

Muskoka/Parry Sound Sexual Assault Services

present

Daphne's Voice

Winter 2015

Working together to end sexual violence. We can help.

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HERSTORY

The theme for this issue of Daphne's Voice is "Herstory".

"Herstory" speaks to women's histories and the expression of women's voices and experiences. We hope by focusing on this theme we will showcase the influence women have had in the past, have in the present and will continue to have in the future.

The fall and winter seasons give us many opportunities to focus on herstory or herstories. In October we celebrate *Women's History Month* and hold *Sisters in Spirit Vigils* to remember and honour missing and murdered Indigenous women and girls. November is *Woman Abuse Awareness Month* and it reminds us of the continuing herstory of gender-based violence. December continues to bring our attention to gender-based violence with the *National Day of Remembrance for Violence Against Women* on December 6th, which marks the anniversary of the Montreal Massacre. Then we end the winter with *International Women's Day* on March 8th.

These events focus on remembering our past. They also focus on expressing the voices and actions of women today that are making a difference and that will be the essence of our future herstory textbooks. We hope to focus on the same in this newsletter. This issue will include important historical dates but also political progress in regards to gender; the expression of women's voices through storytelling and poetry and the many projects happening now to tackle gender-based violence.

Hope you enjoy exploring our version of Herstory.

*"For most of history, Anonymous
was a woman"*

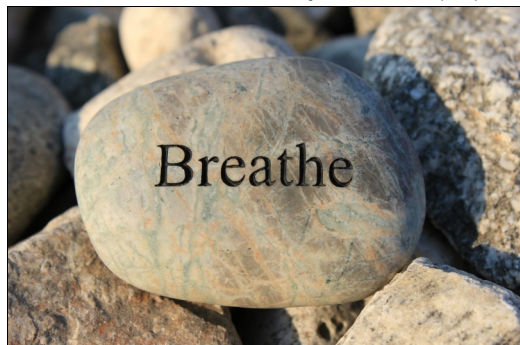
-Virginia Woolf

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

Practicing Mindfulness

Here are a few ways you can practice mindfulness daily....

Image Source: www.chronicpaincrps.com



Try and take some time to practice deep breathing daily.

Rainbow Walk

Take a walk, and look for something red, orange, yellow, green, blue, and purple. Keep going through the colors, in order, until the end of your walk.

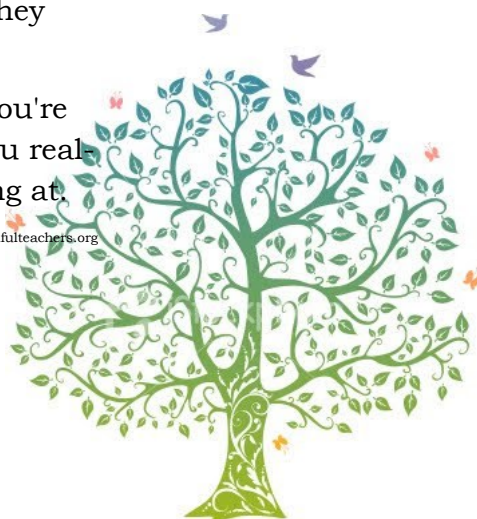
Suggestions:

Bring a camera and take a photo of at least one image with each color

Write in your journal about the things you noticed and how they made you feel.

Bring a sketchbook--even if you're not an artist, this will help you really focus on what you're looking at.

Source: www.mindfulteachers.org



Dissolve a Thought!

*Breathe in deeply through your nose
(1-2-3-4).*

*Breathe out fully through your
mouth (1-2-3-4).*

*Imagine that each thought you have
is a cloud that forms above your
head.*

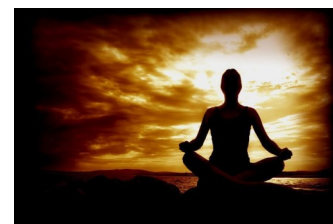
*As you breathe in (1-2-3-4) notice
this cloud.*

*As you breathe out (1-2-3-4) let the
cloud dissolve.*

Repeat with a new thought.

