gay looks on.

Under the Distinguished Patronage of:  
His Honour The Honourable Steven L. Point, OBC  
Lieutenant Governor of British Columbia

**SWOVA**  
**Saltspring Women Opposed to Violence and Abuse,**  
**Community Development and Research Society**

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This newsletter is published once a year by SWOVA, a non-profit registered charity that works for social change. Our primary purpose is to develop individual and community capacity to prevent violence and abuse against women, children, and youth through research and education. 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.

- 2010 – 2011 Board of Directors**  
Tania Aguila  
Elizabeth Bastien  
Marcia Burton  
Lorna Cammaert  
Karen Curtin  
Richard Kerr  
Zelly Taylor  
Ian Thomas

**SWOVA Office Staff:**  
Lynda Laushway - Executive Director  
Megan Manning-Burton - Office Administrator,  
Resource Librarian, Newsletter Editor  
Juli MacDonnell – Bookkeeper

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

**We greatly appreciate the support of our funders:**



**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 programs 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: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_ FAX: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ \*\*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 keep our library updated. We have added a new Non-Profit section plus many new books, some of which are listed below. Our library focuses on education and information about abuse and violence prevention and is open to all - call for opening hours: 250-537-1336.

**Some of our New Books & DvD's:**

***It Gets Better* (book)** – Dan Savage and Terry Miller had a truly inspiring idea to help LGBT kids. *It Gets Better* started on the internet. After a number of tragic suicides by LGBT students who were bullied, Savage and Miller posted a youtube video speaking about the bullying they suffered as teenagers and how they both went on to lead rewarding lives. The video launched a worldwide phenomenon with more than 6000 videos posted and more than 20 million views in the first three months. This is a collection of essays, stories, and words of wisdom written by a wide selection of people, from university students to presidents, who were all moved by the idea to reach out to LGBT kids in crisis.

***The Times of Harvey Milk* (DvD)** – by Robert Epstein & Richard Schmiechen. This is the 1984 documentary chronicling San Francisco city supervisor, Harvey Milk's campaign for office, for human rights and his eventual demise. Milk was the first openly gay U.S. politician elected to public office. This is the kind of film that makes you want to take to the streets, put your head over the parapet and make a stand for change. I was living in San Francisco at the time - as a young photography student - and remember the state of shock the city went into when Milk and the Mayor, George Moscone, were assassinated. This academy award winning film is inspiring, informative and

entertaining. A must see for anyone with an interest in human rights and LGBT politics. This is a new release of the film with a disk full of extras.

***Healing Trauma: A Pioneering Program for Resorting the Wisdom of Your Body* (book/CD)** - Peter A. Levine, PhD gives a how to guide for developing body awareness and healing traumas by revisiting them rather than reliving them. The accompanying CD includes 12 guided somatic experiencing exercises. Uncover the physiological roots of your emotions.

***Strategic Planning for Non Profit Organizations* (book/CD)** – Michael Allison & Jade Kaye have updated their successful guide and workbook for developing a strategic plan. A well thought out plan helps you set priorities and acquire/allocate the resources needed to achieve your goals. It also helps to keep staff and volunteers focused on your organization's priorities.

***Leading Leaders* (book)** – The leaders you are called upon to lead in a non-profit organization may be highly educated experts, board members, or both. Jeswald D. Salacuse sets out tasks to help you navigate leading the leaders who are invaluable to your organization.

**DATES TO REMEMBER****November 20** - National Child Day**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** - Black History Month**March 8<sup>th</sup>** - International Women's Day**SWOVA - What's New**  
From the Executive Director's Desk

Lynda Laushway

We have had an exciting year at SWOVA with lots of new and innovative developments. Holly MacDonald has created an E-learning training program for Respectful Relationships facilitators which we are currently pilot-testing. An effective on-line training program will mean that we will be able to offer Respectful Relationships facilitator training to a much wider group.

Six Aboriginal women reviewed our Respectful Relationships program in the spring and made suggestions to make it more relevant for Aboriginal youth. We incorporated their input and now have a new Aboriginal Respectful Relationships program. We have been working in partnership with the Musqueam Indian Band in Vancouver to train and support them to deliver the new program to their youth. In October at Loon Lake, Christina Antonick and Chris Gay trained thirty people from the Musqueam community.

Sixty Musqueam youth will participate in the Aboriginal R+R program workshops, delivered by adults from their community. The pilot-test of the delivery of the new program will be evaluated. The Department of Justice Canada and the Canadian Women's Foundation funded this project.

SWOVA now has a BLOG which is updated every other week. It has news about SWOVA's programs and other topics related to violence prevention and healthy relationships education. If anyone would like to receive the BLOG posts by e-mail, please contact the SWOVA office (info@swova.org) and ask to be placed on the distribution list.

