

Our New Membership Policy

Dear Supporters,

We have recently changed our membership policy in a way that will be favourable to both you and CAVEAT.

On October 13, 1998 at our annual general meeting, the CAVEAT Board took a new and exciting direction in memberships. Quite simply, you **no longer need to pay annual membership dues.** Anyone who makes an annual donation to CAVEAT will automatically be given membership status.

As a valued CAVEAT supporter, you may give any amount you feel you can, and you will receive a tax receipt for any donation of more than ten dollars. For CAVEAT, it means important savings in materials, staff time and postage, so more of your dollars go directly to our cause. Remember, 93% of CAVEAT's operating revenue comes from your donations.

If you have any questions, please don't hesitate to call the CAVEAT office nearest you!

Thank you!

Luisa Ellis,
Membership Co-ordinator

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A Word From our President

By Priscilla de Villiers

This past month has been extremely busy around head office. We are currently working on a number of exciting projects, including our continued research on criminal harassment and services available for victims of child abuse.

We are also working with York University's *LeMarsh Centre for Research* on a qualitative study looking at intimate femicide. We will be interviewing families of women who have been killed by their partners in order to create a more complete picture than the statistics ever could.

We hope that, as a result of this study, CAVEAT will be able to build closer ties with the *Centre*, in addition to providing academic awareness around the issue of domestic abuse.

CAVEAT has received an extensive amount of positive media this past month and we hope to continue to stay in the forefront in the new year.

I am very pleased so far with our fundraising

campaign, and I am feeling quite hopeful that we will be able to continue and expand our programmes.

It is wonderful to see that Canadians everywhere support our work.

I would like to take the time to wish you all a very happy holiday season. May the holiday spirit bring you peace and joy.

Priscilla

President's Diary

October 19th: spoke to 1000 students at York University about the role of victims in the criminal justice system.

October 15th: spoke at the 25th Anniversary of the Oakville Zonta Club.

November 19th: London-Middlesex Victims' Services with Debbie Mahaffy

November 21st: Annual Child Find Conference

No More Fear Campaign Update

By Wayne Hussey

A little over a month ago I had the pleasure of announcing the beginning of our *No More Fear Campaign* which will generate \$400,000 in resources for CAVEAT over the next two years.

The *Campaign* funds will ensure that CAVEAT can offer its important education programmes coast-to-coast. It will mean that our world-class library and resource centre can become a virtual library that can be electronically accessed. And it means that ground-breaking research can be undertaken to help all Canadians understand how to

prevent violence and to reduce its debilitating effects.

In only thirty days, thirteen community leaders have accepted the challenge of becoming part of our *Campaign* team. Their job is to open the doors of corporate Canada and allow us to make our compelling presentation for support.

We have already identified thirty-three key prospects – companies that have the capacity (and, we hope, the inclination) to consider a

request for \$25,000 in financial support over a two year period.

Hundreds of individuals and organisations have been targeted – people who have clearly demonstrated their strong support for CAVEAT in the past but have not been approached recently for help.

From all of this effort, some real gains have been made. We have over \$35,000 in direct pledges and a strong indication of \$174,000 more that we feel will be pledged in the next two months. Special appreciation is extended to Ron Foxcroft for

making our first major commitment – \$25,000!

Many thanks to all of our *Campaign* volunteers for their enthusiastic willingness to generate support for CAVEAT and our exciting and relevant future. I look forward to reporting more exciting news in future issues of the *CAVEAT REPORT*. And if you would like to join the *No More Fear* team, please call me at our Head Office number.

Late-breaking news: special thanks to the Waterdown Rotary Club for \$8,000!

Thirteen community leaders have joined our *Campaign* team

THANK YOU

CAVEAT would like to thank the following people for their participation at our October Workshop: Dr. Zopito Marini, Kevin Guest, John Muise, Michele Crook, Det. Sgt. Ed Chafe, Det. Sgt. Dave O'Brien, Brian O'Marra, Diane Sheldrick-Dekur and Sheila.

Thank you also to Zippy Print & Imaging in Burlington for the printing of this publication.

