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*Language interpretation  
 services available.*

*Deaf callers please use  
 telephone relay.*

**PRIMARY PREVENTION:**

**Preventing Sexual Violence  
 Before It Happens**

By Willow Wheelock, *Training & Education Coordinator*

**IN THE UNITED STATES:**

- 1 in 6 women and
  - 1 in 33 men have been the victim of an attempted or completed rape in her/his lifetime.
- RAINN. 2009. May 2011 <http://www.rainn.org/get-information/statistics/frequency-of-sexual-assault>

**AND:**

- 1 in 3 girls and
  - 1 in 7 boys will be sexually abused at some point in their childhood.
- RAINN. 2009. May 2011 <http://www.rainn.org/get-information/statistics/frequency-of-sexual-assault>

The Addison County (and Rochester) communities are not immune to these staggering statistics and it is important to recognize that these violations are generally not committed by monstrous people, yet by the very people who are our neighbors, our friends, our co-workers and our family members. Continued efforts to prevent and address sexual violence (SV) are making our communities safer, but deeper work awaits us.

When considering true prevention of sexual violence, it is behaviors, not just attitudes and awareness that we seek to improve. So, in addition to education that addresses victimization and perpetration risks, it is imperative that work also be done at the community level to create cultural norms of safety, healthy relationships and equality.

Comprehensive prevention education includes multiple sessions over multiple years that, along with focusing on legal definitions, debunking myths about sexual violence, signs of potential perpetrators, and local resources for people who experience SV, will also analyze the root causes of sexual violence (conditions that promote a rape culture) such as: rigid gender roles,

objectification of women in the media and gender inequity.

Working with all segments of a community to identify environmental factors that lead to the tolerance or prevention of sexual violence is as valuable as reaching individuals in classrooms. While sexual violence is perpetrated by individuals, an environment that promotes the conditions mentioned above subliminally supports rape beliefs, attitudes and behaviors. In contrast, supporting the prevention messages of the educational programs in multiple ways in multiple environments and promoting social activism against SV creates a cultural norm of consent and zero-tolerance for sexual violence.

By strengthening environmental factors, (all segments of) a community can create conditions that will repel acts of rape in the first place. This is long term prevention work that should grow over time and build on the work that has been done in prior months/years. Are you ready to prevent sexual violence before it happens? WomenSafe is ready to support you in exploring how you can deepen your prevention efforts.



# ONE BILLION RISING in Middlebury

By Foresta Castañeda, *Outreach Advocate*



Community members RISING in Middlebury as part of the **ONE BILLION RISING** event on February 14, 2014.



For more information on V-Day's **ONE BILLION RISING** events WORLDWIDE [www.onebillionrising.org](http://www.onebillionrising.org).

On Friday Feb. 14th, WomenSafe collaborated with Middlebury College and the Addison County Coalition Against Domestic and Sexual Violence and hosted a Zumba Rising Dance Party and Walking Parade at McCullough Social Space to mark the 2nd Annual One Billion Rising—a worldwide campaign spearheaded by Vagina Monologues creator and Middlebury College Alumna Eve Ensler, calling for one billion women worldwide rise up against violence against women. The figure reflects the current statistic that one in 4 women or 1 billion women worldwide will experience some form of physical or sexual violence in their lifetime. The campaign invites people all over the world to strike from their normal routines and take to the streets to dance, speak out, and call for an end to violence against women. Over 200 countries and every continent in the world participated in One Billion Rising with thousands of events happen-

ing throughout the world simultaneously over a 24 hour period. An online campaign also dominated social media sites as participants all over the world posted photos, videos, and blog posts about what Rising meant to them, their experiences with gender violence and their visions of Justice, which was this year's theme. In Middlebury, a snowstorm hampered participation but did not cancel the event, and 16 people including women, men and children braved the snow to participate. Zumba Instructor Liz Chamberlin led participants in learning the official dance for the event "Break the Chains" followed by a high energy set of original Zumba choreography. The Zumba portion closed with a second dancing of "Break the Chains." Afterwards participants personalized signs with messages calling for Justice and an end to violence, and paraded through the snow down College Street to the new bridge to draw attention to the issue of gender violence.

## A Reaction to Dylan Farrow's Letter

By Willow Wheelock, *Training Education & Coordinator*

Dylan Farrow, adopted daughter of Woody Allen, recently penned an open letter that ran in the New York Times detailing the sexual abuse he perpetrated against her.

Her letter is intense, riveting and gut-wrenching. In it, she calls out a handful of Hollywood's elitist for their ongoing support of Woody despite otherwise credible allegations of his sexual abuse of children. Their responses are telling in themselves.