Once again there will be a full Respectful Relationships program (R+R) delivery in School District #64 this year. This will be our 12th consecutive year of delivering healthy and respectful relationships

education to youth in our community. Adult facilitators, Christina Antonick and Kevin Vowles will be delivering the program, with Chris Gay as Coordinator.

A record forty-two youth have signed on to the R+R youth team. This is the largest number of high school students that we have ever had wanting to become youth facilitators of the R+R program. That figure alone speaks to the tremendous support that has developed for the program over the years.

The Pass It On Girls program is in its third year of delivery, funded primarily by the United Way of Greater Victoria. Kate Maurice returns as the Mentor Supervisor and Chris Gay as Coordinator. This year, adult women from our community will be participating in the program meetings, bringing their inspiration and wisdom to the girls and young women in a structured group mentorship format.

We would like to thank Sean Mulligan, our male R+R facilitator, for the past few years and wish him well in his new adventures. We welcome Kevin Vowles both to our R+R team and to our community. Kevin comes with a wealth of experience in working both with youth and in working for social justice.

We are grateful at SWOVA to have the support of our community and the confidence of our funders to continue to forge groundbreaking work that makes our community and many other communities in British Columbia safer places for everyone to grow and flourish.

**Lynda Laushway**  
Executive Director

Celebrate with us! This year we have achieved two of our strategic goals: we have launched a collaborative Respectful Relationships program for aboriginal youth with the Musqueam Band, and an e-learning training program for facilitators has been developed, tested and is almost ready for unveiling to the world. In addition, of course, we have continued to find funding to run the Respectful Relationships program at Gulf Island Secondary School which this year has a record number of 42 teens volunteering for the Youth Team, and to continue the successful Pass It On Girls program. All of these things have been accomplished because of our dedicated staff members as well as several consultants. The Board appreciates all the hard work, many hours, and passion our staff have for this work.



In May, Pass It On and R+R Youth organized "SparkFest" - a festival with fabulous music, local food, games and good energy.



Cleo Madelaine performing at SparkFest

And as you know, all of this work has been funded by generous donations from a wide variety of foundations; Salt Spring Island Foundation, Canadian Women's Foundation, United Way, corporations; Coast Capital Savings, Mid-Island Coop, Telus, Government: BC Gaming, Department of Justice, HRDC Summer Jobs, Status of Women Canada, and individuals.



Lorna Cammaert



"Artist Party Revolution" - A GISS High School super-group performs at the SWOVA fundraiser in April

Thank you to all for your financial support and emotional support of the important work we do in preventing violence and teaching respectful communication.

Recent reports of despairing teenagers taking their lives because of being bullied in school reminds us just how essential and important our work is. If we save one life it is worthwhile, but of course we are trying to do much more. We are trying to change life for individuals and to change our community. While some of the adults demonstrate that there is a long way to go, we do seem to be making progress with the students.

We are looking forward to an exciting year as our new projects come to fruition and the evaluative reports help us to know how effective they have been.

The R+R program defeats the seeds of discrimination by exploring diversity and looking objectively at a wide variety of different cultures and beliefs. Judgment, violence, strong emotions, discrimination, abuse, loneliness, and depression are only some of the many difficult and sensitive topics that are addressed, explored and discussed through the R+R program, while respect, empathy, openness, trust, courage, compassion, self-expression, self-confidence, cooperation, and leadership are encouraged and supported by the program. I personally cannot think of any work that could be more important than that in the lives of young adults."

**"The kids are really switched on."**  
-Kevin Vowles, R+R Facilitator -

**Grade 10 R+R Student:**

"I think this program is wonderful and I want it to continue through the years so my generation and the future generation will turn out to be the most respectful and peaceful people on the earth."



Youth Team Member at the weekly meeting

**Pass It On**

Pass It On 2011 will build on previous years' Pass It On project. Over an eight-month period, a group of senior high school young women will mentor younger girls through group activities and one-to-one meetings. A group of grade 8 girls on the cusp of high school will have the opportunity to dialogue with older girls and have older role models to assist them with the transition to high school. We will also be delivering three educational workshops on body image to three separate groups of Grade 8 girls.

The first 'Meet and Greet' took place in October where 20 mentors from the High School met with Middle School Girls in an informal atmosphere at the High School. The mentors and

mentees were asked: "When you go back to school tomorrow, and your friends ask you what the Pass It On meeting was all about, what will you say?" Here are some of the responses:

"Getting to know someone I can know next year when I come to high school and I don't have to freak out."

"Meeting younger people you can share with and relate to."

"Passing on knowledge, hanging out, and feeling better."

"Pass it On is one of my most favourite parts of the day."

"I would love to be anyone's mentor."

"It's all about being yourself."

"It's fun and cool being in a room with older people."