Source: www.gozen.com

Image Source: www.positivelivingspiritualcentre.com



Try meditation. There is a lot of choice when it comes to meditation. There are many guided meditations on the internet to choose from. Pick one that works for you. Meditation can also vary in time. You can dedicate a few minutes or a few hours to your practice.

"A bird doesn't sing because it has an answer, it sings because it has a song."

-Maya Angelou

Greater Provincial Focus on Sexual Violence and Harassment

The Ontario government has released **It's Never Okay: An Action Plan to Stop Sexual Violence and Harassment**. The comprehensive plan outlines concrete steps to help change attitudes, provide more supports for survivors, and make workplaces and campuses safer and more responsive to complaints about sexual violence and harassment. The government has committed \$41 million over three years to support the plan's implementation.

In December 2014, Premier Kathleen Wynne called for stronger action against sexual violence and harassment and numerous ministries developed plans for their corresponding roles. The Premier launched the plan in March 2015. This month, Laurie Lamont and Lauren Power from MPSSAS will attend the provincial Summit on Sexual Violence and Harassment in Toronto – watch for an update in our spring newsletter.

Highlights from the plan include:

A multi-media public education campaign to help change behaviours and call on bystanders to intervene;

We know that men as allies in the anti-violence movement can make a difference in calling out other men's harassment behaviours.

A new health and physical education curriculum that will help children, from Grades 1 to 12, develop a deeper learning about healthy relationships and consent;

While some may feel that young children should not be exposed to in depth information about sexuality, they are already exposed to it through peers and media in ways parents may not be aware of. The curriculum is age appropriate given today's world and helps children understand consent, and what elements healthy relationships contain. It is a gift to our children to learn this in an ongoing way through their school years. The new curriculum began this fall.

Stronger workplace safety legislation that, if passed, would require employers to investigate and address workplace harassment, including sexual harassment;

Workplace sexual harassment is a common occurrence for many women and this legislation will strengthen the employer's obligations to create a safe workplace.

An enhanced prosecution model tailored to the needs of sexual assault cases that will help ensure that all such charges are prosecuted as fairly, effectively and respectfully as possible;

We know that at present the justice system presents many barriers to women reporting their experiences of sexual violence. We will share more information about this initiative as it becomes available.

Legislation that, if passed, would eliminate the two-year limitation period for civil sexual assault claims and claims of sexual assault before the Criminal Injuries Compensation Board, and;

At present survivors must apply for an exemption if their CICB application is more than two years past the time the sexual assault occurred. This takes out that step. For more information about the Criminal Injuries Compensation Board, go to: <http://www.cicb.gov.on.ca/en/>

Increased and stabilized funding for supports for survivors provided by community partners.

Our agency has been promised an increase in our funding, which is most welcome. Perhaps as part of this initiative, we have seen a 20% increase in referrals in our Muskoka office this year. With part of our increase, we have joined the provincial Ontario Coalition of Rape Crisis Centres, in order to broaden our advocacy.

A permanent stakeholder Roundtable on Violence Against Women will be convened to provide advice to the government on ongoing and emerging gender-based violence issues.

The Roundtable has begun and we are part of a regional group with representation there.

Find out more about the provincial initiative at:

<http://www.ontario.ca/home-and-community/we-can-all-help-stop-sexual-violence>

http://owjn.org/owjn_2009/component/content/article/56-criminal-law/372-the-ontario-government-s-2015-action-plan-to-combat-sexual-violence-and-harassment-also-known-as-it-s-never-okay-an-action-plan-to-stop-sexual-violence-and-harassment

I'd like to take a moment to thank all our newsletter readers for their engagement with our agency's work – *our wonderful women survivors, our staff, Board members, community partners and last but not least, our generous volunteers.* Thank you to all of you for the change you help to create.

