

Support—Heal—Educate—Prevent: Helping the Community STOP Sexual



ON MY WAY OUT

Penni Maples - Outgoing Education Director

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Table of Contents

Board of Directors.....	1
On My Way Out.....	1
New Staff Members	2
Employment/Volunteers.....	2, 6
They Walked for the Cause	3
B.A.C.A at the SACPC Luncheon...	3
Let's Go For a Walk.....	4, 7
<i>Save the Date:</i>	
Kids' B.A.C.A. Bash.....	5
Helping Our Neighbors.....	5
Basic Sexual Assault Awareness..	5
Murder Mystery Dinner.....	6
Black Tie to Tie-Dye.....	6
Monthly Group Meeting.....	6
Breakfast with Series.....	7
Agency Wish List.....	7
Thank You.....	7
Thank you sponsors.....	8

Seven years ago I was at Pierce College, representing Make-A-Wish of Washington, Idaho, Montana and Alaska, at a non-profit event. I ended up having a conversation with Kathy Ward who had a display for the Sexual Assault Center of Pierce County. After listening to Kathy talk about job opportunities with the Education Department at SACPC, I thought, "That's what I am supposed to be doing." I left my job as a Pediatric Nurse and was hired as a part-time educator. Two days later I was a full-time educator and a few months later I was the Education Director.



Have you ever had the feeling you were exactly where you were supposed to be? That's how I have felt for the past seven years. I have learned so much and been given so much, most of all from the amazing people I work with at SACPC. I have never known a group of staff and volunteers with such a passion for what they do. You will not see a more diverse management team. We are four very different personalities with very different strengths. And yet the mutual respect and caring allows for our differences and encourages those strengths.

I have learned so much from our past and current staff, volunteers and Board members and truly believe I work with the best Executive Director in the non-profit world. I have been allowed to present new and challenging ideas and to make mistakes. I have been allowed to "push the

envelope" and often claim to be "number one on the bail list!" We really don't have a bail fund but I have always known that if I went head to head against anyone to support a victim, I would always have complete support from the agency. I have been at many in state and out of state human services functions and have stated how proud I was of Pierce County. We play nice! Are we perfect? Heck, no! But the human services agencies in Pierce County are more likely to work together for a cause than to play Prima Dona or to defend their turf. To all of you who I have had the honor of collaborating with the past seven years, thank you for being the hard working, underpaid, amazing people you are! To the Funders who have supported Education/Prevention at SACPC, thank you for understanding the

huge ripple effect sexual assault/abuse has on the community and for your dollars. To the thousands of kids I have interacted with, you ROCK! To the communities we serve, thank you for believing that sexual assault/abuse should not be the "dirty little secret" that eats away at your schools and families. To B.A.C.A (Bikers Against Child Abuse) of Puget Sound, let's ride for the kids!

Thank you all, from the bottom of my heart, for letting me be exactly where I was supposed to be for seven years!



Meet the Newest Staff Members

Alexia King ~ will ever get it is: My name is SACPC. I was Washington Just in case you I am currently Justice. Some of



and non-fiction, and going to the nail salon for my pedicures and manicures. I am a single mother of four great kids; a son Shawn (15), and three girls, Patricia (14), Ceanna (8), and Armani (5). Tell me I am not having fun! I have strong ties with both the Hispanic and African American communities and have always had a passion for helping people. My goal is to get as much information as possible about sexual abuse and assault out into the communities, as well as information about all the resources available for assistance. Well enough about me. I want to thank everyone here for making me feel at home and also for making me feel like part of the SACPC family. If you should have any questions or ideas, please feel free to contact me at any time.

I was asked to write about myself, so I really do not know if this published or not. The point is to just have fun with it! Anyways, here Alexia King and I am the new **Hispanic Outreach Liaison** for born in Panama City, Panama. I just recently moved back to State from North Carolina, where I have lived for the last 15 years. didn't know, that's where I inherited this wonderful country accent. enrolled at Iowa State University, pursuing a major in Criminal my favorite hobbies are playing with my kids, reading both fiction and non-fiction, and going to the nail salon for my pedicures and manicures. I am a single mother of four great kids; a son Shawn (15), and three girls, Patricia (14), Ceanna (8), and Armani (5). Tell me I am not having fun! I have strong ties with both the Hispanic and African American communities and have always had a passion for helping people. My goal is to get as much information as possible about sexual abuse and assault out into the communities, as well as information about all the resources available for assistance. Well enough about me. I want to thank everyone here for making me feel at home and also for making me feel like part of the SACPC family. If you should have any questions or ideas, please feel free to contact me at any time.