"I'm impressed with how into it everyone is. I'm stoked to hang out, watch movies and eat cake with my new buddy."

"Everyone is so open."



Mentors and Mentees meet at the High School

# Meet the Youth

## 2011/12 R+R and Pass It On Teams

### Respectful Relationships (R+R)

Forty-two Youth signed up for the (R+R) Youth Team this year which is a record for the program. The level of interest and enthusiasm speaks to the success of the program and the building of support over the last 12 years in School District #64.

We asked some of the youth for their views on the R+R program and being on the Youth Team.



**Teal**

"I joined the youth team because it is a very comfortable place and it brings lots of people together with the 'soul intention' of helping anyone and everyone. This is my second year being a part of the youth team and I have learned so much from it. I get to learn about pressing issues in today's culture and how to help and fix these problems. I also hope to get that satisfaction that you only get when you help someone. Being able to go to the middle school or the younger grades in the high school and address some serious problems that youth that age have today is going to help in more ways than one."



Some of the 2011 R+R Youth Team

The work that SWOVA and R+R does is very important because nobody else addresses these important topics with youth and helps find ways to work with all types of situations that most teenagers are in."



**Josh**

"I first experienced the R+R program in grade 9 and I was absolutely blown away. Not only was the course material so incredibly vital to living a healthy life, the atmosphere that the program created was unlike anything I could have ever imagined witnessing in a high school setting. The conversations were so real and all of the superficial topics that infest the halls were left behind at the door. What I witnessed in that room was an environment in which teens could be themselves. Such a safe environment is extremely difficult to create, especially since high school is generally thought to be one of the least safe environments, where vulnerability is exploited rather than supported. Though we have a rare high school with a stunningly kind and accepting atmosphere, it is still a high school and gossip, judgement and verbal bullying still manage to sneak into our adolescent world. It is vitally important for teens to learn about complex and sensitive emotional issues as well as be educated about diversity."

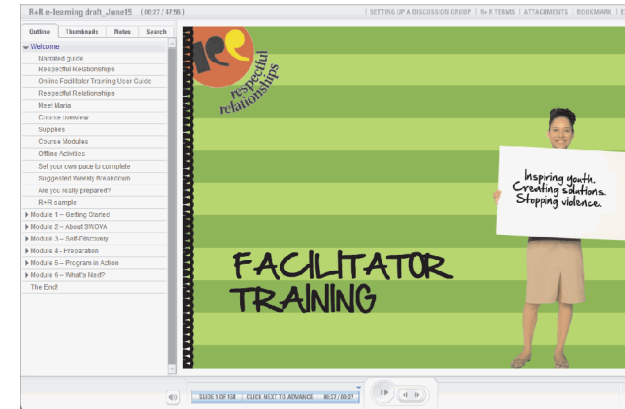
I joined the youth team both to support the program and represent it in the classrooms of younger grades and to have the privilege of participating in the phenomenally sincere discussions of the youth team meetings. I get a wonderful feeling in my heart every time that I enter the classroom of a younger grade and get to teach, inspire and promote values that are essential to leading a happy and peaceful life. All I want now is to give something back.

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# Meet Maria

## New R+R E-learning Program



SWOVA's training for R+R facilitators has taken off into cyber space. The guide for this exciting on-line program is Maria, the brain child of Holly MacDonald of Spark & Co.

In these last few years, SWOVA has had inquiries about the Respectful Relationships program from many locales - we've even caught the eye of folks in Australia. Training the facilitators who would deliver the program has presented an insurmountable expense for many communities. Do they pay for a trained facilitator to come to them, or send their trainees to Salt Spring? Either option is costly and prohibitive.

Now, thanks to the innovative efforts of Holly and others at the SWOVA office, facilitator training will be available on-line soon. Holly has created a guide, Maria, who accompanies trainees through each of the 12 chapters of the training manual. With Maria as our learning companion, we are guided through a multi-level learning format, which offers video clips of facilitated R+R sessions, encouragement for self-reflection through journaling exercises, support for getting a community group together, and the opportunity to meet other student facilitators in online forums. Maria shares her experiences and concerns as she engages with each of the exercises, providing insights and describing situations that help stimulate the student facilitator's imagination.

The program has many self-testing modules to help trainees determine their own strengths and weaknesses. Upon completion of the training, student facilitators can submit a video of themselves facilitating a group. The video will be assessed by a SWOVA mentor for evaluation of the student's success.

SWOVA believes that the new learning format for R+R will not only keep the costs of the delivery of the training down, but will open the door for students to engage with the material in a culturally diverse online environment. We are happy to be able to respond positively to long-distance requests for the delivery of the R+R training.