Lauren Power, Executive Director





WALK TO END VIOLENCE

PARRY SOUND

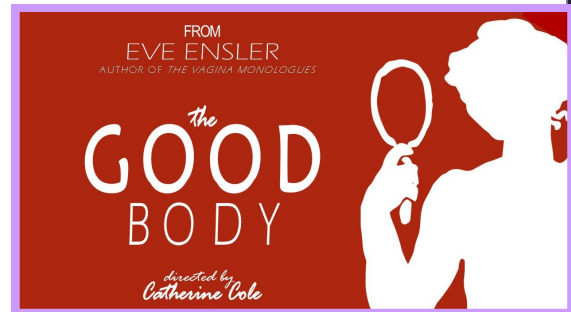
Once again this year we took part in the DVCC's "Community Walk to End Violence" in Parry Sound on September 23rd. The event aims to remember the women we have lost due to violence, celebrate survivors of violence and enact change. The event was well attended and participants enjoyed a wonderful performance from the Little Spirit Singers and a moving keynote speech from Barb Swartz .



ANNUAL GENERAL MEETING

BRACEBRIDGE

On June 10th we held our annual general meeting at our office in Bracebridge. Terri Albrecht was presented with the Marjorie Cook Volunteer Award for being an outstanding volunteer with the agency. Our dedicated volunteers who have been with the agency for five years were also recognized at the meeting. After the meeting everyone enjoyed wonderful performances from Tamica Herod and Gina Horswood.



"THE GOOD BODY"

BRACEBRIDGE

In April 2015, in partnership with the YWCA, MPSSAS presented sexual violence activist Eve Ensler's play 'the Good Body', and held an awareness event in conjunction with the performance, highlighting local VAW programs and other women's services through a reception prior to the show. **Interested? Read more on our Spotlight page....**



SISTERS IN SPIRIT

PARRY SOUND

On October 5th, in partnership with The Parry Sound Friendship Centre, we hosted a Sisters in Spirit coffee house and vigil. This event was held as part of NWAC's *Sisters in Spirit* campaign which aims to honour missing and murdered Aboriginal women as well as raising awareness and enacting change in regards to the issue. October 4th Vigils are held specifically to allow communities to come together and honour missing and murdered Aboriginal Women and Girls.

Events Spotlight:

“The Good Body”



In April 2015, in partnership with the YWCA, MPSSAS presented sexual violence activist Eve Ensler’s play ‘the Good Body’, and held an awareness event in conjunction with the performance, highlighting local VAW programs and other women’s services through a reception prior to the show. The reception was catered by our local high school hospitality program, and provided a beautiful array of treats.

We received funding for the event from the Town of Huntsville and Justice Canada (Victim’s Week). Belly Ice Cream also was one of our major sponsors. The fundraiser raised \$7600.00 for the two agencies. Many of the founders of the VAW movement in Muskoka were in attendance for the evening.

The play was directed by Catherine Cole, and starred Jeanine Spring as Eve, and Robin Clipsham, Amy Bridle, Emily Bridle and Taylor Johann, who each played several roles. The production of the play was extremely well done and we are so grateful to the creative production team for their efforts.

The play’s content illustrated impacts of victimization and of objectification of women’s bodies and was Eve’s story of her sexual abuse as a child and then her hatred of her own body. We linked the play’s content through a survivor’s key note speech given just prior to the show. The show was sold out and the reception provided local service providers, friends, media, survivors and the public with a wonderful meet and greet event. The play was riveting and received great reviews. The survivor who spoke first did a great job, and made it easy to link the themes in the play with the lived experiences of victims.

Media involvement was positive. We held a pre Victim’s Week production of the play in Huntsville, and the reviews from this show enabled the Victim’s week show to sell out completely. [http://www.muskokaregion.com/community-](http://www.muskokaregion.com/community-story/5538808-good-body-promises-to-be-a-good-show/)

[story/5538808-good-body-promises-to-be-a-good-show/](http://www.muskokaregion.com/whatson-story/5546186-fine-acting-provocative-story-at-good-body/) and <http://www.muskokaregion.com/whatson-story/5546186-fine-acting-provocative-story-at-good-body/>

There was definitely an increased awareness of victim issues and of the links between the objectification of women’s bodies, and the violence that women experience, as many remarked on this in the aftermath.