Part of improving response to sexual abuse is understanding that when

people disclose abuse, they are almost certainly telling the truth and other people's job is to believe them, regardless of anything else. It also means standing up for people who disclose and rejecting cultural conditioning to treat sexual abuse as a private issue. Sexual abuse is not a private issue that families/people should be 'allowed' to struggle through on their own, it is everyone's issue with no option for neutrality~ one either stands against sexual violence or through their inaction and silence, they lend it their support.

Dylan's letter is powerful in that it articulates the struggles that so many who have been sexual abused/violated experience:

- To be heard
- To be believed

Reconciling what a person did/ does to them with other people's (contradictory) experience of the person

Navigating the painful (and undeserved) reactions of other people upon disclosure.

How is it that on one hand, society can express disgust at sexual abuse, but

*(continued on page 7)*



KIMBERLY KRANS

# Women Who Change the World Award Celebration

By Christina Grier, *The Supervised Visitation Program Coordinator*

positive impacts on and furthered the safety of women and/or children in our community.

Natalie moved to Middlebury in 1966 and has served on many local boards at various capacities including, but not limited to, the following organizations:

- Parent/Child Center Board
- Mary Johnson Children’s Center
- Dr. Pete Society
- Middlebury Co-operative Nursery School
- Union District #3 HS Board, 9 years; 4 years as Chair
- Town of Middlebury: Planning

Commission for 12 years; Current Chair of Design Review Board; Steering Committee for Development of Town Offices & Recreational Facilities

We were truly honored to shed some light on such a dedicated woman who continues to make a tremendous impact on our community. The award ceremony is held in March as part of National Women’s History Month.

If you would like to nominate someone for the 2015 Kimberly Krans Award, please contact us at [info@womensafe.net](mailto:info@womensafe.net) or 388-9180. Nominations are accepted throughout the year until December 31, 2014.

WomenSafe was pleased to honor Natalie Peters as the recipient of the 2014 Kimberly Krans Women Who Change the World Award (Kimberly Krans Award) on Wednesday, March 26, 2014 in Middlebury. The award is presented annually to a woman in Addison County and Rochester whose outstanding work and achievements have had

## A SPECIAL THANK YOU

to the **TURTLE FUR GROUP** of Morrisville for donating hats, ear warmers and neck warmers! We hung all the items on a clothesline in our office to

make them available for people coming into our office. These beautiful creations made our office space festive and help keep people warm during the dark, cold winter. Thank you Turtle Fur!

# Vagina Monologues at Middlebury College

By Marium A. Sultan, *WomenSafe Volunteer & Middlebury College Student*

On February 14th I took part in the Vagina Monologues at Middlebury College. The proceeds from the ticket sales (and the Vagina cupcakes being sold at the door) went to WomenSafe and overall we raised more than \$800. The message of the play, as I saw it, is to break the taboo about ‘down there’ and all associated with it. The play took the audience through the full range of emotions, from uncomfortable, to titillated, to entertained, to heartbroken, and finally, to inspired and awestruck. We discussed periods, pubic hair, sex,

masturbation, rape and birth. Talking about these topics was not something I thought I would be comfortable with, but I was. Preparing these scenes with such a willing cast and supportive director made me comfortable enough to perform them. I don’t even know if I had ever said the word Vagina before, other than in relation to this play. On stage I sat back from the audience, drenched in red light, moaning sexually; I critically discussed the feeling of the word vagina; I became one half of a giant vagina that delivered lines such as ‘lick me’; I recited statistics about

rape and genital mutilation; and I did all this in front of my teachers, peers and other people’s parents. After being in this play where nothing is taboo, my mindset about what is appropriate changed. The openness leaked out into my regular life. I am no longer as scared to talk about that part of me and it’s perfectly normal functions. I want to do this play again next year because I think it is important to show people such discourse is valued and permissible, and that vaginas are beautiful, not shameful.

# World Health Organization Study of Violence Against Women

By Foresta Castañeda, *Outreach Advocate*

The World Health Organization (WHO) recently published initial results from a multi-country study on the prevalence and scope of violence against women in developing countries across the world. Researchers interviewed 24,000 women in 15 sites in 10 predominantly rural countries: Bangladesh, Brazil, Ethiopia, Japan, Peru, Namibia, Samoa, Serbia and Montenegro, Thailand and the United Republic of Tanzania. In addition to prevalence and scope of violence against women, researchers set out to measure: its impact on women's health, protective and risk factors for the violence, and documentation and comparison of help seeking, and coping strategies utilized by those experiencing violence. The WHO study "challenges the perception that home is a safe haven for women by showing that women are more at risk of experiencing violence in intimate relationships than anywhere else."