Matty Nelson ~ My name is Matty **Client Advocate** at SACPC. In fact, I have half years now. Since I had a psychology thing that's based on helping people and contact with people. I started out as a facilitator with the For Women Only DV on-call advocate and helped with program having in-person contact with the victims violence, it made me realize how important the role of an advocate is. I love doing what I do. It's not necessarily a "happy" job, but what makes me happy is to know that SACPC is raising awareness of this important issue and we as advocates help with the healing process. I'm thankful for the opportunity SACPC gave me so I can further help more clients that contact us for different support. I love working in this office. Everybody is so nice and supportive. I'm looking forward to serving more clients that come our way!



Nelson and I'm honored to be the new been with this agency for about four and a degree, I've always wanted to do something that allows me to have direct volunteer and also was a volunteer co-support group. I then became a regular support in the office. By being on-call and regarding sexual assault and/or domestic violence, it made me realize how important the role of an advocate is. I love doing what I do. It's not necessarily a "happy" job, but what makes me happy is to know that SACPC is raising awareness of this important issue and we as advocates help with the healing process. I'm thankful for the opportunity SACPC gave me so I can further help more clients that contact us for different support. I love working in this office. Everybody is so nice and supportive. I'm looking forward to serving more clients that come our way!

EMPLOYMENT/VOLUNTEER OPPORTUNITIES AT SACPC

Below are the qualifications sought in these currently available openings

Part-Time Master's Level Therapist Sought – (applications accepted until position filled)

*Position requires extensive working knowledge of general counseling and psychological theory and practice, including legal and ethical guidelines; issues involved in sexual violence; the effects of sexual violence; and effective methods for treating the effects of sexual violence. Requires a master's degree in Psychology (or related field), a minimum of 2 years experience providing therapy, extensive experience treating psychological trauma, ability to work independently and as part of a team, and excellent organizational skills. **Bilingual Spanish-speaking abilities highly sought!***

Please e-mail your resume and hiring information to stephanie@sexualassaultcenter.com

Volunteer Advocate – After satisfactory completion of mandatory 32-hour training specific to sexual assault issues, volunteers are expected to attend a minimum of 12 additional hours of sexual assault training each year (accomplished through monthly program meetings). Other related education, training, and bilingual skills are highly valued..

Please e-mail communication of your interest to jennifer@sexualassaultcenter.com

Continued on page 6

They Walked for the Cause

Michael Smith, Fund Development Manager



It's not a surprising sight to see a group of men walking down Pacific Avenue during the noon hour heading to a local favorite lunch spot. However, seeing seventy one men wearing women's shoes walking down Pacific Avenue at lunch time to help raise money and awareness for the Sexual Assault Center is quite another sight all together! (And yes, I did say they were wearing women's shoes.)

Granted, the majority of these men weren't wearing Dolce & Gabbana, Ben Sherman, Prada, Bruno Magli or

any other top designer names, but some were spotted wearing four-inch heels, five-inch plaid platforms, open-toe sandals and even hot pink flats.

The 2007 "Walk a Mile in Her Shoes" event brought out many participants from all over the county (Ladies we thank you for your support too). "This was a great way to show support for an agency that helps everyone in our community" said one of the walkers.

Thank you to all those who adorned themselves with pink bandanas, feather boas, signs, wigs, makeup and, of course, those infamous shoes to help us raise over \$20,000.00 to support our mission.

Next year's walk Will be on Friday April 25th. There will be great prizes for the "Most Money Raised," "Best Costume," and "Best Shoes." Plan on being there and being seen!



