



Spring 2010

Denim Day April 21 promotes sexual assault awareness

As part of National Sexual Assault Awareness Month, TCWRC will support national "Denim Day" on April 21.

Denim Day is a campaign to raise awareness and educate the public about rape and sexual assault. Supporters mark the day by wearing denim.

The Denim Day movement arose from the outrage that followed an Italian Supreme Court decision in 1998 to overturn a rape conviction because the victim had worn tight jeans at the time of her assault. It was argued that she must have had to help her attacker remove her jeans, thus making the act consensual. Wearing jeans has consequently become an international symbol of protest against erroneous and destructive attitudes about sexual assault.

On Denim Day, wear your jeans as a visible sign that you reject the myths that surround sexual assault.

In addition, for Denim Day this year, the Wild Flower Boutique in Tillamook will have a 50 percent off sale on all denim clothing from April 12 through April 21.

In 2009, one million people and organizations reportedly signed up to wear jeans on Denim Day in support of raising awareness about the need to end sexual violence.

When you participate in Denim Day on April 21 you:

- Make it possible for more survivors of sexual assault to reach out and find help.
- Promote prevention through education so that sexual violence doesn't occur in the first place.
- Encourage men and boys to understand that strength is not for hurting, and the critical role they play in preventing violence against women.
- Encourage institutional and societal change.



Mary Ann Dearborn conducts one of her Healthy Relationship classes at Tillamook Options Program

Classes teach local students about healthy relationships

The class of teenagers at Tillamook Options Program in the old Wilson School fidgeted restlessly as Mary Ann Dearborn began speaking about the subject of rape. Some students appeared bored, others laughed self-consciously or whispered rude remarks to one another.

But the room fell silent in rapt attention as Dearborn began telling her own story – the story of the day when, at the age of 9, she was attacked by a neighbor.

"We lived in the country next to a farm," she recalled. "I had the best job in the world because I got to carry the milk can and I loved the cows and the cats. One of the hired hands used to talk to me like I was an adult and that made me feel special.

"One day, he told me that the cat had had kittens up in the hay loft and he would take me up there to see them. But when we got up there, there were no kittens. Instead, he raped me.

"When I got away from him, I ran home. I was scared and ashamed. I couldn't figure out what I had done wrong to make him do

that. I thought he was my friend. I didn't even know what sex was. I was so sure no one would believe me that I never told anyone. I never felt safe my whole life. For a while, I even slept with a butcher knife, in case he came back. But I never told a soul – not until I was 50 years old."

Dearborn said she finally told the foster sister she had grown up with.

"The minute I told her, I felt better," she said. "For, you see, when you stand up and speak out against sexual violence, you feel stronger and it gets easier."

Dearborn, who has a master's degree in social work and spent her career working in mental health research, is a contractor who teaches healthy relationship classes on behalf of Tillamook County Resource Center. She presents to every student in the Tillamook School District from seventh grade through high school.

According to Kathleen Marvin, executive director of TCWRC, the program has been funded for the past five years as part

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From My Desk



As you know, this year we have been blessed with an extraordinary grant from the Office on Violence Against Women of the U.S. Department of Justice. This grant is allowing us to reach out to our community in ways we never could have done without financial help.

One of the first things the grant allowed us to do was conduct a survey of county residents to determine their level of understanding about domestic violence and its prevalence. We found that one in three women in the county has been touched by domestic violence at some time.

The grant is also funding posters, press releases, the printing of educational materials and a series of advertisements designed to raise awareness about common myths surrounding domestic violence. It is making it possible for us to bring in experts to present public workshops and forums on various violence-related topics.

And, perhaps most visibly to some residents, the grant has allowed us to erect two billboards – one in Hebo, the other in Rockaway Beach – to let people know about the prevalence of domestic violence in our county and give them information about where to get help or to give it.

This latter item has generated a lot of buzz. We have received many positive comments. But we also have heard that some people are concerned that we are wasting money on such things when we could be spending it to help victims.