A word from the editor: Our apologies go out to anyone that was inconvenienced by our last mailing. Please know that the problem has been rectified.

THE CAVEAT

NEWS FROM HEAD OFFICE FOR OUR FRIENDS AND SUPPORTERS

DECEMBER 1998

CAVEAT Busy "Keeping Kids Safe"



By Gillian Judkins

There are many successful programmes that contribute to safe and healthy environments in schools. The *Community Spirit: Keeping Kids Safe* event showcased these initiatives, and paved the way for more success stories through an invigorating mix of presentations, exhibits, entertainment and interactive activities.

Over 1100 children from 24 Toronto-area schools participated in the event, held on November 6th.

Although developed as a separate project, *Keeping Kids Safe* was the perfect complement to the *Community Spirit = Community Safety* events organised by the City of Toronto Task Force on Community Safety, and a fitting finale for *National Crime Prevention Week*.

Kids aged seven to seventeen listened to a number of presenters to learn how to stay safe and make wise choices.

Crime prevention is everyone's responsibility

The event was organized by a multi-disciplinary steering committee comprising Marg Stanowski of

The *Positive Rap Coalition*, a group of three young rappers, asked the kids a number of safety questions, keeping them riveted with their energy and positive attitudes while mixing in a few songs from their album (to be released this December).

Later in the afternoon, Operation Springboard presented the film *Choices*, which told the stories of three young people who, having taken some bad decisions in life, were now turning themselves around.

Two young guest speakers spoke candidly about decisions they took that led to time in jail. They emphasised that the choices you make as a young person will affect you for the rest of your life.

Operation Springboard, Rick Kollins of Mandela and the Children, Steve Reesor of the Toronto Police Service, Wendy Cukier of Ryerson Polytechnic University, Carolyn Whitzman from the City of Toronto Task Force on Community Safety, Dina Graser of Graser Enterprises, and Dawna Speers of CAVEAT.

Funding for this event was provided by the Province of Ontario's *Partners Against Crime*

community crime prevention grant programme, as well as by the National Crime Prevention Council.

Through the CAVEAT *Youth Challenge* events, we have seen that when students are aware and have the proper tools, they can (and do) change their schools and communities for the better.

Like the *Youth Challenge* programmes, *Keeping Kids Safe* reflects what CAVEAT has known since our inception: crime prevention is everyone's responsibility.

Contact us for more information if you'd like to get something happening in your community.

If you've been involved in programmes in your area, we certainly want to hear about them!



Remembering Jennifer Petruik

By Colette Mandin-Kossowan

On November 25, 1997, after a long history of domestic violence, Jennifer Petruik was murdered by her estranged husband in a murder/suicide. Her loss was deeply felt by her friends and colleagues at Edmonton's Royal Alexandra Hospital.

In Jennifer's memory, her friends organised the *Jennifer Petruik Memorial Fundraiser*, held November 25, 1998 at the Royal Alexandra Hospital.

Proceeds were generously donated to the *Support Group for Co-Victims of Homicide* through CAVEAT Alberta. Breakfast was provided and speakers addressed the issue of domestic violence. Brenda MacDonald spoke about the defense of provocation, Sandy Atkin about the dynamics of domes-

tic violence, and Alberta MLA Pamela Paul spoke about her own experience with abuse. Colette Mandin-Kossowan introduced CAVEAT's mission and goals and invited co-victims to attend the support group.

Funds raised will help enhance the support group's resource library on sudden loss and traumatic grief, defray costs so that the group is accessible, and will enable the group to hear guest speakers talk about traumatic grief.

CAVEAT Alberta would like to thank the nurses of the Royal Alexandra. Their efforts to remember Jennifer's spirit, to elevate awareness amongst colleagues, and to collaborate with CAVEAT are appreciated from the heart.

