

Muskoka/Parry Sound Sexual Assault Services

presents

Daphne's Voice

Spring 2016

Working together to end sexual violence. We can help.

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MAY: SEXUAL ASSAULT AWARENESS

As part of sexual awareness month MPSSAS is hosting a training on the complexity of trauma by Dr. Lori Haskell.

Dr. Lori Haskell is a clinical psychologist whose clinical interests include trauma, revictimization, vicarious trauma, sexual abuse and sexual violence in relation to psychological development.

Dr. Lori Haskell will be discussing a treatment model that integrates insights and information from neuroscience, clinical research and both relational and psychodynamic perspectives. It also recognizes the need to understand social context, including social inequalities, in relation to trauma.

Participants will learn how peoples' brains, minds and bodies are affected by traumatic experiences. Its main emphasis will be on learning ways to facilitate increased control of affect dysregulation, a core dimension of complex trauma.

Don't miss out on this amazing training opportunity!

MAY 9TH—8:30am-5pm

Nipissing University, Bracebridge

\$99 in advance

For more information please contact Laurie at
laurie@daphnewymn.com or 705-646-2122.



24/7 Sexual Assault Helpline: 1-800-461-2929

Practice Mindfulness

Grounding techniques for your self-care.

5, 4, 3, 2, 1

Think about 5 things you can see, 4 things you can hear, 3 things you can touch (and touch them), 2 things you can smell or like the smell of, and 1 slow, deep breath.

Carry an Object

Carry a small object (a small rock, clay, ring, piece of cloth or yarn) that you can touch whenever you feel triggered.

Soothe Box

Make an emergency soothe box that you can use. Fill it with meaningful objects and reminders of staying mindful and grounded.



www.brainygame.com © 2015

Tips for Grounding

- **Remember to always breathe.**
- **Keep your eyes open in order to keep yourself in the present moment.**
- **Practice often.**
- **Enlist help. Confide in a friend or family member to remind you to use your grounding techniques.**
- **Know your triggers.**

—Submitted by Alex Spears



Daphne's Voice Spring 2016

Sexual Assault Awareness Month



Muskoka Parry Sound Sexual Assault Services (MPSSAS) has numerous activities planned for this month including a workshop for professionals on May 9, titled Violence, Victimization & Trauma - The Complexity of Trauma Responses with nationally recognized trauma expert Dr. Lori Haskell. Our twice yearly Moving Forward from Survivor to Thriver Conference for women sexual assault survivors is on May 25. Our groups are in full swing and our new Survivor to Survivor Peer Mentorship program is underway with 12 mentors in training and will be ready to accept women who wish to work with a survivor mentor in June.

Sexual assault awareness took a huge leap in March, through the trial of ex CBC host Jian Ghomeshi, who was recently acquitted of several counts of sexual assault and choking. He faces another trial for similar charges in June. Media was full of articles, analysis and anger from people who both supported and condemned the verdict after his trial, and this continued focus on sexual assault is likely to continue through his second trial.

For many people who have not experienced sexual assault, or aren't aware of how the justice system operates, this highly publicized criminal trial was eye opening. The criminal burden of proof is 'beyond a reasonable doubt', and requires the Crown prosecutor to 'prove' a crime was committed by the person charged, who has the right to not answer questions related to the charge(s). Instead, victims must take the stand and answer numerous questions about the

event(s), what they consented to or didn't, the aftermath and their own characters. They are considered 'witnesses', and are not represented by an attorney, although proposed changes in Ontario would provide them with an advocate. Their credibility is examined carefully, and given the frailty of human memory, particularly in the context of severely traumatizing events, room for a small doubt is often present.

This 'doubt' in the Ghomeshi context led to a storm in the mainstream and social media – with many including the judge concluding the 3 women had 'lied' about the assault. This, despite the fact Ghomeshi acknowledged some violence in his Facebook post. Sexual assault is a crime in which survivors have been thought to be lying, although numerous research studies have pegged false reporting at 2-8%, similar to other major crimes. At our agency, in speaking with thousands of women over the years, we know that women often do not end relationships with men who assault them, at least not immediately. Most survivors want the abuse to stop. They may respond in numerous ways, due to shock, trauma and trying to normalize the relationship. Women are socialized to be peacemakers. And, their responses to the assault do not negate that assaults were experienced. #WeBelieveSurvivors is a hashtag on Twitter where you can find lots of pro survivor posts.

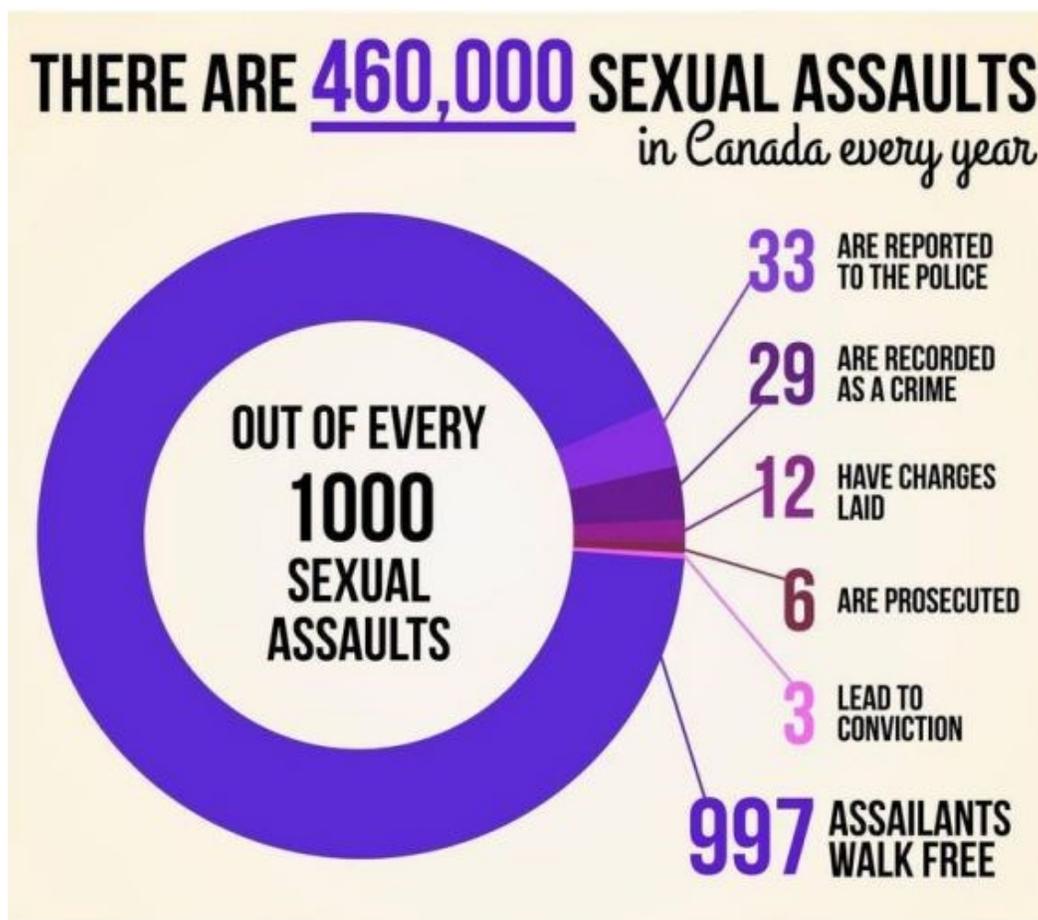
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Sexual Assault Awareness Month