B.A.C.A. (Bikers Against Child Abuse) A Big Hit at SACPC Luncheon

Walking into the foyer of the LaQuinta Inn on Friday, June 15th and seeing men and women dressed in leather vests, jeans and bandanas standing proudly by their motorcycles might have been a bit surprising to those who have attended SACPC luncheons in the past. But once inside the well decorated ballroom, you could quickly feel that those in attendance were eager to hear how this group of motorcycle riders could truly help children in our community. After a warm welcome from Executive Director Carolee Wynhoff and Board President Mary Huff, those seated were able to hear David "Thor" Chandler (National Board Member) speak passionately about co-founding an organization

designed to support children who are victims of abuse. While many may have thought "Thor" gave the impression of being a Willie Nelson look-alike, his message to those in attendance was delivered with even more impact than Willie's famous



song, "Blue Eyes Crying in the Rain". Chandler, a Therapist

himself, truly walks the walk and talks the talk of B.A.C.A. "We need to protect those who cannot protect themselves" says Thor. His message that "our children are truly our most valuable asset" was heard by all in attendance. Thor was absolute in his gratitude and commitment to the B.A.C.A. of Puget Sound group and was sure to thank Kathy Ward and Penni Maples for bringing this organization to the Pierce County area.

With a whisper of hope and a ray of light into their darkness, we dip into the child's pain, hold them, shield them and offer them what we have learned through the years and many miles on the road.....Our loyalty and commitment.



Let's Go For a Walk

Stephanie Sacks, Clinical Director of Therapy Services

How do you feel after you have gone for a walk? Good? Better? Most of us do. But perhaps you, like many, find it hard to motivate yourself to actually do it. For many sexual assault/abuse victims, that motivation can be even more difficult to muster. That is why, in April, we began a walking group for SACPC clients. A walking group at a Sexual Assault Center? Why? What does that have to do with sexual assault?

The connection between the body and the psyche is increasingly evident in the field of trauma treatment and psychology in general (For more information see Bessel Van der Kolk, "The Body Keeps the Score" or Stephen Levine, Waking the Tiger). The body has physiological reactions to psychological and sexual trauma. When the abuse becomes chronic there are pervasive changes in many systems of the body. This can lead to physical illness. Thus the approaches to treating trauma must also include attention to the physical body. Often I have been struck (and research has proven) that many clients who suffer from depression, anxiety, and sleep disturbances could see significant improvement if they engaged in some form of physical exercise on a regular basis. It seems simple...too simple. But we know that just as trauma causes chemical responses in the body, so does exercise. Simply put, this exercise can help to balance out and rid the body of an excess of those chemicals that can lead to distress and illness. No matter how convincing an argument a helper can make, it seems difficult to move from talking about physical activity to doing it. We believed if we could get clients

...approaches to treating trauma must also include attention to the physical

to give it a try, they would soon see and feel the rewards themselves.

The purpose of the walking group is simple: to offer clients a safe supportive atmosphere to take a walk. Yet what that means for many survivors is huge. Many sexual assault/abuse survivors may have times when they are fearful of walking in public, especially if they are alone. They may be afraid of someone approaching or assaulting them or fearful of becoming fearful and panicking in public.

Because of the isolation that can sometimes develop with sexual assault/abuse, some survivors may find it anxiety provoking to interact socially. Many victims describe feeling very different from those who have not been victimized and fear that others can "tell". Ongoing childhood sexual abuse in particular can make people feel unsure of what is appropriate in social situations. When you are being used sexually as a child, it can be hard to know what appropriate boundaries are. This can create many different challenges for adults who are now trying to interact with acquaintances and develop friendships. Many survivors may worry: "Am I sharing too much? Not enough? Can they tell I was abused? Do I sound stupid? Am I being too

exercise can help to balance out and rid the body of an excess of those chemicals that can lead to distress and illness.

trusting? Not trusting enough?" When faced with this level of insecurity, some survivors find it easier to cut off from others and isolate themselves. Coming to therapy each week may become their primary "social activity". While this may be very understandable, ultimately it can only make healing more difficult. So we began the walking club.

Weekly, we provide an opportunity for clients to go for a walk. We don't typically talk about sexual assault. There are times in survivors' lives where it can seem like everything they are doing is related to the SA. It can feel like if they are not talking about the SA they are not being true to themselves. Others may feel that they have little identity left outside of the sexual assault. It is important to have places where the sexual assault can be discussed and it is a part of that person's identity and experience, but is also important to be able to feel comfortable interacting around other issues and to develop a broader sense of self beyond the abuse/assault. It is helpful to be with a group where people may have an understanding or awareness of your sexual assault issues but that is not the focus. The focus is on being in your body (something that can feel difficult for many sexual assault survivors), connecting to the world outside/nature (which can feel risky given that connecting to things outside yourself could hurt you), using

Continued on page 7

Save the Date!



