

## 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 Husey

**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

Thirteen community leaders have joined our *Campaign* team

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

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NEWS FROM HEAD OFFICE

## CAVEAT



By Gillian Judkins

There are many successful projects that contribute to safe and healthy environments in schools. The *Community Keeping Kids Safe* event showcases initiatives, and paved the way for success stories through an invigorating presentations, exhibits, entertaining 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* is a perfect complement to the *Community Spirit = Community Safety* events organized by the City of Toronto Task Force on Community Safety, and a fitting part of *National Crime Prevention Week*.

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



## Making News

### 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

## 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.

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## 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":

## Youth C

*By Maggie Babcock*

Over 120 teens participated in a fun harassment workshop held on in St. Catharines.

With assistance from Michele Ci prevention instructor and police *CAVEAT Youth Council of Niagara* interactive role-playing format the issues of bullying, sexual harassment

According to questionnaires, harassment number-one issue identified by kids about violence in their daily lives 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 demonstrated specific skills to prevent high-risk situations.

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

She encouraged the audience to role-play different situations before they occur role-play how to not become a victim

"Awareness of potential threats role of being targeted by someone, so a and be aware of your surroundings Michele.

Body language plays a vital part

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## "Country C

*By Ben Doyle*

Convicted murderer Brock Graham be transferred from Mountain Inn confinement confines of William Head

The threat of Graham's transfer to 'country club' resort on Vancouver a focus of anger, reaction from mem