Friends gather to remember her spirit



Jennifer Petruik
Murdered, November 1997
Edmonton, Alberta

If you or someone you care about is in need of help, please contact us. (see page four)

Print

Here's a sampling of the headlines our Criminal Harassment Workshops received in October:

"Workshop shows what you can do about harassment and stalking" – *Hamilton Spectator*

"Sunday Spotlight: Many women live in fear of being stalked" – *Burlington Post*

"Bullying: it doesn't have to happen" – *Welland Tribune*

The workshops were also covered on Cogeco and Hamilton's ONtv.

Radio

Roy Green on *CHML* Priscilla de Villiers and Ron Foxcroft, our Fundraising Campaign Chair and President of Fluke Transport, appeared to discuss CAVEAT operations and fundraising.

Television

Jojo Chinto on *CityTV* interviewed Priscilla de Villiers regarding a programme for offenders called "R.O.P.E."

Michael Coren Live on *CTS* had Dawna Speers and Johanne Cyr-Wright discussing the issue of victims of violence and domestic assault/abuse. Also appearing on another occasion was Priscilla de Villiers discussing gun control.

Rhonda London Live on *CTS* had Priscilla de Villiers discussing CAVEAT, how we work, and what we do for victims of violence.

A Christmas Present for CAVEAT

By Wayne Hussey

I was once told that the difference between desperation and challenge is simply optimism. The same conditions can face two apparently similar individuals (or organisations), yet their reaction to those conditions may be radically different.

Right now, the CAVEAT bank account has enough money to support the organisation until late February, 1999. **This is a challenge.**

Our *No More Fear* campaign will certainly address our long term financial needs to a certain extent, but most of the funds will not be forthcoming for several months.

You can help! Would you consider giving CAVEAT a Christmas present this year? Are you excited enough about what we are doing to support us? Can you afford to send CAVEAT a cheque for \$25 or \$50 ... or whatever?

I can assure you that every dime of every dollar is carefully applied to our education, communication and research programmes. CAVEAT has very low overheads and a very small staff team.

Most of the money clearly goes to doing what we do best:

- **Changing public attitudes** through knowledge and information
- **Changing government practice** and legislation
- **Educating the community** (professionals and laypeople) on how to prevent violent crime and how to support victims
- **and so much more.**

Please consider offering your support at this giving time of year. and help us stay optimistic.

I offer my deep appreciation to all of our volunteers and supporters for your contribution.

Christmas While Grieving

Christmas is a time for enjoying great food, good times, and the love and warmth of family and friends. This is not easy, however, when you are trying to deal with the loss of a loved-one. The thought of celebrating Christmas without that person seems impossible, and memories of Christmas-past seem haunting and can often cause more pain.

Margaret Robinson is an independent consultant and bereavement group facilitator in Alberta. In her 1996 article "Coping with Christmas while Grieving" in *Living Our Losses*, Robinson deals with the feelings of emptiness and discusses the stress the holidays can bring.

"Very often this anticipation causes increased stress, and you may begin to dread the festivities which are meant to celebrate your family and spiritual traditions. You feel an emptiness, missing the one who was very much a part of your holiday rituals; it is a sad time. However, with thoughtful, appropriate preparation of your heart and mind, the holidays can be a time of renewal, rest and healing".

Robinson provides some helpful suggestions on how to honour your loved-one:

- Include your loved-one's name in a blessing of your holiday dinner.
- Take a poinsettia to a church, nursing home, lodge or hospital.
- Make a donation in your loved-one's name to a charity.
- Make or purchase a special holiday wreath for the gravesite.

Robinson offers some ways to "take the holidays in stride":

- Decide what you want to do to make this holiday season meaningful to you. Create your plan on paper.
- Write down your expectations, making sure they are realistic.
- Write down what you want to do and what you don't want to do. Change traditions previously established in your family if that is your wish.
- Set aside some time to grieve.
- Resolve to do the best you can.
- Celebrate the love that you have in your life. You know this life is temporary, having learned this difficult lesson through your loss. So, take time to enjoy those who are here right now. Love them while you have them and they have you. Let them know you love them. What a precious gift you can give!

Youth Council Workshop a Success!

By Maggie Babcock

Over 120 teens participated in a very successful harassment workshop held on November 12th in St. Catharines.