If you are interested in the training, please contact the office ([info@swova.org](mailto:info@swova.org)) and we will let you know when it is available.

by **Marcia Burton & Zelly Taylor**



R+R Youth Team act out a scenario in the E-Learning program



# SWOVA - What's New

## Respectful Relationships Goes to the Musqueam Indian Band



Participants in the Facilitator Training – October 2011

A new pilot project has been launched by Swova Community Development and Research Society working in partnership with the Musqueam Indian Band in Vancouver. An Aboriginal Respectful Relationships program has been developed and was delivered to Musqueam youth during the month of October 2011. Six Aboriginal women made suggestions for adapting the successful Respectful Relationships program curriculum to make it more relevant for Aboriginal youth.

Christina Antonick and Chris Gay trained thirty Musqueam community members to become adult facilitators of the new program at a three-day retreat at Loon Lake, September 30 through October 2<sup>nd</sup> 2011. The newly trained facilitators delivered the Aboriginal R+R program to sixty youth ages 12 to 18 at weekend retreats in October 2011.



Artwork by Jaada Kweeyung (Danielle Kannegiesser) and Sganna Jaada (Anastasia Hendry)

This is an exciting opportunity for SWOVA's successful Respectful Relationships program to reach a wider audience. "The people who attended the training were enthusiastic, and very keen to learn the new program. They are passionate about helping their youth and about working as a community to make it safer for everyone," said trainer Christina Antonick. This new outreach was funded by Department of Justice Canada and the Canadian Women's Foundation.

by Lynda Laushway

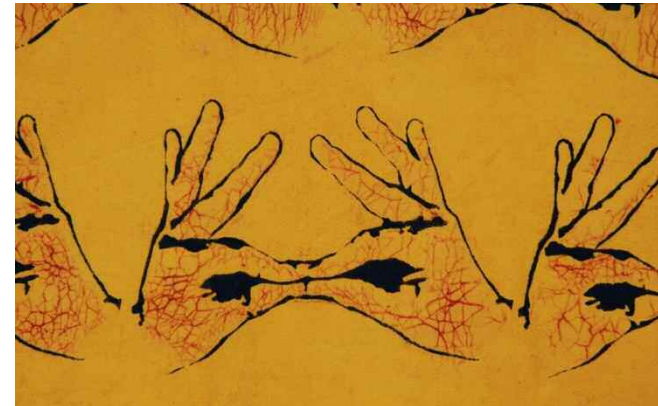
*"They are passionate about helping their youth and about working as a community to make it safer for everyone."*



Christina Campbell, participant in the R+R training at Loon Lake

# Emergence

## Healing From Sexual Assault



**Emergence III (detail) 2009**  
64 x 47 cm, Procion MX (immersion and direct application) with Opulence pigment stenciling on 100% cotton

Fine art attempts to fill in the gaps left by history writers. Fine craft and textile art further informs our histories. Giving shape, colour, texture and meaning to my own history, my intentional personal expressions in cloth allow me to navigate my own awareness.

The work featured here, Emergence III (detail) is the third panel to a triptych created from cloth, ink and dye and represents a positive outcome. I have used symbolism, line, repetition and colour to revisit a personal story, to step away from identifying with that story and to communicate and bring strength to myself and to others.

It is clear that rape and sexual assault are products of our culture, yet methods for prevention and healing are unclear and oftentimes, silence is the result. Victims without legal evidence or witnesses fear re-victimization by society. I was tired of being silent and then when I was ready to share, grew tired of repeating the story and reliving the victimization.

Through introspection and self-inquiry, I have found that meditation and creative expression fuel significant transformation and continue to do so.

In this work I have stenciled with pigment, a repeated series of mudras, or yogic hand gestures, onto a saffron background of canvas. Referencing meditation, spirituality and sisterhood, this hand gesture is known as the Yin mudra, for feminine empowerment. The brilliance of saffron envelops hands united; in symbol and in texture. Seeing sunshine when it feels like darkness prevails and having that knowing, that sense that there is a strong light within no matter what happens in the world of reality; we are not slaves to circumstance if we so choose.

By facing the fear and embracing the truth, these hands can be seen in their humanness, strong with the red of the blood, of love and courage running through them. The veins are there to represent our humanity, our bodies surging with life and the blood that expresses itself when trauma occurs.

***"In the midst of winter, I finally learned that there was in me an invincible summer."***  
- Albert Camus -

I meditate, I read and write, I create and explore my place in community, a community where in one week I can experience multiple gatherings of women, in song, in sharing circles, as witness to the guiding moon, and in

exercising the body through yoga and dance. I feel myself getting stronger each day, valuing my perspective, my body and my health and feeling courage and excitement to listen to the beat of my own drum while at the same time understanding and welcoming the interdependence of others around me. I feel nurtured to grow as a woman and an artist in the face of challenge.

**For comments or questions, please email:**  
[red.is.best@gmail.com](mailto:red.is.best@gmail.com)