While we appreciate the sincerity of such sentiments, we believe this type of awareness marketing does, in fact, help the victims of domestic violence. That, in fact, is its purpose.

To solve any problem in society, we must first be aware of it. That requires public education. We believe the fact that one in three women in our county has been touched by domestic violence is stunning and we believe telling people about it in a dramatic way can help move public awareness and stimulate action.

The proof, as they say, is in the pudding. Since our outreach campaign began, our calls for services have increased 40 percent! This is a huge result and we believe it is, indeed, allowing us to help more clients change their lives.

So thank you for supporting our efforts and responding to our marketing campaign. And if you wish to help us increase our services, we welcome your participation as a volunteer. Just give us a call at (503) 842-9486.

– Kathleen Marvin, executive director

Sexual assault facts

April is Sexual Assault Awareness Month. Sexual violence, also referred to as sexual assault, is any non-consensual sexual act.

A sexual act is non-consensual if it is inflicted upon a person unable to grant consent OR is unwanted and compelled through the use of physical force, manipulation, coercion, threats or intimidation.

There are many myths surrounding sexual assault. Here are a few:

- Myth: Sexual assaults happen on dark streets and alleyways.

Fact: The vast majority of assaults occur either in the victim's or the perpetrator's house.

- Myth: Most sexual assaults involve strangers.

Fact: Most sexual assaults are committed by someone known to the victim.

- Myth: "No" sometimes means "Yes."

Fact: "No" always means "No."

- Myth: A person can avoid sexual assault if she or he really wants to.

Fact: The only way a person can "avoid" sexual assault is to never come into contact with other people.

- Myth: After paying for dinner, entertainment and drinks, a date deserves something in return.

Fact: All anyone deserves following an expensive date is a thank you. If money is a concern, discuss sharing expenses.

- Myth: Sexual assault only happens to a few people.

Fact: Sexual assault can happen to anyone, regardless of gender, sexual orientation, race, class, age or any other factor.

- Myth: If someone dresses and acts provocatively, she or he is asking to be raped.

Fact: How a person dresses or acts is not indicative of an interest in having sex.

- Myth: If someone was drunk, then he or she deserved to be raped.

Fact: No one deserves to be raped.

- Myth: If you have had sex before, then you owe it to the other person to have sex again.

Fact: It doesn't matter if you have had sex once or many times with a person in the past. Each time is a personal choice. If someone forces a person to have sex against his or her will, it is rape.

Suggestions for intervening

Sexual violence occurs on a spectrum, from seemingly harmless catcalls directed at women on the street to date and acquaintance rape to gang rape at gunpoint. To the degree that we let the little things happen without saying anything, we tacitly support a sexually violent culture. When we don't think our speaking up counts for anything, we contribute to an environment that lets perpetrators get away with it.

Getting involved doesn't have to be (and ideally shouldn't be) a big production. Small interventions can make a big difference in a questionable situation. Just distracting someone, saying something, checking in with a person can stop the momentum of something bad.

You always have more than one option as a bystander. You can:

- Speak up if someone's putting down women.
- Offer to drive your friend(s) home from a party.
- Pair up with your friends at parties to keep an eye on each other.
- Talk to a guy who mistreats women and suggest he get help.

If you're in a situation in which you see something weird happening, you can:

- Distract the couple in order to defuse the situation.
- Offer to call a cab for one of them.
- Track down a friend of one of the people and have him or her check on the friend.
- Knock on the door.
- Directly ask one of the people what's going on.
- Shout something so everybody hears, like, "Hey, what are you doing? Leave her alone!" and stick around to make sure the situation has cooled down.
- Talk to the girl and let her know you saw what was going on and that you're willing to help her.



Billboard awareness campaign

Motorists driving U.S. Highway 101 through Tillamook County are getting a dose of education about domestic violence, thanks to a pair of billboards that are being funded through the TCWRC's federal grant from the Office on Violence Against Women, U.S. Department of Justice. A large billboard in Hebo and a smaller one in Rockaway Beach are designed to raise public awareness about the prevalence of domestic violence in the county and provide information about how to get involved or get help.