Kids' B.A.C.A. Bash

September 8, 2007

The Pierce County Chapter of Bikers Against Child Abuse (B.A.C.A.) will hold its first annual Kids' B.A.C.A. Bash on Saturday, **September 8th**, from 11 a.m. to 4 p.m. at Steilacoom Park, across from Western State Hospital, in Lakewood. Join us for kid and family focused fun. Clowns, balloon animals, face painting, kids' bike rodeo, live music, food and more! There will also be a dunk tank with some well known community members just waiting to take the plunge!! So practice your aim and bring the family and have a good time for a great cause!

Call (253)228-6687 for more information

Helping Our Neighbors Who Have Helped Us

When we made the call to the Master Builders Association of Pierce County in April to inquire if they would participate in our 2007 Walk a Mile in Her Shoes event; their answer was a resounding YES, and they quickly put together a group of 13 walkers who raised \$2500 on our behalf. That outstanding response endeared those fine folks to us for life. So you can only imagine when the call for volunteers for the Master Builders Tour of Remodeled Homes event September 29 & 30, we quickly said how can we help?

This annual event features private residences that have been remodeled and the homeowner has agreed to allow the contractor to showcase his/her work on the home to the public. A fully descriptive ad runs in the News Tribune in advance of this popular and well attended event.

If you or someone you know would be interested in helping out, please feel free to contact me at your soonest convenience. Michael Smith (253)597-6424 ext.12 or Michael@sexualassaultcenter.com. Listed below are the times we need help and a brief description of the volunteer responsibilities. Once again, we thank you for all you do.

Volunteer Job Description

1. Greeting event guests at the entry of the home.
2. Validating tickets or possibly selling tickets

Note: Each Builder will be there to answer specific question about the work done in the home. (Volunteers should dress warm as you will be seated, in most instances, outside the entry of the homes).

Saturday, September 29

Shift A 9:45 a.m.- 12:00 p.m.

Shift B 11:45 a.m.- 3:00 p.m.

Shift C 2:45 p.m. - 5:00 p.m.

Sunday, September 30

Shift A 9:45 a.m.- 12:00 p.m.

Shift B 11:45 a.m.- 3:00 p.m.

Shift C 2:45 p.m. - 5:00 p.m.

NEXT BASIC SEXUAL ASSAULT AWARENESS TRAINING BEGINS OCTOBER 11, 2007

For further information, contact Kathy Ward, Education Coordinator, or Allen Trimmings, Education Director, at (253) 597-6424, extension 16 or 13 respectively.



How About Dinner and (“gasp”) ... a Little Murder?

Save the date now! Treat yourself to a very special evening out – it’s the SACPC FUNraising event on **Saturday, October 13, 2007.**



Always thought of yourself as an amateur sleuth? Or perhaps a modern day Sherlock Holmes? Time to sharpen your detective skills and see if you can figure out Whodunit!

Slaying audiences successfully since 1986, **It’s a Mystery**; the Pacific Northwest’s Premiere Murder Mystery Company is set to provide an interactive evening of dinner, comedy, mystery & mayhem. Who do you trust? Your dining partner may have a hidden motive and may be involved in the crime! Interact & play along with us...be interrogated by the cops or even accuse a fellow family member, friends or co-workers! Just think about it - haven’t you always wanted to get away with murder or set someone else up to take the fall? Now is your opportunity. ...So give it a shot...or a stab if you prefer.

Buy your ticket today and help support the SACPC. For additional details or ticket information call Michael Smith at (253)597-6424 ext. 12 or email us at Michael@sexualassaultcenter.com. Ticket prices are \$100 per couple or \$65 per person.

From Black Tie to Tie-DYE

October 20, 2007

The Pierce County Chapter of Washington their Fifth Annual Auction/Dinner to be auction will benefit the Sexual Assault Legal Services Program. Admission will be expected to fill fast. Advance tickets are Michael@sexualassaultcenter.com or great event!



Women Lawyers is proud to announce held on October 20, 2007. Proceeds of the Center of Pierce County and the YWCA’s be \$75 per person space is limited and is available through Michael Smith, (253) 597-6424, ext. 12. Join us for this

Mark your calendar and plan to attend!

Monthly Group Meeting

*Did You Know That SACPC Has A Support Group That Meets On The Second Tuesday Of Every Month?
For more information, contact our 24-hour crisis-information and referral line at: (253) 474-7273 or (800) 756-7273*

Volunteers Needed—Continued from page 2

Administrative Support Volunteer/Intern—Position requires reliability with desirable experience/qualifications to include alphabetizing, counting, reading and the ability to understand and follow instructions; ability to sit, perform repeated motion, and stand for an hour at a time. Skills learned include using various office equipment and computer software programs.