Barb Swartz-Biscaro’s opening speech was a powerful account of one woman’s journey from thoughts of suicide to winning a civil case against her offender and provided many in the audience with greater knowledge of the experiences of victims and their healing journeys. One of the unexpected results was a renewed sense of purpose for many of the long-time VAW founding ‘mothers’ in the audience, and their joy in seeing each other at the reception before the show and in reconnecting. We also were thrilled to have a sold out audience in Bracebridge- over 300 in attendance.....Good Body rocked it!

Lauren Power, Executive Director

“There’s a lot to laugh and a lot to cry about in Muskoka’s latest theatre production.”

Roland Crilliers,
Bracebridge Examiner



December 6th

December 6 marks the anniversary of the Montreal Massacre in 1989, during which 14 women were murdered simply because they were women.

Globally, violence against women is the largest and most pervasive human rights violation, and Canada is no exception. It is estimated that over 50% of Canadian women will experience an incident of violence at some point in their lives. For the majority of women, this will happen before they turn 25. In most cases, women know their abuser.

Violence against women is a social problem that is strongly rooted in a worldview that places men in positions of power and women as second-class citizens. Men learn at an early age that to be a man means to exert some form of power and domination over women. It means they must shut down their emotions and lose their capacity to be caring and nurturing.

The facts below come from a variety of sources; including canadianwomen.org, ywacacanada.ca and the Ontario Women's Directorate.

In Canada:

- **Women are more likely than men to be the victims of the most severe forms of intimate partner abuse, including spousal homicide, sexual assault and stalking.**
- **Canada's Indigenous women are at an incredibly high risk of experiencing violence. The devastating count of missing and murdered Indigenous women points to a deep-seated gendered and racialized violence in our culture**
- **Violence against women costs over \$7 billion per year including direct medical costs along with those of criminal justice, social services, and lost productivity**
- **Almost 40% of women in Canada who reported assault by an intimate partner said their children witnessed the violence and in many cases the violence was severe.**
- **In half of the cases of intimate partner violence against women that were witnessed by children, the woman feared for her life.**
- **Women often stay because the abuser has threatened to kill them if they leave, or to kill himself, or to kill the children.**
- **Women are at the highest risk of lethal violence when they first leave their abusive partners.**
- **About 25% of all women who are murdered by their spouse had left the relationship. In one study, half of the murdered women were killed within two months of leaving the relationship.**
- **Exposure to violence can affect children's brain development and ability to learn, and lead to a wide range of behavioural and emotional issues such as anxiety, aggression, bullying, phobias, and insomnia.**
- **About half (49%) of all female murder victims in Canada are killed by a former or current intimate partner. In contrast, only 7% of male murder victims were killed by intimate partners.**
- **According to police, men (49%) and women (51%) in Canada are equally at risk of violent victimization. However, men are much more likely to be assaulted by a stranger or someone from outside their family, while women are much more likely to be assaulted by someone they know.**



National Day of Remembrance and Action on Violence Against Women

If violence against women is based on inequality, then ending it depends on equality for women and a sharing of power with women. It requires that we remember the lives of all women who have experienced violence. It also requires us, both women and men, to work toward change

Muskoka - Parry Sound Sexual Assault Services, YWCA Muskoka and the Muskoka Women's Advocacy Group invite you to join us at *Spirit Bear Lodge (67 Quebec Street, Bracebridge) on Sunday, December 6 from 3pm-5pm* when we will gather to mark the National Day of Remembrance and Action on Violence Against Women.

-Submitted by Laurie Lamont

Geneviève Bergeron
Hélène Colgan
Nathalie Croteau
Barbara Daigneault
Anne-Marie Edward
Maud Haviernick
Barbara Klucznik Widajewicz Maryse Laganière
Maryse Leclair
Anne-Marie Lemay
Sonia Pelletier
Michèle Richard
Annie St-Arneault
Annie Turcotte

On Dec 6th remember and honour these 14 women and the many others we have lost to gender-based violence.