Advocates who work with survivors have noted over years that the criminal justice system has tended to result in few convictions – for every 1000 sexual assaults in Canada, 33 are reported to the police, 12 have charges laid, 6 are prosecuted and 3 result in a conviction. (Johnson, 2012) Many survivors are currently not using the justice system, for a variety of reasons and these reasons are increasingly topic for public debate. We welcome this public debate and the increasing interest in the topics of consent, trauma, memory and sexual violence. Whatever your opinion about the outcome of this trial, we hope you learned more about gender based violence, and its prevalence in our society.

In Canada, one in three women will experience sexual or physical violence in her lifetime. We must begin to scrutinize our system of justice, and create conditions in which more women are able to find a sense of justice, without fear of castigation or re-traumatization. Many legal advocates and others are proposing alternative ideas now, and this debate will continue. I'm looking forward to our upcoming Survivors' Conference in May, where we will have a panel discussion on gender based sexual violence and the justice system.

Submitted by Lauren Power



Source: Johnson, "Limits of a Criminal Justice Response: Trends in Police and Court Processing of Sexual Assault," in Sheehy, *Sexual Assault in Canada: Law, Legal Practice and Women's Activism*, 2012.





Huntsville Rally—#WeBelieveSurvivors



On March 25th, after the Ghomeshi verdict, community members in Huntsville came together to show their support for survivors. Community members gathered at the Town Hall meeting with signs and chants to show their support and solidarity. **Here is what community organizers, Kathleen DeVries and Sandra Smith, had to say about the event:**

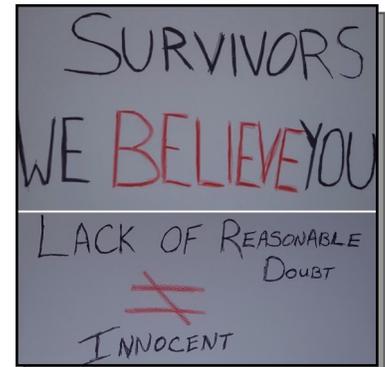
On March 24, 2016 a Canadian court announced Ghomeshi's verdict; "not guilty." The words 'not guilty' reverberated through the media in a matter of minutes, gaining speed as it echoed through the masses, invoking a range of responses. How did the decision make you feel?

Though only two words and three syllables, the impact of "not guilty" was profound. Those words left survivors, advocates, and supporters of ending sexual violence against women in a state of shock. How could the sexual assaults of three women—and many more who did not go to trial—be dismissed so summarily? Yet, feminists and survivors have long known the failures of our legal system, not only in providing justice for victims of rape and other forms of sexual violence, but also in creating an atmosphere where victims are blamed for the crimes committed against them.

Though many were not surprised by the verdict, frustration and a sense of injustice flared. Anger is a powerful emotion and its energy can be harnessed to fuel change, to motivate us to put aside our differences and unite to demand social justice.

In Muskoka, we are angry too! Though the Ghomeshi trial and verdict occurred over 200km away, its devastating implications resonated both worldwide and here in our community: home to hundreds of survivors and victims of sexual violence.

Our initial frenzied exchange highlighted our heartbreak and disappointment, but those emotions were quickly replaced with urgency and a decisive call to action. That night, we created an event on Facebook calling for people to meet us the next day, Friday March 25, at Huntsville's Town Hall to show support for and solidarity with victims of sexual violence. We mobilized using social media and our fiercely stoked feminist fire. The turnout or backlash was less of a concern to us than our need to show our community—both abusers and survivors—that we stand with victims of sexual violence, believe their words, and we will not tolerate woman-hating in any form.



Equipped with a few hastily written but poignant signs, extra bristol board, markers, and indignation, we stood at Town Hall. We proved many felt like we did as our group attracted more protesters and much support from passersby and drivers. We chanted "we believe survivors"—words more powerful than 'not guilty'. We were highlighting that 'not guilty' does not necessarily equal 'innocent'.

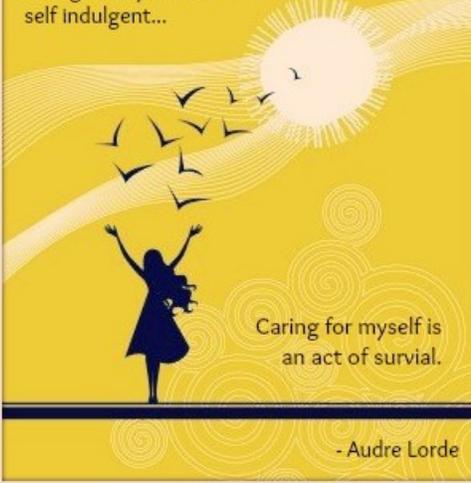
It is easy to let helplessness—hopelessness—overcome us when we're bombarded with evidence of victim blaming and the dehumanization of women in our society. It can be a struggle to push on when we repeatedly see male perpetrators of violence not held accountable for their actions. It is disheartening when the message 'violence against women WILL NOT be tolerated' is not made clear. But allowing anger to simmer to defeat or bitterness is unproductive. We all have a voice. When one voice meets another, and another, uproar follows. Raise your voice—we hear you! [#webelievesurvivors](https://www.facebook.com/webelievesurvivors)

Just a few positive thoughts for today...