Please e-mail communication of your interest to carolee@sexualassaultcenter.com

Fund Development Committee & Event Volunteer/Intern—This event driven position requires reliability and experience in administrative work. Skills desired include typing accurately, ability to understand and follow instructions, ability to receive instruction and use copier, telephone, fax machine, and postage machine. May work somewhat independently—graphic design experience a plus.

Please e-mail communication of your interest to carolee@sexualassaultcenter.com

“Breakfast with Series” Featuring Brock Huard

The Sexual Assault Center of Pierce County is proud to present the “Breakfast with Series” featuring...Former Husky quarterback Brock Huard on Tuesday, **November 20, 2007** from 7:30-9:00 am at the LaQuinta Inn on Portland Avenue in Tacoma.

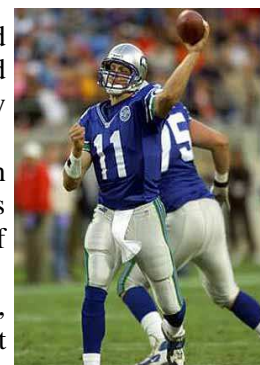
As a standout student athlete at Puyallup High School, Brock earned many accolades; including the Gatorade Circle of Champions National Player of the Year. In addition, he earned Parade, Super Prep, Blue Chip Illustrated, ESPN, College Sports and Schutt All-America honors. While at the University of Washington Brock set twenty school records including: most career passing yards (6,391), touchdown passes (53), 300 yard games (4), 200 yard games (14), attempts without interception (151) and total yards per game (190.4). He also set the Huskies’ single-game record against USC with his 33 completions and 62 attempts, and was a finalist for the Davey O’Brien National Quarterback Award.

Brock spent five years (1999-2004) in the NFL as a quarterback for the Indianapolis Colts and the Seattle Seahawks. He can now be seen on television (ESPN, NFL Network and NWCN) and heard on Seahawks Radio doing commentary during the football season. Brock and his wife Molly have two daughters, Haley and Macey and live in the Seattle area.

Puyallup High School has also produced two other Huard quarterbacks; older brother Damon current starting signal caller of the Kansas City Chiefs and younger brother Luke who played his collegiate football at North Carolina and is now on the coaching staff at the University of Washington.

So whether you’re a fan of the Puyallup Vikings, University of Washington Huskies, Indianapolis Colts or Seattle Seahawks, this event is a must attend. Take advantage of a great opportunity to hear a fantastic young man speak about what it takes to be a great athlete and the pressures and responsibilities of being a professional athlete and a **“True Role Model”** to our children. What better way to kick off Apple Cup week than to come enjoy a wonderful speaker talk about things near to his heart? Wear your true colors and come on out and help us raise money for a worthy cause.

For more information please contact Michael Smith at (253) 597-6424 ext.12 or email Michael@sexualassaultcenter.com. Ticket price is \$50.00 per person or \$400 for a table of eight. What a great way to engage your customers, clients and friends.



Let's Go for a Walk—Continued from page 3

your 5 senses to take in positive experiences (as opposed to the negative sensual stimuli taken in during the assault and at times recalled via flashbacks), interacting with others while naturally increasing endorphins, decreasing stress related chemicals and making multiple systems in your body more healthy. The group encourages clients who might choose to withdraw to literally and figuratively take one more step toward connecting and moving forward.

AGENCY WISH LIST

- ◆ [Massage therapy sessions by a licensed massage therapist at no or very low cost for low-income clients who may be reintegrating positive healthy touch as part of their therapy here.](#)
- ◆ [LaserJet or better printer](#)
- ◆ [\(no inkjet, please\) Thank You!](#)

Thank You !

We would like to extend a large heart felt thank you to **Chiara Wood of Turning Point Massage** who responded to a request in our newsletter for free or low-fee massage/body work sessions for therapy clients. Chiara donated 20+ one-hour massage sessions to our Therapy program to give to clients who might benefit from massage. Thank you so much Chiara for your commitment to SACPC and to survivors of sexual assault.



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Laura, Linda, Lisa, Mary, Melanie,

Tamikkai, Tina, Valerie, and Velma