With assistance from Michele Crook, an assault prevention instructor and police officer, the *CAVEAT Youth Council of Niagara* developed an interactive role-playing format that addressed the issues of bullying, sexual harassment, and stalking.

According to questionnaires, harassment was the number-one issue identified by kids concerned about violence in their daily lives. They know

that harassment can cause anxiety, humiliation and fear, and can escalate into serious and dangerous violent behaviour.

At the workshop, teens taught other teens how to recognize the early warning signs of potential violence, and demonstrated specific skills to prevent and defuse high-risk situations.

"The bottom line," according to Michele Crook, "is to be prepared."

She encouraged the audience to think about different situations before they occur, and mentally role-play how to not become a victim.

"Awareness of potential threats reduces the risk of being targeted by someone, so always stay alert and be aware of your surroundings", advises Michele.

Body language plays a vital part in personal

safety, and a direct clear message to the harasser is very important. But Michele warned that "disrespect or retaliation in return only escalates the potential for violence".

Response from those who attended the workshop was very positive. They enjoyed the interactive and informal format.

"I expected a lecture," said Stacey Cunningham from Welland, "but you learn hands on."

Many young people left feeling they had learned some skills they can use. Andrea Henderson of Grimsby says, "I think different people got different

things out of the workshop. I think everyone's been harassed at some point." Andrea and her fellow students hope to put together a presentation for their school to pass on the skills they learned.

The *CAVEAT Youth Council of Niagara* has already been booked to repeat this workshop at other schools and encourages interested groups to call to discuss a workshop tailored to specific needs.

The *Niagara Council* meets monthly in St. Catharines and welcomes any interested teens. *Council* member Mark Gojmerac sums up our philosophy. "I want to be part of the solution. It's got to start somewhere."

For further information about the *CAVEAT Youth Council of Niagara*, contact Maggie Babcock at CAVEAT head office.

"I expected a lecture, but you learn hands-on."

"I want to thank CAVEAT for its quick response..."

"Country Club" Transfer Denied

By Ben Doyle

Convicted murderer Brock Graham's request to be transferred from Mountain Institution to the comfier confines of William Head has been denied.

The threat of Graham's transfer to the so-called 'country club' resort on Vancouver Island caused a furor of angry reaction from members of the public.

The public's scorn was played out in a series of letters highlighted by *Province* newspaper columnist Joey Thompson.

Though the anger was widespread, nowhere was it more heartfelt than with the families of murder victims Patti Ducharme and Lynn Duggan.

Graham was convicted of murdering Patti Ducharme in 1996 and remains the prime suspect in the 1993 murder of Lynn Duggan.

Graham's failed transfer brought at least a small measure of satisfaction to the victims' families.

"It gives us some relief," said Merv Duggan, Lynn's father. "Where he is, is where he should be – with the garbage!"

If the decision had gone the other way, "the anger could have pushed us over the edge," he explained.

"I want to thank CAVEAT for its quick response to my request for help," said Merv. He was particularly appreciative of the effort and

attention put forth by CAVEAT president Priscilla de Villiers, CAVEAT BC chair Chris Simmonds, and *Province* columnist Joey Thompson.

Merv said it's important to note: "We must fight. Persistence will and did pay off; we didn't give up."

And in the Headlines:

"Students get the goods on self-defense" – *Welland Tribune*

"Grimsby resident helps youth organise conference on violence" – *The Independent* (Grimsby)

"CAVEAT teaches students how to deal with harassment" – *St. Catharines Weekly News*



Officer Michele Crook demonstrated defensive techniques to students at the Niagara Workshop.



CAVEAT goes new-fangled!

To ensure that we communicate with you regularly and most cost-effectively, we need your help!

Many of our supporters have access to e-mail and fax services. We are interested in hearing from you if you'd like to receive this newsletter electronically instead of in print. Please contact us and we will update our database (which we do not share or sell to anyone) with your e-mail address.

You can reach us by e-mail at info@caveat.org and don't forget to check out the web site at www.caveat.org.