Gentle
REMINDER:
Take care of myself
today.

I am
worthy of
love and
respect.

I have come to believe that
caring for myself is not
self indulgent...



Caring for myself is
an act of survival.

- Audre Lorde

Note to Self
I am doing
the best I can
with what I have
in this moment
And that is all I can expect
of anyone, including me!

www.AeroSoftCorp.com

Believe
YOU CAN
- & -
YOU'RE HALFWAY
there.

- Theodore Roosevelt

**I Believe
Survivors**

#IBelieveSurvivors
#WeBelieve Survivors

DEEP BREATHS
are like little love
notes to your body

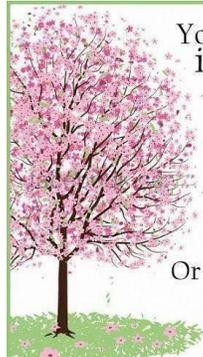
FREE YOUR MIND.

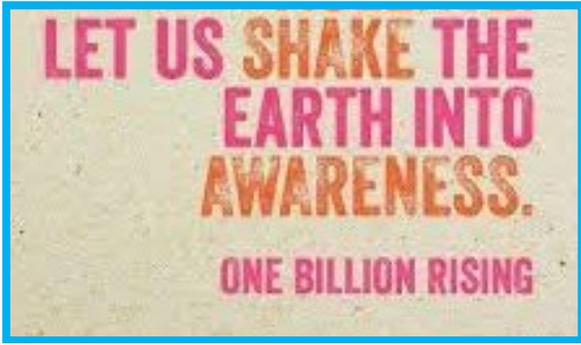


© iStock

**EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**

Your mind
is a garden.
Your thoughts
are the
seeds.
You can grow
flowers
Or you can grow
weeds



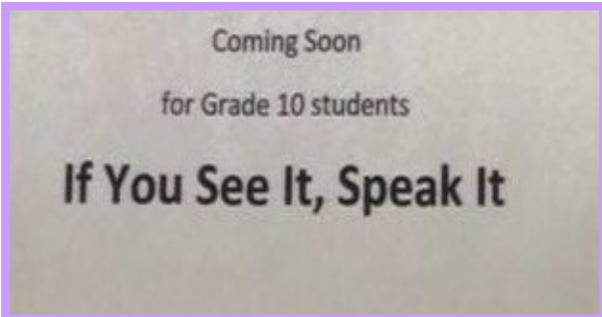


ONE BILLION RISING

MUSKOKA/PARRY SOUND

In February both Muskoka and Parry Sound rose for revolution! On February 6 and February 14 we held One Billion Rising Flashmob events in both Muskoka and Parry Sound. **Interested? Read more on our spotlight page.**

For more information on the campaign itself, you can visit www.onebillionrising.org.



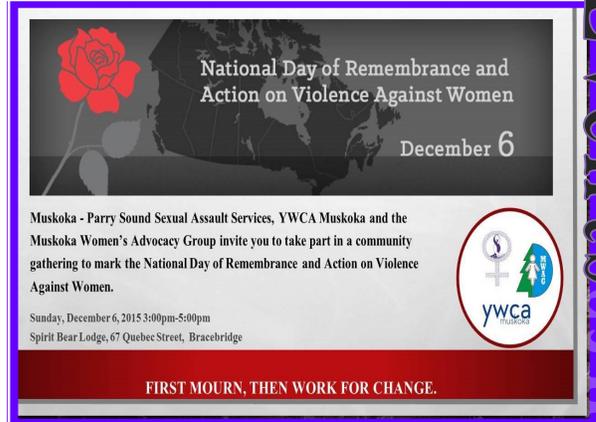
IF YOU SEE IT, SPEAK IT

BRACEBRIDGE/PARRY SOUND

Once again this year we participated in the If You See It, Speak It project presented to local high schools. The project is led by Dawn Novak who educates students on dating violence. Community organizations also provide students with information on how to access services if experiencing dating violence.

Checkout this video for more info on the project:

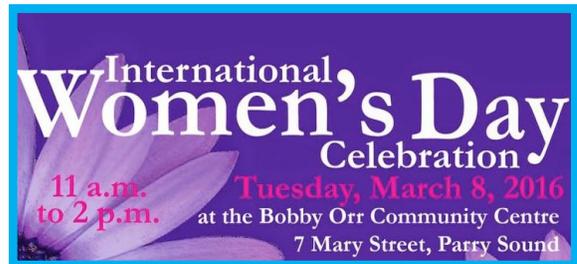
<https://vimeo.com/119986104>



DECEMBER 6TH

BRACEBRIDGE

This year, in Bracebridge, Muskoka - Parry Sound Sexual Assault Services, YWCA Muskoka and the Muskoka Women's Advocacy Group held a gathering at the Spirit Bear Lodge (67 Quebec Street, Bracebridge) on December 6, 2015, where we gathered to mark the National Day of Remembrance and Action on Violence Against Women. There were almost 65 people who joined us for the afternoon. Some attendees assisted us in reading aloud the names of the 34 women who lost their lives to violence this year in Canada. We were honoured to have Sarah Spring play background piano music for us.



INTERNATIONAL WOMYN'S DAY

PARRY SOUND

To celebrate International Women's Day, our agency participated in Esprit Place Family Resource Centre's pampering day event. Alongside other community agencies we provided information on community services women could access while women enjoyed free pampering services.