Daphne's Voice Winter 2015

Muskoka Parry Sound 2015 "If Only"

PSA/Poster Contest



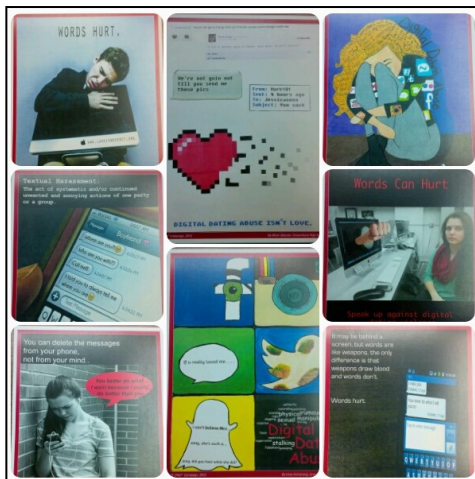
Parry Sound High School students, Madison, Jessica, Kylie and Emma, proudly holding their winning posters from the 2015 "If Only" Campaign.

(not pictured : Sydney and Kaylee)

Photo taken by Patti Jenkins



The Natalie Novak Educational Fund and the Parry Sound Domestic Violence Coordinating Committee ran their second teen dating violence awareness and prevention poster/public service announcement contest for all Muskoka, Parry Sound and Almaguin Highlands high school students. The theme of the 2015 "If Only" Campaign was online harassment and violence. This year there were three winners and two honorable mentions. Oliver from Gravenhurst took first prize and second and third prize went to Parry Sound High School Students.



1 in 5 Canadians between 18-34 believe that when a woman sends an explicit photo through text or email, she is consenting to sexually activity offline.

Canadian Women's Foundation 2015

Daphne's Voice Winter 2015

What Have We Been Up To?

- 
- * July 13– October 26: Daphne's Drop-in (Bracebridge)
 - * May 26 : Spring 'Survivor to Thriver' Conference
 - * May 30: Bracebridge Tag Day raised \$1076.50!
 - * August 12– September 16: Huntsville Youth Project with District of Muskoka
 - * August 15 : Parry Sound Tag Day raised \$302.00!
 - * September 17– October 1: SAIL 1 (Bracebridge)
 - * October 5: Sisters In Spirit Event
 - * October 21: Fall 'Survivor to Thriver' Conference

Stay tuned for our new re-vamped website!

New

www.mpssas.com

We are now on Twitter!

@mpssas1



Follow us for news, updates and information about gender-based violence.

Ongoing

- * September 15– November 17: Volunteer Training
- * September 29: SAIL 3 Began (Bracebridge)
- * October 1: Daisy Chain Drop-in began (South River)
- * October 14: SAIL 2 Began (Bracebridge)
- * Nov 19, Dec 17, Jan 21, Feb 14: One Billion Rising Events (Parry Sound)

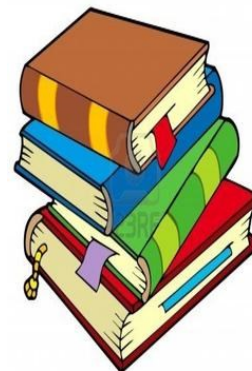
We are committed to providing safe and inclusive spaces.



Daphne's Voice Winter 2015

Herstory Textbook

Important Herstory Dates



The following information reflects some significant dates in Herstory that have impacted all women... This is not an exhaustive list as there are many more Canadian firsts. Make sure you add your name to this list as a remarkable woman yourself! We should never forget.

January 10, 1942 – Elizabeth Monk and Suzanne Pilon first women admitted to Quebec bar

January 22, 1918 – Mary-Ellen Smith first woman elected to British Columbia Legislature

January 28, 1916 – Manitoba women win provincial voting rights

February 2, 1987 - Clara Brett Martin first woman admitted to bar (Ontario)

February 15, 1930 - Cairine Mackay Wilson first woman appointed to the Senate of Canada

March 4, 1982 – Bertha Wilson first woman appointed to Supreme Court of Canada

March 1, 1916 – Saskatchewan women win provincial voting rights

March 29, 1993 – Catherine Callbeck first woman elected provincial premier, Prince Edward Island

