



# *Jeremy's Memorial Foundation Against Domestic Violence*

Spring 2004. Vol 6

NEWSLETTER

## *Message from the President*

Jeremy's Memorial Foundation Against Domestic Violence has just completed its third year. It has been an amazing journey working with generous, dedicated and caring supporters. This year alone, volunteer time exceeded 2,000 hours. We are continuing to work very hard to fulfill our purpose of raising awareness about the devastating impact domestic violence has in our society and to make a difference for the victims.

Each year we have successfully surpassed our fundraising targets. In fact this fiscal year came in at 22% over target not including the extra Nova House project. We have more knowledge and experience than ever before, and will be focusing on fundraising events that are more productive and less labour intensive this coming year.

We are still partnered with CHIMO CRISIS SERVICES in Richmond and OPTIONS: Services to Communities Society in Surrey. We contact managers of these transition houses on a regular basis to stay aware of their needs and priorities. This is working well and they are very grateful for our assistance in a time of painfully tight budgets.

Abusive relationships, both physical and verbal are devastating. Somehow we have to educate our young so that they clearly understand what behaviour is unacceptable. See page 2 for an update on the Prevention of Violence Against Teen Women project being piloted by CHIMO CRISIS SERVICES.

Domestic Violence is common in many countries. The victims are of any nationality, level of income or education, and all age groups. It is not a private matter, and people talking about the problem have led to more help being available. We are starting a series of Newsletters committed to learning more about domestic violence and its victims. This volume covers the cycle of violence and some of the reasons why many women stay. Please see page 3 and read this section with an open mind and heart. From personal experience, I can tell you that the emotions are so overwhelmingly intense that logic often cannot rule. We are all somewhat vulnerable when we enter a relationship.

Partner abuse is a punishable crime, and justly so, but wouldn't it be wonderful if that unhealthy rage and need for control could be managed before a crime takes place. In the meantime it's imperative that we, as a community, continue to assist the victims.

There are many reasons that keep women in abusive relationships. Assuming that a woman can leave but doesn't, increases the amount of blame and shame she may already feel. Don't make her feel guilty if she decides to stay. Be a good listener and help her learn more about her options. Our next newsletter will include "Creating a Safety Plan".

**Help is available!**

## What we are doing?

- Fundraising.
- Continue to redecorate bedrooms at Evergreen (Transition House in Surrey).
- Purchasing playground equipment and DVD players for Virginia Sam and Evergreen (Transition Houses in Surrey).
- Purchasing a double stroller, more pictures and storage for Evergreen.
- Printing pocket calendar/agenda books with positive messages for the clients of the transition houses.
- Continuing to work with Chimo & Options management to improve conditions at their Transition houses.
- Raising awareness about domestic violence.

## What we have completed in 2004

- Supplied and installed blinds, curtains and pictures for three bedrooms at Evergreen.
- Purchased two highchairs, 10 matching comforters and shelving for Evergreen.
- Supplied a security system for Virginia Sam.
- Supplied a vacuum cleaner and a VCR for Virginia Sam.
- Supplied 5 clock radios for Virginia Sam and Evergreen.
- Distributed 60 cassette tapes donated by Charlotte Diamond to three transition houses.
- Produced and distributed 1000 pocket calendars
- Worked towards improved systems and efficiencies as an organization.

## Pocket Calendar Project

We printed and distributed 1000 calendars this year. Each calendar includes:

- An outline of our purpose and description of our partnership with CHIMO and OPTIONS.
- A prayer called "Our Wish for You".
- A testimonial.
- List of phone numbers for victim assistance.
- Positive message with graphics for each month. example –



Asking for help is a strength, not a weakness.

The calendars were distributed to three transition houses and other support groups. We received very positive feedback and plan to produce them again this fall for 2005.

## Prevention of Violence Against Teen Women Project

We partnered with CHIMO CRISIS SERVICES on the "Prevention of Violence Against Teen Women Project for their fiscal year beginning April 1<sup>st</sup> 2003. They do not require further funding for the upcoming year but the project has gone very well and is still active.

An interactive presentation has been created called **TRAP – Teen Relationship Abuse Prevention**. The presentation consists of two short skits on relationships and a discussion portion. One script is called BOYFRIENDS TODAY – HUSBANDS TOMORROW and the other is named WHAT GOES AROUND COMES AROUND (Speak Out Against Prejudice). The pilot run was completed in two high schools, Hugh Boyd and London Secondary, in April with grade eight and nine students. Twelve students present the skits and then lead an interactive discussion with the audience to discover the warning signs of an unhealthy relationship, the qualities of a positive relationship, actions they can take, and contact information.

After the discussion, the skits are acted out again with audience members as some of the characters, in the attempt to "fix" the situation by using the material from the discussion. A teachers' manual has also been developed with supplementary information and activities

CHIMO has received overwhelmingly positive response from teachers, youth workers, students and participants.

## Fundraising

Since our charity was formed in April 2001 we have raised funds through numerous fundraisers and donations from generous Individual and Corporate citizens. The following is a summary of our success.

Fiscal Year 1	\$ 10,252.44
Fiscal Year 2	\$ 12,235.52
Nova House Project	\$ 10,415.00
Fiscal Year 3	\$ 14,849.61
We have raised a total of	<u>\$ 47,752.57</u>

Thanks for your support!

## Why Do Women Stay in an Abusive Relationship?

She often feels painfully ashamed, guilty, and inadequate and that she has failed to meet society's expectations. She may even come to believe she provoked the abuse.