Events Spotlight:

One Billion Rising



One Billion Rising is an awareness movement started by Activist and Playwright (The Vagina Monologues), Eve Ensler. The movement is based on the statistic that 1 in 3 women will suffer sexual violence in her lifetime. This equates to 1 billion women on the planet right now.



came out to “shake the world into awareness”. Participants also enjoyed face painting, banner making, t-shirt making and refreshments. We hope to see more people come out next year!

The Muskoka campus of Nipissing University did a wonderful job raising awareness on violence against women on February 6.

On February 4th, Dawn Novak spoke to students about the events surrounding her daughter’s death. Natalie Novak was murdered by her boyfriend in 2006, while she was attending Ryerson University.

February 6th, the students of Nipissing walked around Bracebridge distributing awareness materials and invitations to attend the “Coffee House” event at the Campus. The event featured speeches from the organizing committee, Victim Services and our agency. The Bracebridge School of Ballet led the dance “Break the Chain”, inviting others to join in. A silent auction raised over \$800 for the Ignite Campaign. There were also musical performances from artists Tobin Spring, Gina Horswood, Christine Heron and Cassandra Cutting. There were over 80 people in attendance.

In Parry Sound our revolution began with information and t-shirt making workshops at Parry Sound High School.

Then on February 14th at the Parry Sound Friendship Centre (despite the freezing temperature!) some dancers



– Laurie Lamont & Athena Vethanayagam

Sexual Assault Awareness: FACTS

May is Sexual Assault Awareness Month. I think it's appropriate to review some of the Myths and Facts about Sexual Violence – especially after the result of the Ghomeshi Trial. Many myths about sexual violence shame and blame the survivor instead of holding the perpetrator accountable. Here are some myths to consider.

Submitted by Diane Kalverda

Sources: Ontario Coalition of Rape Crisis Centre & WAVAW Rape Crisis Centre

Myth: Women lie about being sexually assaulted (for their own benefit).

Reality: Sexual assault is one of the most underreported crimes. Only 10% of all assaults are reported to the police. Also false accusations of rape occur at the same numbers as false accusations for other crimes, 2-4%—which means 96-98% of reports are true.

Myth: The way a person behaves or dresses can make them more vulnerable to sexual violence.

Reality: The survivor is never at fault for a sexual assault. Victim blaming takes responsibility away from perpetrators and re-victimizes the survivor. In reality, survivors report wearing a variety of clothing and participating in a variety of activities at the time of their assault.

Myth: If it really happened, the survivor would be able to recount all the facts in proper order.

Reality: Shock, fear, embarrassment and distress can all impair memory. In addition to this, many survivors actively attempt to minimize or forget the details of the assault to help them cope with its memory.

Myth: If a person consents to sex but changes their mind later on, it is not assault if the other person proceeds with sex.

Reality: Consent is both positive and ongoing. Consent must be given every time people engage in sexual contact. Consent can also be revoked during sexual activity.

Sexual Assault Awareness: FACTS

Myth: By the way a person acts you can tell if they have been assaulted.

Reality: There is no one way to act or react after a sexual assault. Although survivors may experience common emotions, they may not express them in similar ways. A survivor may also be influenced by other variables such as cultural background.

Myth: Sexual assaults are committed by strangers.

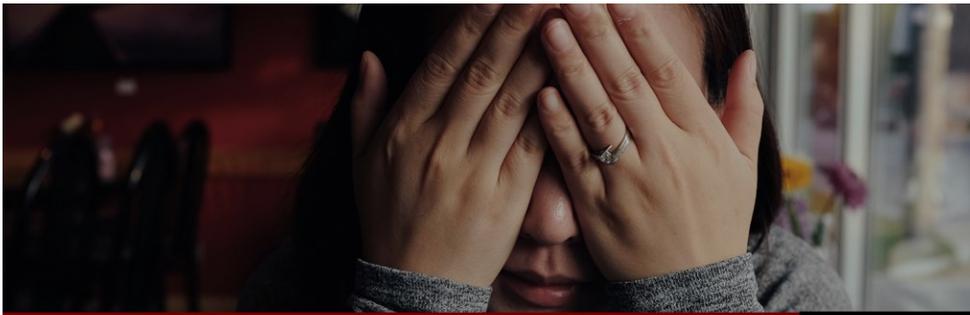
Reality: Most sexual assaults are committed by someone close to the victim. In fact over 80% of sexual assaults are committed by people known to the survivor. Over 80% of our clients have actually experienced familial child sexual abuse.

Myth: A verbal "no" is the only way of denying consent.

Reality: A person can deny consent in many ways including body language or silence. Consent means focusing on "yes". There are also many reasons a person may be unable to deny consent such as fear of further violence and power relationships .

Myth: Only young "sexy" women are raped.

Reality: Persons of any age can be raped. However according to statistics some groups of women are more vulnerable to sexual violence such as young women and Indigenous women .



The Hunting Ground: Sexual Assault and College Campuses

My Thoughts.....

Fact: One in five women will be sexually assaulted in college.

Source: Association of American Universities (2015), Washington Post-Kaiser Foundation Poll (2015), England (2015), Krebs (2007), Fisher (2000), Koss (1987), and many, many more.

THE
HUNTING
GROUND

www.thehuntinggroundfilm.com

I recently sat down and watched “The Hunting Ground”. In case you haven’t heard about the documentary, it shines a light on American college campuses and the way they deal with sexual violence. Although I expected to see the college systems fail survivors who reported, the statistics were still shocking. **1 in 5 women** experience sexual assault on college campuses. In Canada, a national survey indicated **4 out of 5** undergraduate students experienced dating violence; 29% of the violence experienced is sexual assault. One particular American college had 259 reported sexual assaults (over a 17-year span) and only 1 expulsion as a result of those reports. Another school reported 209 sexual assaults (over a 15-year span) with 0 resulting in expulsions. Yet that school had 183 expulsions for cheating and other honour board violations within that same 15-year period.