The study defined sexual violence (SV) "as being physically forced to have sex against her will, having sexual intercourse because of what her partner might do, and being forced to do something sexual that she found degrading or humiliating." The study defined domestic violence (DV) as having ever been "slapped, pushed or shoved, hit with a fist or something else that could hurt, having something

thrown at her that could hurt, having been kicked, dragged or beaten up, choked or burnt on purpose, threatened with, or have had a gun, knife or weapon used against by a current or former partner."

The study measured rates of DV and SV by geographic site and also captured the percentage of women reporting having ever experienced either type. Ethiopia Province had the highest prevalence with 49% of respondents reporting having ever experienced DV, 59% reporting having ever experienced SV and a staggering 71% reporting having ever experienced either form of violence.

Peru had the second highest rates overall with 69% of respondents reporting having experienced either forms of violence. 47% of respondents in Peru reported having ever experienced SV and 61% reported having ever experienced DV. The third highest rates of either type of violence were reported in Bangladesh Province with 62% reporting having ever experienced either type, 50% reporting ever experiencing SV and 42% reporting ever experiencing DV. In all, six sites reported over 50% of women having ever experienced either form of violence, and two of those, Bangladesh Province (50%) and Ethiopia Province (59%) reported more than 50% ever experiencing sexual violence.

The lowest rates of either violence were reported in Japan City (15%) and Serbia and Montenegro City (24%). Japan city reported 13% of respondents had ever experienced DV, while Serbia and Montenegro City reported 23% ever experiencing DV. Both cities reported 6% of respondents had ever experienced SV. In 6 of the 15 research sites, respondents reported having ever experienced DV or DV more than 50% of the time.

The report concludes with recommendations to strengthen national commitment and action on violence against women, and calls for governments to: promote primary prevention; involve the education sector; strengthen the health sector response; increase supports to women living with violence; sensitize criminal justice systems; and support research and collaboration.

For more information or to read the full report, access the link below:

*WHO multi-country study on women's health and domestic violence against women: summary report of initial results on prevalence, health outcomes and women's responses.* Geneva, World Health Organization, 2005.

([http://www.who.int/gender/violence/who\\_multicountry\\_study/summary\\_report/en/](http://www.who.int/gender/violence/who_multicountry_study/summary_report/en/) accessed Feb. 19, 2014.)



## HELP US BY GOING PAPERLESS

Please consider receiving *The Advocate* via email and join the 109 other e-readers in their conservation efforts! If you would like to "Go Paperless," please let us know at [info@womensafe.net](mailto:info@womensafe.net). In order to avoid gaps in delivery, please inform us of any email address changes by calling Carol at 388-9180.

## 2014 Annual VOLUNTEER TRAINING

.....  
SIGN UP SOON!

Do you have a desire to help to make your community a more just and safe place to live? Are you looking for a rewarding volunteer experience? We are now accepting applications for our 2014 Volunteer Training! This comprehensive and dynamic training opportunity is scheduled to start towards the end of September and go through mid-October.

We encourage you to apply now! The training will prepare volunteers to: provide direct service

over WomenSafe's 24-hour hotline, at court hearings, and in the office; coordinate and assist with public awareness and community outreach events; provide childcare or perform administrative assistance tasks; and many more. Space is limited. For more details or information, please call us at 388-9180 or email us at [info@womensafe.net](mailto:info@womensafe.net). An application can be mailed to you or downloaded from our website: [www.womensafe.net](http://www.womensafe.net).

### GETTING TO KNOW

## Detective Sergeant Ruth Whitney

By Kara Francis, *Legal Advocate*

Ruth Whitney is the investigator for the Addison County Unit for Special Investigations (ACUSI). ACUSI is a non-profit corporation that is supported by a state grant and coordinates the investigation of sex crimes, child abuse, domestic violence and crimes against individuals with physical or developmental disabilities.

The objective of ACUSI is to provide a neutral location where the victims of abuse can be interviewed and receive referrals for needed services. The goal is that the victim only needs to participate in one interview. Interviewers are skilled professionals and receive specialized training in interviewing children, teens and adults. There is a Unit for Special Investigations in each county in Vermont. ACUSI is located at the Addison County Sheriff's Department.