Seminars teach how to be cyber safety savvy

On Jan. 28, the Tillamook County Women's Resource Center hosted two cyber safety seminars at Tillamook Bay Community College, taught by a pair of renowned experts on Internet and digital safety.

A total of 46 people attended the two sessions, which touched on cell phone, Internet and social networking safety and privacy.

The presenters were Sarah Tucker, technology safety specialist with Safety Net: the National Safe & Strategic Technology Project of the National Network to End Domestic Violence; and Teresa Atkinson, the technology safety program coordinator for the Washington State Coalition Against Domestic Violence.

The following day, Ms. Atkinson conducted a train-the-trainer event for 22 representatives of domestic violence agencies from a number of communities, including McMinnville, Lincoln City, St. Helens, and Tillamook. As a result, the staff at Tillamook County Women's Resource Center is now prepared to provide cyber safety training to others.

If you know of an organization, group or business that would like to receive training on how to protect yourself and others from the dangers of cyber stalking, harassment and similar threats, please contact Romy Carver at (503) 842-8294.

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Fundraising



Craft empowerment

Work by African artisans to benefit TCWRC

This fall there will be a display and silent auction of weavings by women of South Africa held at Pioneer Museum to benefit TCWRC.

The weavings are by the Mapusha Weavers, a cooperative of women weavers based in the village of Acornhoek in the Limpopo province of South Africa.

"This event not only acts as a fundraiser for us," said TCWRC Development Director David Guard, "but also and perhaps more importantly, it is a part of our mission of empowering women. We support women not just in Tillamook County,

but also around the globe. By helping these women support themselves we also reduce the threat of violence in their lives."

According to the group's Web site (www.mapusha.org) the name Mapusha stems from the cultural heritage of the women.

The group came together in 1973 with the help of a local Catholic missionary as a way for unemployed women in the village to learn a craft and make money to support their families. Trained in the skills of weaving and sewing, the 12 women who now make up Mapusha create hand-spun,

handwoven, hand-dyed textiles in a variety of colors and

fabrics. No two items are the same. The income from Mapusha's products goes to support the women's 50-odd dependent family members.

The textiles will be on display at the Pioneer Museum Nov. 4- 19. On Nov. 19, from 5:30 to 7, there will be a reception and a silent auction. A woman who helped start the Mapusha Weavers – Judy Miller – will also make a presentation about the project and its participants.

Soup Bowl chefs warming up their kettles

Rich, spicy minestrone; delicate tomato basil and hearty seafood chowder are just a few of the delicious soups that await this year's attendees at that annual Soup Bowl April 17.

"Our capacity is about 200 people and we have sold out every year," said TCWRC Executive Director Kathleen Marvin. "We encourage everyone to buy their tickets early."

The popular fund-raiser dinner benefiting Tillamook County Women's Resource Center will be from 5 to 7 p.m. at the Old Mill Marina in Garibaldi.

Richard Rowland and a group of potters from Astoria and Long Beach are creating 150 bowls for the event. In addition, there will be from 15 to 20 soup makers, 20 bread makers and five dessert makers

preparing all the food for the dinner.

Among the chefs will be a number of long-time supporters of the event.

Jeff Godwin, who owns and operates the Beach Bite Restaurant and Lounge in Rockaway Beach, plans to cook up a huge pot of minestrone for the event.

"It is a very traditional Italian recipe with beef, chicken, bacon and spices. It's my partner's old family recipe." In addition, he will be sending a big platter of triple fudge brownies.

Trisha Kauffman of Art Space in Bay City, will be brewing a pot of tomato soup with fresh basil.

A perennial favorite at the event is the seafood chowder made by Muddy Waters owner Judi La Beck. It's so popular, she was asked to make it again this year.

"It's sort of a clam chowder without the clams," La Beck explained. "It is filled with fresh crab, scallops and shrimp and lots of garlic. It has a cream base but I don't put in a lot of potatoes or fillers. It's so popular, they asked me to bring three pots of it this year. They always run out. It really gets their attention."