Although these are American statistics, sexual violence on Canadian campuses is also endemic. Remember the frosh week chants about rape in 2013 at St. Mary’s University and University of British Columbia? Also according to CBC as of 2014, only 9 out of 78 Canadian universities had policies regarding sexual violence. Hopefully this will change in Ontario because of the Sexual Violence Harassment Action Plan Act which will require all publicly-assisted post-secondary institutions to have sexual violence policies. Additionally, in a study done at the University of Alberta, over 33% of women said they experienced their most serious experience of sexual violence in their first-year of university. Much of what is discussed in *The Hunting Ground* seems to be applicable to Canadian post-secondary institutions.

The Hunting Ground does an excellent job of highlighting how sexual violence is endemic to college campuses. The film looks at how college culture allows sexual violence to happen and often encourages it. The film exposes how universities benefit from silencing survivors, whether they benefit by protecting star athletes or by protecting the college’s image and financial interests. The way colleges and universities have handled sexual assaults is very disappointing considering these are places that represent education and progressive thought.

Although it is important that universities have sexual violence policies in place, we must also change attitudes. Sexual violence is endemic to our society and college campuses because of embedded cultural notions about gender. In fact, in a Canadian survey, 60% of college-aged men said they would commit sexual assault if they did not get caught. In another survey 20% of male college students believed it was okay to rape someone if they spent money on a date, the person’s date was stoned or drunk, or if individuals had been dating for a long time. These statistics show us that we need to do work in changing people attitudes if we are going to end sexual violence.

The Hunting Ground does an excellent job in not only highlighting the issues on college campuses regarding sexual violence but also in showcasing the strength and resilience of survivors. Most of the documentary follows two former University of North Carolina students, Annie Clark and Andrea Pino, who filed a Title IX (an American Act that addresses discrimination in education programs) complaint against the university after being failed by their college administrations when reporting their sexual assaults.

The Hunting Ground is a must watch and provides a wealth of information.

Submitted by Athena Vethanayagam

For more information on *The Hunting Ground* or to watch the film visit www.thehuntinggroundfilm.com

The Hunting Ground is also available on Netflix.

Sources: “Sexual Violence on Campus”, Canadian Federation of Students, 2015. “Canadian post-secondary schools failing sexual assault victims”. Toronto Star, 2014. “Ontario Moves to Combat Sexual Violence on Campus”, University Affairs, 2015.

Taking a Time-In For Yourself

Submitted by Kimberly Brown-Metcalf



Here are some simple ideas you can use to get in touch with your inner-nurturer.

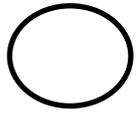
- Treat yourself as kindly as you treat other people. Do one nice thing for yourself that you've been putting off.
- Take time to devote to yourself, even if it's just a few hours during the week, by doing things like taking a walk or preparing a favourite meal, and or listening to that groovy tune.
- Or if you are feeling really brave, take a half day off from work. Go someplace beautiful, like a park, a museum, the waterfront.
- Take time to do things for your own life, doctor's appointments, errands, shopping, and so on.

You deserve it!

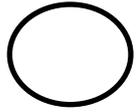
How to Assist A Sexual Assault Survivor

MPSSAS Checklist

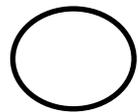
Believe the person.



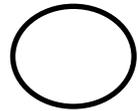
Assist the person in seeking appropriate medical attention, if necessary.



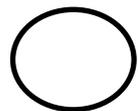
Encourage the survivor to contact local Sexual Assault Centres or use anonymous Sexual Assault Helplines (Our 24/7 Helpline: 1-800-461-2929).



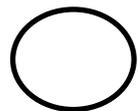
Listen to the survivor and provide comfort and understanding.



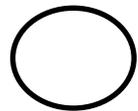
Treat the survivor with **respect**.



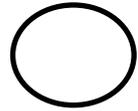
Encourage the survivor to “reach out” to others (e.g., friends, family, counsellors) on an ongoing basis.



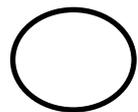
Support the survivor’s right to make their own decisions, whenever possible.



Understand that **the survivor is not responsible for the sexual assault** —the offender is.



Whenever possible, arrange for a female service-provider to work directly with a female sexual assault survivor.



Challenge your personal beliefs about sexual assault issues on a regular basis.

What Have We Been Up To?



- * Daphne's Drop-in (Bracebridge)
- * Daisy Chain Drop-in (South River)
- * SAIL 1 Workshop Series offered both in Muskoka and Parry Sound
- * SAIL 2 & 3 in Muskoka
- * November 30: "If You See It, Speak It" Parry Sound
- * December 6: National Day of Remembrance and Action on Violence Against Women (Bracebridge)
- * February 2016: One Billion Rising Events in Muskoka and Parry Sound
- * March 8: International Women's Day
- * **April 1: Peer Mentorship Program Launch!**

Ongoing/Upcoming

- * April 2016-June 2016: Mentorship/Volunteer Training (Huntsville)
- * Daisy Chain Drop-in (South River)
- * Daphne's Drop-in (Bracebridge)
- * May 9: Lori Haskell (Bracebridge)
- * May 2016: Spring Survivors' Conference
- * June 22: Annual General Meeting (Parry Sound)
- * July 9 2016: P.S. Tag Day
- * August 13 2016: Bracebridge Tag Day

MPSSAS would like to say a heartfelt thank you to our longtime bookkeeper, Karen Hall, who is retiring. Karen has been our financial mainstay for many years, making sure we are paid and our books are balanced. We wish Karen all the best in her future. Did you know that she founded the Almaguin Animal Rescue in her 'spare time'? Now that she is going to take it easy, we know there are a few sheltie's in her future. And a big welcome to Amy Stewart, who is taking over for Karen, beginning on April 27.

This spring we also say goodbye to our two wonderful placement students, Monique and Alex. We wish you all the best!

Additionally we welcome our new peer-mentorship coordinator, **Jeanine Spring!**

We are committed to providing safe and inclusive spaces.



Survivor to Survivor

Peer Mentorship Program

Survivor to Survivor—is our new Ontario Trillium Foundation funded program where women survivors of sexual assault become mentors to other women survivors in their communities. Matching women with shared experience is a way to help them heal.