### Concerns that make it hard to leave.

- *My relatives say I should stay.*
- *My husband only hits me when he has been drinking.*
- *I don't want to leave my home.*
- *My children don't want to leave their home, school and friends.*
- *It's hard to get help in my community.*
- *I don't want other people to know my husband hits me.*
- *I love my husband. He's a good man. He will change.*
- *I don't have a job or money.*
- *I've been threatened.*
- *I can't leave. My religion says divorce is bad.*
- *He wouldn't be able to live without me.*
- *The children need a father.*
- *I have no education and no skills.*
- *I'll lose my kids.*
- *I can't give up my dream of a good marriage.*
- *I can't make it on my own.*
- *I'm afraid of being lonely.*
- *Marriage is forever.*

**Guilt** – She often hears messages that produce guilt from those closest to her:

- *You married the guy; go lie in your bed.*
- *If you weren't such a flirt he might have more respect for you.*
- *Why don't you try to work things out? He's such a good provider.*
- *How do you expect to support these kids?*
- *Women need to keep the family together.*
- *Women should obey their husbands.*

### Immigrant Women Have Extra Problems

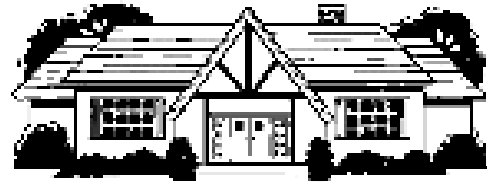
- *I don't speak English very well.*
- *I might be deported.*
- *In my country, women don't leave their husbands.*
- *My husband might take the kids.*
- *I'm afraid of the police.*
- *I have no money.*
- *I don't have relatives or friends here.*

**Psychological Damage** – Her mind is not logical because of psychological battering. She may have come to believe that she provoked the violence. She wonders if she was wrong or bad.

**Economic Dependence** – Many abused women have no access to funds or transportation, nor do they have a safe place to go to.

**Emotional Dependence** – Separation may involve more responsibilities than she knows how to handle. They often lack the self-assurance or survival skills needed to establish independent lives. In the first year after divorce, a woman's standard of living drops substantially.

**Fear is another huge factor** – The abused woman's fear, if she leaves, of being found and subjected to worse abuse is very real. Research over the last ten years indicates that women who leave their batterers are at a 75% greater risk of being killed by the batterer than those who stay. (Barbara Hart, Esquire, October 1988)



***Transition houses save lives!***

## The Cycle of Violence

The cycle of violence helps explain why she stays.

### Phase One – Tension Building State

He attacks verbally with insults, putdowns, accusations and perhaps minor battering. She tries to calm him, trying to anticipate his every whim. As the tension builds, she becomes more passive and he more aggressive. She blames herself for not being able to control the situation; she feels helpless. The tension becomes unbearable.

### Phase Two – Acute Battering Incident

Violence erupts. The incident is usually triggered by an external event or internal state of the man, rather than by the woman's behavior. It is during this stage that the woman is most likely to be sexually assaulted, injured or killed.

### Phase Three – Honeymoon Stage

After the acute battering incident, the man becomes extremely loving, kind and contrite. He begs for forgiveness and promises it will never happen again. As their relationship deteriorates, his loving behaviour is increasingly important to her. For a time, he seems like the man she fell in love with. Guilt also holds her. They both believe she is responsible for his future welfare, or if she leaves, for breaking up the home. If she stays, it is not long before the loving behaviour gives way to small battering incidents.

A NEW CYCLE OF VIOLENCE BEGINS.

*Lenora Walker, The Battered Woman, 1979*

## Donors Appreciation

Your generous gifts make it possible for us to assist the victims of domestic violence. On their behalf we wish to acknowledge you and thank you.

(Due to confidentiality we will not be listing private donors in our newsletter).

### **Donors**

Petley Jones Gallery  
Hoe!Hoe!Hoe! Gardening Services  
S & T Stereo Printers Ltd.  
MacDonald Dettwiler  
Jewish War Veterans of Canada

### **Prizes and Silent Auction (March 2004)**

abc Country Restaurants  
Boston Pizza International Inc.  
TELUS  
Petley Jones Gallery  
Dave's Fish & Chips  
Milestone's Restaurant  
Canadian Tire No.3 Road

## Would you like to make a Donation?

If you would like to help by making a donation, please send a cheque payable to **Jeremy's Memorial Foundation**. Include your name, address, postal code and phone number with your donation so we can send you a tax receipt.

## **Jeremy's Memorial Foundation Against Domestic Violence**

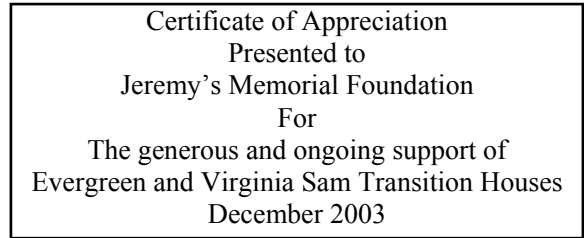


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## Acknowledgments

We received a beautifully framed certificate from OPTIONS: Services to Communities Society signed by their Executive Director, Bruce Hardy.



We received thank you letters from CHIMO CRISIS SERVICES signed by their Executive Director, Joan Cowderoy.

“The commitment and enduring dedication of your organization and its volunteers to CHIMO, to helping women and children fleeing violence at home, and to our joint work of preventing domestic violence is exemplary. It is an honour and a privilege to be involved together with you in this important work.”

## Board of Directors

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**WE ARE MAKING A DIFFERENCE!**