Besides the soup, there will be desserts and assorted breads made by Women's Resource Center staff and volunteers.

The price for all-you-can-eat soup, homemade bread, dessert and beverages plus a one-of-a-kind bowl is just \$40, or \$15 for the meal without taking home a bowl. Tickets are on sale at the Wildflower Thrift Boutique, 114 Main, Tillamook, or by calling (503) 842-9486.

News Briefs

Spring Calendar



We met the potter

Richard Rowland, the lead potter helping to create the 150 bowls for the annual Tillamook Soup Bowl fundraiser April 17, appeared for a “Meet the Potters” event in February. Rowland shared information about the anagama outdoor kiln he uses.

Grant applications

TCWRC has recently submitted a grant to the Office on Violence Against Women for continuation funding for enhanced victim services and community outreach and education regarding domestic violence, sexual assault, dating violence and stalking.

TCWRC has also submitted a grant request for Transitional Housing Support for survivors of domestic violence, sexual assault, dating violence and stalking.

Remembering a special woman

As Mother’s Day approaches, you may wish to honor the life or the memory of a mother or grandmother who has been important in your life.

TCWRC will once again be offering a way for you to do that with a donation in the name of that special woman.

You will soon be receiving a notice with the details in the mail. This is an opportunity to remember great people and help a great cause. Be thinking of who you might want to honor and celebrate this year.

Healthy Relationships Forum

Our forum event this month is planned for April 28 at the Oregon Department of Forestry building conference room on 3rd Street. One session will be from 2:30 to 4:30 p.m. and the other will be from 5:30 to 7:30 p.m.

Mary Ann Dearborn (see story on Page 1) will teach about healthy relationships and how our relationships affect our health.

To sign up, contact Romy Carver at (503) 842-8294, or e-mail her at tcwrc8@oregoncoast.com.

Denim sale at the Wild Flower

In recognition of National Denim Day (see story on Page 1) the Wild Flower Boutique in Tillamook will have a 50 percent off sale on all denim clothing from April 12 through April 21. The Wild Flower is at 114 Main, Tillamook.

Shelter needs

With the recent increase in occupancy at Pacific House – our shelter for domestic violence survivors and their children – we currently have a need for new or gently used linens. Because all of our beds are twin size, the shelter needs donations of twin size sheets, blankets, pillows and pillow cases. In addition, we need towels. If possible, we prefer whites because they can be bleached.

Fall Summit

Mark your calendar now for TCWRC’s “Imagine No Violence” summit Sept. 9-10. The event will present an array of workshops addressing topics ranging from the county’s existing agency services and resources to the roots and causes of violence in its various forms. More importantly, we will ask each participant to join in a visioning process to map out concrete ideas to address the problem of violence at its deepest level and affect change in profound ways.

April is Sexual Assault Awareness Month.

Wednesday, April 7, there will be a free screening of the movie “Killing Us Softly” at 6:45 p.m. at the main branch of the Tillamook County Library at 3rd and Stillwell in Tillamook.

Saturday, April 10, instructor Sydney Elliot will conduct a self-defense class for women from 9:30 a.m. to 3 p.m. at Tillamook Bay Community College. \$25. Contact the college to register.

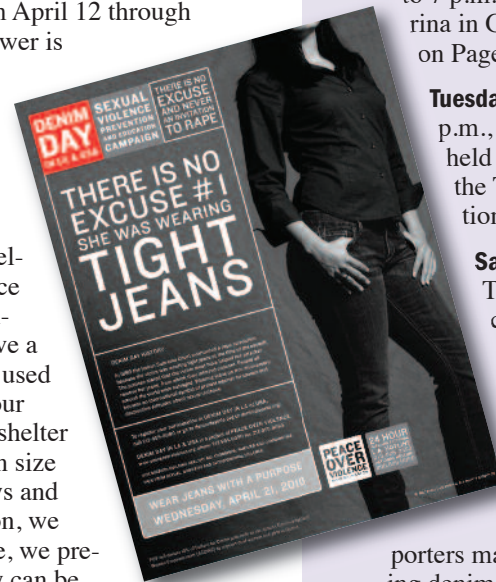
Saturday, April 17, The Soup Bowl fund-raiser will be held from 5 to 7 p.m. at the Old Mill Marina in Garibaldi. (See story on Page 4.)