Survivor to Survivor has been funded for one year by the Ontario Trillium Foundation. The program launched on April 1st. The program hopes to allow survivors to use shared experience to help each other heal. The peer mentorship program aims to aid survivors of sexual assault to become mentors for other survivors in their community.

New program coordinator Jeanine Spring— having worked for the Simcoe Muskoka District Health Unit for 13.5 years as a Family Home Visitor, offering one to one support to mom’s and their families— understands how this kind of support can benefit those who are struggling with their day-to-day lives.

Survivor to Survivor began with possible mentors enrolling in our 30-hour Volunteer Training Course on April 5th. Following the training session, women can apply to become mentors. Mentors complete the 10-week training course, provide a clean police check and emanate confidence in their own healing.

The program is based out of Huntsville at The Hub on Crescent Road. *For more information on the program or if you are interested in being a mentee, please contact Jeanine at 705-783-8882 or Jeanine@daphnewynn.com.*

“Feminism isn’t about making women strong. Women are already strong. It’s about changing the way the world perceives that strength”

—G. D Anderson

Ontario
Trillium
Foundation



Fondation
Trillium
de l’Ontario

Peer Mentorship Program: Open House

April 1, 2016—Huntsville



Pictured: Jonathon Wiebe, Lauren Power, Jeanine Spring and Sue Morris

Photo Taken by: Laura Maclean, Huntsville Doppler

“One on one support works. That’s all there is to it” – Jeanine Spring, Program Coordinator

“It’s an initiative that will help women who are isolated to have connections in the community through peer support” – Sue Morris, The Ontario Trillium Foundation

“To have a program like this shows that it [MPSSAS] tapped into what is truly needed at this point...” – Jonathon Wiebe, Huntsville Town Councillor

On April 1st we introduced our new **Survivor to Survivor** program to Huntsville. Our open house was held at The Hub, where the program office is located, on Friday afternoon.

Jeanine Spring, Program Coordinator, and Lauren Power, Executive Director opened the celebration by introducing the program. Sue Morris from the Ontario Trillium Foundation followed by presenting the agency with an Ontario Trillium Foundation Plaque (you can visit this plaque at our Huntsville office where it is proudly displayed!). The celebration continued with remarks from Jonathon Wiebe, Huntsville Town Councillor, who shared the importance and need of this program in Huntsville. Everyone also enjoyed treats from 7 Main Café.

The open house was truly a celebration just as the program is itself. **Survivor to Survivor** recognizes the strength of survivors. It recognizes the resilience of survivors and enables women to give back to other survivors. We look forward to putting the program into action!



“I want to mark the courage, strength and resilience in moving on and thriving in life. This program recognizes that strength. It recognizes that resilience and enables women to give back to other survivors.”

—Lauren Power, ED MPSSAS

Daphne's Voice Spring 2016

“My Two Cents: A-musings of the
Volunteer Coordinator”

I am a techno-geek!

I am becoming a techno-geek! Yup! I’m no ordinary senior. No way, Hosea! I can change with the times. Sure can.

How do I know? Well, I will give you an example.

Take last week, for instance. There was the incident of “Internet Down.” Yup! No one could do any work --no Internet connection. (You get the urgency of the situation, right?)

Imagine the scene, if you will. We were having the offices painted so men were everywhere. I was continuing to work at my computer amidst the chaos. I could hardly get out of my chair as filing cabinets had me hemmed in but I wanted to get some work done before the painters definitely needed me out of there.

So, because of my newly-attained *techy-ness* (that should be a word, by the way), I “jumped” on the phone and called Vianet, our Internet provider. I explained the problem to the Level One technician. He ascertained that the Internet was not experiencing any difficulties from his end. Could I please check our modem. Of course, I could—I just need a little-bitty hint. Which of the two gadgets on the desk is the modem? Oh, the little gray boxy thing. By the way, is the other little black boxy thing a “rotor” or a “router”? Okay, I got it—a router. (Note to self: put labels on the little boxes, using lots of tape so the little suckers don’t fall off--ever.)

“A woman with a voice is, by definition, a strong woman.”

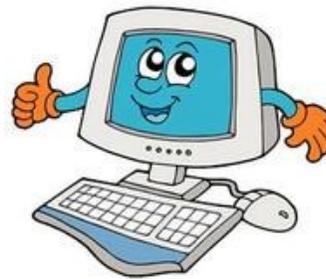
—Melinda Gates

Imagine a new scene: Stage 2, if you will. After much rigmarole (pull this plug out, wait 10 seconds, put it back, and endless questions about which lights are blinking) and no success, this particular technician transferred me to a Level 2 technician--Michael.

After further rigmarole (I love that word; it’s so descriptive) and much-to-do-about-everything—for instance, I now noticed the fax machine was dead as well—and *three-quarters* of an hour had passed, we achieved success. Eureka!

The problem? One of the painters had pulled out the phone-jack connection. Easy-peasy? Nope. There were three places to connect the phone cord! Eventually, we did find the right one and, yes, I did put a label on that little beige boxy thing as well, using lots of tape, of course.

So am I a techno-geek or what? I told ya!

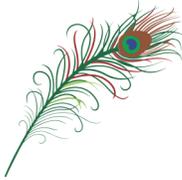


Respectfully submitted by

Linda Clarke

Maria's Poetry Corner

Happiness



A laugh, a smile, a grin
A feeling that resides within.
We cannot buy it, it's free to all
And when we share it, we feel so tall.

A state of mind that comes with joy,
Like a small child with their favourite toy.
Even the smallest of things do appear,
To brighten our spirit and calm our fear.

Sometimes it's not easy I'll admit,
To drag yourself out of a well dug pit.
But happiness is an achievable goal,
It lightens the load and soothes the soul.

Take a deep breath and give a big smile
Think of the blessings we have for a while.
If we smile more often and frown even less.
Eventually we can all achieve happiness.

Sharon Donaldson

Moving Forward

From Survivor to Thriver



Save the Date

May 25 2016

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style."