April 5, 1917 – British Columbia women win provincial voting rights

April 12, 1917 – Ontario women win provincial voting rights

April 13, 1925 – Newfoundland women win provincial voting rights and the right to stand for office

April 14, 1980 – Jeanne Sauvé first woman appointed Speaker of the House of Commons

April 17, 1919 - New Brunswick women win provincial voting rights

April 19, 1916 – Alberta women win provincial voting rights

April 25, 1940 – Québec women win provincial voting rights

April 26, 1918 – Nova Scotia women win provincial voting rights

May 3, 1922 – Prince Edward Island women win provincial voting rights

May 14, 1984 – Jeanne Sauvé first woman invested as Governor General

May 24, 1918 – Canadian women win federal voting rights

June 7, 1917 – Louise McKinney and Roberta MacAdams first women elected to a legislature (Alberta) in Canada

June 13, 1916 – Emily Murphy first woman appointed as police magistrate in Canada

June 21, 1957 - Ellen Fairclough first woman appointed as minister in a federal cabinet

June 25, 1993 – Kim Campbell first female prime minister of Canada

July 10, 1917 – Helen Gregory MacGill first woman judge appointed in British Columbia

August 30, 1972 – Rosemary Brown first Black woman elected to political office in Canada (B.C. Legislature)

October is Women's History Month

October 27, 1893 – Lady Aberdeen chairs organizational meeting of the National Council of Women of Canada

November is Woman Abuse Prevention Month

November 25 – International Day to End Violence Against Women

December 2, 1989 – Audrey McLaughlin first woman elected leader of a national political party

December 4, 1921 – Agnes McPhail first woman elected to Parliament

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

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

-Helen Keller

—Diane Kalverda

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

The Best Thanksgiving Ever (2014)!

Hubby and I headed for Barrie just after noon to celebrate the Thanksgiving holiday with family. Son Spencer and his new wife Vanessa had invited both sides of their respective families on the Sunday for dinner. Arrival could be any time after 2 p.m.

I was directed to get there as close to 2 p.m. as possible to assist with the turkey. Spencer had his first turkey tutorial from his mother-in-law the Christmas before but had failed to take notes.

Spencer had the dressing nearly prepared and we took turns stuffing the two ends of Mr. Turkey. Now to close! Oh, oh! First issue: no skewers to close the stuffed parts of Mr. Turkey. Spencer and Hubby headed to the grocery store for a new set after a thorough but futile search of the whole house for the missing skewers.

Mr. Turkey was finally placed in the oven at 3:20 p.m. Oh, oh! Second issue: no meal for many hours... expected cooking time was 4 to 4.5 hours. At the earliest we'd be eating at 7:20 p.m. plus... Not to worry though... snacks were made available. All guests sat around the coffee table collecting, crunching and chewing their favourite crudités.

Time passed... Alison, my eldest daughter, decided to whip the cream for the pumpkin pie. Where would the hand-mixer be? Oh, oh! Third issue: no hand-mixer of any type. After a family discussion, a contest of sorts developed. Alison took on the shake-the-mason-jar method. Aaron, her husband, Vanessa and I took turns whisking the cream in a metal bowl with the tiniest whisk in the world. Spencer ended up winning the contest with his Magic Bullet. But, in the

end, we all won: we had topping for the pie, lovingly supplied by Aaron and Vienna, my 6-year-old granddaughter.

A bit after that, Spencer thoughtfully wondered why there weren't any drippings accumulating in the roasting pan. Oh, oh!

Fourth issue: no gravy for the turkey. After another family discussion, we added one cup of water to the pan. Whoa! The gravy catastrophe was averted.

A bit after that, many thoughtfully wondered when the turkey might be cooked. (The snacks had diminished even with a few periodic additions.) Oh, oh! Fifth issue: no movement showing on the meat thermometer. Perhaps it was touching bone. The thermometer was reinserted to a different turkey part and various family members kept vigil.