Tuesday, April 20, at 5:30 p.m., a ceremony will be held to place a plaque at the Tillamook Police Station.

Saturday, April 21, TCWRC will lead the county in marking National Denim Day. Denim Day is a campaign to raise awareness and educate the public about rape and sexual assault. Supporters mark the day by wearing denim.

Monday, April 26, volunteer training begins. Interested parties are invited to call Eleanor at (503) 842-9486 to sign up.

Wednesday, April 28, TCWRC will hold workshops on healthy relationships from 2:30 to 4:30 and from 5:30 to 7:30 p.m. in the Oregon Department of Forestry conference room at 5005 3rd Street, Tillamook.



Community Outreach

Youth classes

From Page 1

of the rape prevention education funding through the Oregon Attorney General's Sexual Assault Task Force. This is Dearborn's third year on the project.

"We get tremendous feedback from both educators and youth," Marvin said. "It's a perfect fit for our mission. The earlier you educate about the issue, the better chance we have of changing behavior."

Marvin said the education program, which stretches from six to nine weeks, depending on grade level, educates youth about how to assess what is appropriate and inappropriate in relationships, how to be cyber safe, how to behave as a bystander to violence and that an individual can decide what is right and stand up for that.

"A lot of the program is student driven," she said. "We invite youth to help get out the message, and that's how the learning really gets seated. For instance, we have seen very profound messaging about equality and mutual respect going out from the kids at TOPS."

Marvin noted that some adults who have heard about the program have said they would like to take advantage of the same type of training. So Dearborn will be conducting two adult forums on the topic on Wednesday, April 28, one from 2:30 to 4:30 p.m. and the other from 5:30 to 7:30 p.m. at the Oregon Department of Forestry meeting room.

In addition, Dearborn will present a panel of young people to discuss the issue of sexual and domestic violence among teens during the TCWRC Imagine No Violence Summit, scheduled for September.

Student violence survey results

In March, Mary Ann Dearborn began her Healthy Relationships curriculum by giving students a survey to fill out.

The same survey was given to her students at Tillamook High School (grade 11), Tillamook Junior High School (grades 7-8) and Tillamook Options Program School (TOPS, grades 7-12). The survey allowed each student to self-report types of violence he or she experienced or heard about happening at the schools the student attended during the prior calendar year. Students reported by placing a checkmark by one or more of 32 types of school violence listed on the survey form.

Following are the results of the TOPS survey. Dearborn said it is representative of similar findings at the other schools. The full survey results from all the schools will be presented in September at the TCWRC Imagine No Violence Summit.

TOPS Survey Results

32 cyber/digital abuse
30 put-downs like "fag" and "gay"
29 pushing in hallways
29 name-calling
27 racial slurs
26 drug or alcohol use
24 jokes about someone's looks or body size or weight
24 male/male fights

23 bullying
22 making fun of people whose 1st language is not English
21 put-downs said to girls
21 put-downs said to boys
21 thefts from lockers or backpacks
21 students carrying weapons
20 racial harassment or discrimination
18 gang-related abuse of people and/or property
17 anti-Semitic (anti-Jewish) or anti-Islamic slurs
16 female/female fights
14 threats or lack of safety in hallways, bathrooms, etc.
14 sexual pressure on female students
13 female/male or male/female fights
12 abusing students thought to be gay or lesbian
12 suicidal acts (attempts or suicides)
11 boyfriends abusing girlfriends
10 making fun of less able (disabled) students
10 sexual pressure on male students
10 eating disorders
9 making fun of students enrolled in special education
7 girlfriends abusing boyfriends
6 put-downs about a student's religion
6 teachers or other adults verbally abusing students
5 teachers or other adults hitting students

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