-Maya Angelou

Daphne's Voice Spring 2016

Your presence and voices are invited to these

Upcoming Events

“No One Asks For It! Wear Purple” Day— MAY 6th 2016

Sexual Assault Awareness Month— MAY 2016

Lori Haskell— MAY 9TH 2016

Annual General Meeting (*Parry Sound*)— JUNE 22ND 2016

Parry Sound Tag Day—JULY 9th 2016

Muskoka Tag Day—AUGUST 13th, 2016

Volunteer Training (*Bracebridge/ Parry Sound*)—SEPTEMBER 2016

Winter Newsletter — NOVEMBER
2016

**Stay in touch to find out details
on these events and more!**

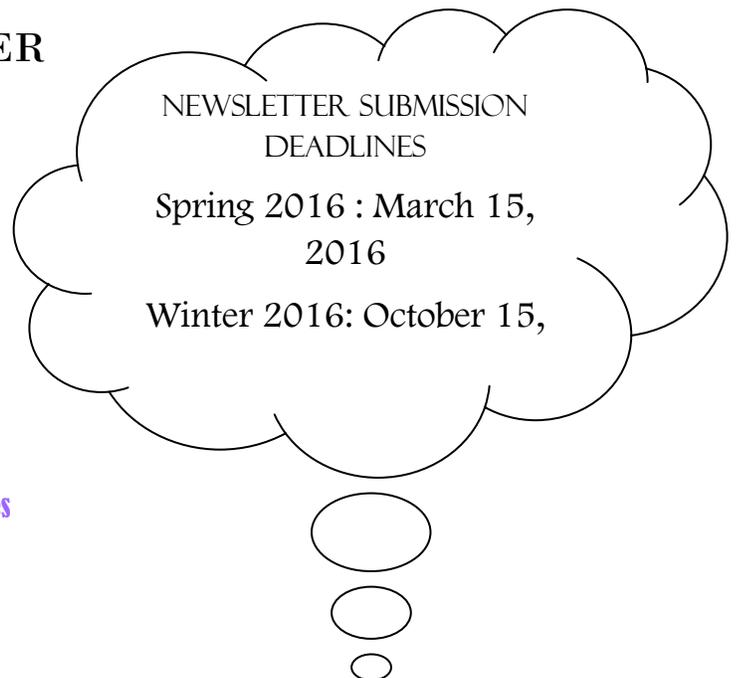
www.mpssas.com



Muskoka Parry Sound Sexual Assault Services



@mpssas1



Daphne's Voice Spring 2016

Lori Haskell

Dr. Lori Haskell is a clinical psychologist in private practice whose clinical interests include trauma, revictimization, vicarious trauma, sexual abuse and sexual violence in relation to psychological development. She has a status appointment as an assistant professor in psychiatry at the University of Toronto and is an academic research associate with the Centre for Research on Violence Against Women and Children. She has educated judges, crown attorneys, police officers, psychiatrists, psychologists, social workers, nurses, service providers and community groups on these issues.



VIOLENCE, VICTIMIZATION & TRAUMA THE COMPLEXITY OF TRAUMA RESPONSES

MAY 9, 2016

\$99 in advance
Nipissing University Campus
Bracebridge, ON

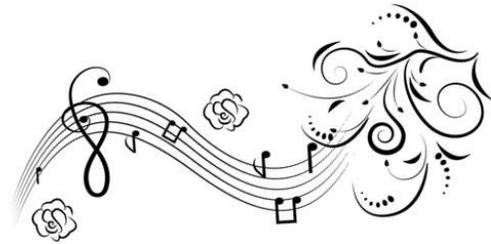
Proudly Presented by
Muskoka Parry Sound Sexual Assault Services

Daphne's Voice Spring 2016



Muskoka/Parry Sound Sexual Assault Services

Annual General Meeting



Featuring Musician

Angie Nussey



Market Square Park

Parry Sound

June 22, 2016

7pm-9pm

Refreshments will be served!

Bring your own lawn chair!

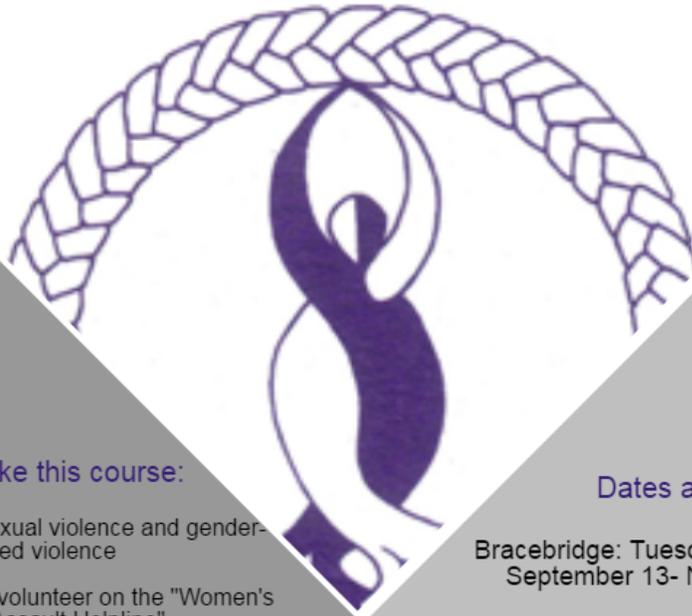
Rain Location: Parry Sound
Public Library (29 Mary St)

All Welcome!

705-774-9083

Volunteer Training

Muskoka/Parry Sound Sexual Assault Services



Reasons to take this course:

- to learn about sexual violence and gender-based violence
- you would like to volunteer on the "Women's Sexual Assault Helpline"
- to improve your listening and support skills
- to take part in an excellent educational opportunity
- you will receive a certificate of completion

Dates and Times:

Bracebridge: Tuesdays 1230pm-330pm;
September 13- November 15 2016

Parry Sound: Tuesdays 330pm-630pm
September 13- November 22 2016

Free. 10 Weeks. 30 Hours.