At one point, the plastic covering that housed the turkey at the grocery store was rescued from the garbage can in order to definitively decide the optimum temperature indicating doneness. Oh, oh! Sixth issue: no functional meat thermometer—its head had begun to melt. Another conference ensued. Consensus was reached: a turkey must be cooked when its thermometer begins to dissolve. We finally sat down for dinner at 8:10 p.m. Sadly, Baby Mya, exhausted and asleep on her mother's chest, missed out on the meal entirely.

Time passed... ten minutes to be exact. At about 8:20 p.m. dinner was over. Oh, oh! Seventh issue: no dishwasher and two families jumping ship... something about a 3-hour drive home and the need to get small children to bed before a critical meltdown.

No conference was held. All available adults quietly and efficiently dived into the task at hand. I was the only one who needed to sit down for brief and periodic rests. The kitchen was small which necessitated dried dishes being passed from hand to hand and then lastly to cupboards.

Finally, the skewers were cleaned and placed in an obvious place for future holidays. The Magic Bullet filled with left-over whipped cream was placed in the fridge. The one tablespoon of left-over gravy was refrigerated, too. The deformed thermometer and turkey carcass were bagged for garbage day. The kitchen and dining room were spotless—or just about.

Around 11:30 p.m., I lay in bed, utterly exhausted and going over the day's events in my head. A thought came to me: “If I were to die at this very moment, I would leave this Earth one exhilaratingly happy mother.”

Why? You dare to ask why? Surely it's obvious!

So much turkey trauma! So much appliance adversity! And the family had forged ahead and handled every struggle with so much panache!

On sober second thought, I will concede that maybe you had to have been there... or not!

“We realize the importance of our voices only when we are silenced”

-Malala Yousafzai, I am Malala

Respectfully submitted by

*Linda Clarke (as per her experience on Sunday,
October 12, 2014)*



Maria's Poetry Corner



Being a Woman by Maria Duncalf

Being a Woman

Knowing who you are

Communing with nature

Embracing sensuality

Showing compassion

Empowering others

Dreaming dreams

Having Affinity

Implementing Self care

With a capital S

Is being a woman

Women are poet's storytellers listening to the internal voice

The fire in a woman tells stories the water in a woman shows caring the air in a woman breathes energy the earth of a woman is ground the heart of a woman breeds love

Being a woman Listening to self

Knowing friendships shape lives

Honouring insights

Is being a woman

Women are Agents of change.

Knowing the difference between the external journey and the internal journey

Women are artists of their own life

Designing tapestries painting life stories

Creating wants and needs

Welcoming wonder

Sharing the wisdom

Standing up for self

Knowing who you are

Calling in joy deserving it all

Stepping into the mystery

Breathing into life

Seeing the real you

The divine within

Is truly being a woman

Daphne's Voice Winter 2015

Moving Forward

From Survivor to Thriver



Another successful survivors conference was held at Hidden Valley on October 21, 2015. This year, our wonderful Board Member Lynn DeCaro was our honoured Emcee. Lauren Power, Executive Director opened the day with an update about Kathleen Wynne's new *Sexual Violence Action Plan Legislation* and the effect it will have on the work that we are doing at Muskoka Parry Sound Sexual Assault Services. Athena Vethanayagam, Parry Sound Area Coordinator then delivered a power point presentation on our organizations services. We welcomed key note speaker Leah Taylor who talked about the new book she has written. Kevin Vowels from the *White Ribbon Campaign* spoke to the delegates about the work his organization is doing to support women in our fight against violence. Eva Watson attended and presented on Journal Writing and we ended the day with her creating beautiful gratitude "pictures" to take away. All in all a wonderful day for everyone!

Stay tuned for the next event slotted for May of 2016!