VENUE:

29 Manitoba St.
Bracebridge

VENUE:

7 William St.
Parry Sound

To Register Contact:

Linda (Bracebridge): linda@daphnewymn.com or 705-646-2122
Athena (Parry Sound): athena@daphnewymn.com or 705-774-9083

Daphne's Voice Spring 2016



MAY IS
**SEXUAL ASSAULT
AWARENESS
MONTH**

*1 in 3 women
will experience some
form of sexual assault
in their lifetime.*
2006 STATISTICS CANADA

One of the biggest hurdles people face after a sexual assault is the notion that somehow they “asked for it” by what they were wearing, where they were, what they were doing or drinking. This is victim blaming.



On Friday, May 6, 2016,
join the movement and
wear purple... because
NO ONE ASKS FOR IT!

There's **power in purple!** Stand in solidarity across Canada! Join us in using social media to **support survivors**, instead of using it to perpetuate a cycle of blame and shame.

 www.facebook.com/NoOneAsksForIt

 [#nooneasksforit](https://twitter.com/nooneasksforit)

www.sascwr.org



wear**PURPLE** MAY 2016 **6**

[and tell people why you're doing it!]



DAPHNE'S DROP IN

A FREE drop in for ALL women

March 2016– July 2016

Mondays, 9:30am– 12:00pm

"Life is meant to be lived, and curiosity was meant to be kept alive. One must never, for whatever reason, turn one's back on life"

-Eleanor Roosevelt

28TH March	Easter Monday Holiday	Easter Monday Holiday
4th April	Spring Gardening 2016	Kathleen Lamb Arborist and Gardener
April	See You In May	See You Next Time
9th May	Poetry	Shirley Scott Marie Remple
16th May	Spring Dance	Diane Wooldridge Circle Dancer
23rd May	Victoria Day Holiday	Victoria Day Holiday
30TH May	Holiday photos from the Rhine	Beth Wright - Traveller
6th June	Opera	Claudette Wheeler Opera Lover/Teacher
13th June	Be careful what you think You create your own reality."	Diannah Benson Holistic Health
20th June	Revisiting Personality Profiles	Kathy Wood Catherine Thompson
27th June	Love Your Life To Death	Yvonne Heath - Author
4th July	Celebrate Canada Day	Maria Duncalf - Edu/Co-ord
11th July	Victim Support Services	Teresa McFadyen - Victim Advocate
18th July	Travelogue From Spain	Marie Remple - Traveller
25th July	Movie Monday	Maria Duncalf - Edu/Co-ord
31st July	Quiz Morning	Jackie Stirrup- Q Mistress

Women's Resource Centre 29 Manitoba St. Bracebridge, 646-2122

maria@daphnewymn.com or www.mpssas.com

Muskoka Parry Sound Sexual Assault Services gratefully acknowledges the generous donations from the Town of Bracebridge, The Royal Bank, Bracebridge United Church, and our community and our weekly speakers.



Daphne's Voice Spring 2016

Daisy Chain Drop-in



- When? Most Thursdays 10 am to 12 noon during the school year
- Refreshments? Provided
- Childcare? **Available only on request!** Please call ahead if required.
- Cost? Free
- Where? Chalmers United Church @ 131 Ottawa Avenue in South River

Happenings at Daisy Chain Drop-in: Spring 2016

Apr. 7	Cancelled Due to Weather
Apr. 14	Resiliency Bingo
Apr. 21	The Nature Natives Art Gallery—Mandalas
Apr. 28	Gardening with Randie from the Learning Works
May 5	Bracelets with Peggy Using Zippers & Buttons
May 12	Sketching #1
May 19	Sketching #2
May 26	Surprise—Yoga Sewing Projects?
June 2	Crafting with Moe
June 9	Bingo Mania and Potluck

Visit our website at www.mpssas.com

Click on “services,” then “daisy.”

DROP IN or CALL 1-877-406-1268

Muskoka Parry Sound Sexual Assault Services gratefully acknowledges the support of the following community partners:

Chalmers United Church; Chalmers UCW; Trout Creek United Church Women; Almaguin Quilt Guild; Sundridge Lions Club; Elementary Teachers' Federation of Ontario; United Church Mission Support Grant; United Church Development Fund; Kawartha Credit Union; B&G Variety (Emsdale); South River Pharmacy; Strong Lodge No. 423; Near North Elementary Teachers; South River Lions Club; Royal Canadian Legion South River Branch 390; Sundridge Foodland; Emsdale Lions; Sundridge Knox Presbyterian Ladies Aid; Retired Women Teachers of Ontario (RWTO); Powassan United Church Women; The Sisters of St. Joseph of Sault Ste. Marie (North Bay); and other private individuals and businesses.



Daphne's Voice Spring 2016

Mission Statement

We are a feminist organization dedicated to positively affecting societal attitudes in order to end sexual violence, by offering a creative range of services.

We recognize that sexual violence is a community issue-not solely a woman's issue-and therefore strive to develop a strong community response.

We honour the experience of survivors, and include their voice in the creation of services.



Daphne's Story & Our Logo

According to classical Greek mythology, Daphne was a hunter who dedicated herself to Artemis, goddess of the hunt. Like the goddess, Daphne refused to marry. The god Apollo fell in love with Daphne; when she refused his advances, he pursued her through the woods. To escape impending sexual assault, she transformed into a laurel tree.

The image of the deep roots, powerful limbs, and longevity of Daphne's laurel tree were part of the inspira-

tion for our logo. The tree roots symbolize grounding while the trunk and limbs signify strength-all of which are elements of feminine power. The logo also reflects women's healing journey during which they persevered and remained resilient.

The image of a woman being incorporated into the structure of a tree is a very powerful one. It symbolizes Daphne's intelligence and strength in protecting herself and serves as an inspiration to all women, in light of the struggles that they must confront in today's society.

Thank-you for the continued funding and support.



A sincere thank you also to our volunteers and community partners.

29 Manitoba Street, Suite 1
Bracebridge, ON P1L 1S4
Tel: 705-646-2122 or 705-645-3613
Toll free: 1-877-406-1268

7 William Street, Suite 3
Parry Sound, ON P2A 1V2
Tel: 705-774-9083 or 705-774-9387
Toll free: 1-877-851-6662

Visit us at: www.mpssas.com, on Facebook and on Twitter (@mpssasl)