-Laurie Lamont

"My mission is 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 Winter 2015

Your presence and voices are invited to these

Upcoming Events

Daisy Chain— Till DECEMBER 10TH 2015 (*South River*)

Daphne's Drop In—NOVEMBER 30TH 2015-MARCH 28TH 2016

National Day of Remembrance and Action on Violence Against Women—
DECEMBER 6TH (*Bracebridge 3-5pm @ Spirit Bear Bed & Breakfast*)

One Billion Rising— FEBRUARY 14TH, 2016

International Womyn's Day— MARCH 8, 2016

Tag Day— MAY 28TH, 2016 (*Bracebridge*)

Sexual Assault Awareness Month—
MAY 2016

Spring Newsletter— APRIL 2016

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

www.mpssas.com



Muskoka Parry Sound Sexual Assault Services



@mpssas1

NEWSLETTER SUBMISSION
DEADLINES

Spring 2016 : March 15,
2016

Winter 2016: October 15,
2016

Daphne's Voice Winter 2015

Daphne's Drop-In



What do you get from coming to Daphne's in the summer`

I love being here. It is safe. I have made lots of friends.

I love being present and in the moment. I love being listened to.

I like the speakers. Great to socialize here.

Like the humour here, we can have a laugh and cry if we want.

Connection of women all together is great. I like the rounds of applause.

Love the presentations. Lots to learn, it's all good.

I learn lots. Food is great. I now have dozens of friends.

I feel like I am being heard. I like to get my weekly estrogen shot.

It is Time Out for ME. I like the sessions on humour.

I like the women I see here. I get to know them and me better. Totally interesting.

All the women are Role Models to me. It was good for me being a speaker here.

I liked working on Daphne's Garden at Nipissing University.

It's valuable to me, and I get great clothes and books here.

It's a safe place to talk about things I don't usually talk about.

We can share our abuse whether it is sexual or violent or divorce. We can share our rough times in life. I have gained a little more courage.

I like the crafts. I also like Daphne's also in the winter when it is cold and snowing and safe.

From June 1st until August 31st we had 182 women attend 13 sessions with 14 speakers

Maria Duncalf-Barber Education Coordinator - September 2015

Our goals are to offer a safe place for women to meet, support for all women, and to help build self-esteem. It helps women to know that they are not alone and that there are others who face the same challenges. It is an empowering project that brings women together in a mutually supportive environment through life skills, education, workshops, speakers, videos, and discussions. "IT'S FUN! IT'S EDUCATIONAL! IT'S FREE!"

Daphne's Voice Winter 2015



DAPHNE'S DROP IN

November 30 2015-March 28 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

November 30th	Brain Teasers- Daily Exercise	Monique Derbyshire Placement Student
December 7th	Holiday Party and Celebration	See You In The New Year
January 4th	New Year, New YOU Super Self Care	Maria Duncalf Education Coordinator
January 11th	Healing with Essential Oils	Tanya Hedley Holistic Practitioner
January 18th	No Drop In- Staff Training	See You Next Time
January 25th	One Billion Rising	Laurie Lamont Muskoka Coordinator
February	Holidays	See You Next Time
February 29th	Tony A Caregivers Story	Sherry Rondeau Writer and Caregiver
March 7th	International Womyn's Day Celebration	Maria Duncalf Ed/Coordinator
March 14th	Fun with Personality Profile	Catherine Thompson and Kathy Wood
March 21st	Kundalini Yoga and Meditation	Susan Allen Kundalini Yoga Teacher
March 28th	Easter Monday Holiday	See You Next Time

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, our community and weekly speakers.

Daphne's Voice Winter 2015

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: Fall 2015

Oct. 1	Catching Up & Learning Sudoku
Oct. 8	Thanksgiving Craft
Oct. 15	No Session—See you next week!
Oct. 22	Hallowe'en Painting Project
Oct. 29	Hallowe'en Session with Lillian T.
Nov. 5	DVD: Generation M (misogyny)
Nov. 12	Crafting with Suzanne L.
Nov. 19	Crafting with Donna R./Chair Yoga?
Nov. 26	Christmas Luncheon & Bazaar @ 11:30 am
Dec. 3	Cookies with Dennis, Christine & Donna
Dec. 10	Bingo Mania & Potluck & Gift Swap

Gift Exchange—homemade or re-gifted item

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; 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 Winter 2015

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.

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Visit us at: www.mpssas.com, on Facebook and on Twitter (@mpssas1)