**1. Can you give a description of your overall job duties and responsibilities?** *Investigate reports of sexual assault, child abuse, crimes against those with physical or developmental disabilities and follow up on domestic violence cases.*

**2. What does a typical day on the job look like?** *There really is no typi-*

*cal day on the job. My day can consist of interviewing victims, witnesses and/or offenders, writing reports, testifying at court and doing outreach work.*

**3. What part of the job do you find most satisfying?** *When I meet the needs of a victim.*

**4. What part of the job do you find most challenging?** *Interviewing very young children.*

**5. Have you noticed any trends or changes in your caseload while working at the SUI?** *Many of the cases involve a drug or alcohol component and almost all cases involve some sort of electronic communication such as social media and texting.*

**6. Is the conviction rate at a place that you are happy about?** *Yes*

**7. Why are sexual violence cases particularly difficult to investigate?** *Frequently there is no physical evidence and a delay in reporting.*

**8. May people contact you directly to make a report? What does that look like?** *People may contact me directly to make a report. If the incident occurred in a jurisdiction that I cover, I will initiate the investigation. If it occurred in an area that is not within my jurisdiction, I will*

*facilitate in contacting the appropriate investigating agency.*

**9. What would happen if someone wanted to make an anonymous report to you?** *If someone wanted to make an anonymous report, I would talk with them and explain their options and refer them to other resources such as Women-Safe, the victim advocate, and/or medical personnel.*

**10. What are some key changes you've seen since starting the SIU in Addison County?** *A collaboration of various agencies within our community.*

**11. What are some key changes you hope to see in the future?** *I would like to see the Addison County Unit for Special Investigations evolve into a full service unit where all services are housed under one roof similar to CUSI (Chittenden Unit for Special Investigations), NUSI (Northwest Unit for Special Investigations) and the Rutland Unit for Special Investigations.*

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For more information about ACUSI, please call 388-2981. To reach Det. Sgt. Ruth Whitney directly, please call 989-9843.



## BOOK REVIEW

## According to Kit

By Caitlin Winson, *Bachelor's of Social Work Intern at WomenSafe*

**A**ccording to *Kit* by Eugenie Doyle

of Monkton, Vermont is a coming of age story about Katherine Snow—nicknamed Kit. Kit is home-schooled after a scary incident with two other students in the high school classroom. Home is a family operated dairy farm in rural Vermont. Her education is nothing more than self-directed projects and a heavy dose of parental interference from her wish to dance as much as she can and learn as much as she can about the world.

Her closest companions are first and foremost the cat, Whisper, the cows she milks while doing tendus and pliés. She is accompanied also by Dad, Grampa G.W. whose good spirits ameliorate hard times, Grampa's dog, and Mom who stirs Kit's willpower to

instill her own authority. Issues with authority are highlighted as more time at home allows for more opportunity for mom and dad's pedestals to come down. The mother-daughter relationship is particularly dicey. Kit and her limited self-disclosing Mom are constantly at odds with different visions of Kit's future.

When Ursula, Kit's dance teacher becomes too affected by her MS to continue teaching, new teachers come into the studio and shake things up. Among them is Luis, a poetic and beautiful male dancer. Luis inspires Kit to try out for a once in a lifetime audition. This ignites greater conflicts between Kit and her mother.

*According to Kit* realistically portrays the perspective of an emerging young woman with a practical desire to empower herself in her small but

expanding world. Related to sexual violence, Kit reminds us all of the healthy well-rounded desires and boundaries one may choose to keep. Despite her fantasies or feelings of closeness to men in her life she listens to her body and emotions with a refreshing confidence. When a fantasy starts to come true of sharing passion with an inspiring male dancer, she questions and seeks to differentiate what is the result of her fantasy and what is the result of a man misusing his authority.

Kit in the context of sexual violence reminds us all of our innocence and natural ache to empower ourselves. Her determination and humor in the darkest and coldest times of Vermont winters highlights how we can respond to the most mundane of circumstances by dancing through them with joy and grace.

## A Wish List

Please consider donating an item that can make a huge difference in the lives of people fleeing domestic or sexual violence. WomenSafe often needs the following items:

- Prepaid gas & phone cards

Gift certificates or gift cards to following local businesses:

- grocery stores
- salons for haircuts
- laundromats
- restaurants or delis (sandwich shops)
- clothing stores
- Toothbrushes/toothpaste/shampoo/conditioner
- Razors/shaving cream
- Deodorant
- Brushes/combs
- Gender neutral dollhouse
- Doll accessories (clothes, baby bottles, blankets)
- Decks of cards
- Preemie size diapers

If you are able to make a donation, please mail it to WomenSafe, PO Box 67, Middlebury, VT 05753 or call us at 388-9180 to arrange a pick up location. If you mail it, please include your name and address so we can send you a thank you note.

## Donate Your Old Cell Phone to WomenSafe

Please consider donating your old/broken cell phones or Smartphones. We can use them in several ways:

**STALKING KITS:** We include working cell phones in stalking kits for people experiencing sexual violence, domestic violence or stalking.

**REPLACING BROKEN CELL PHONES:** It is common for a phone to get broken during an incident or intentionally broken by a controlling partner. A cell phone may seem like a luxury to many; however, for someone experiencing domestic or sexual violence it is a lifeline to support and safety.

**RECYCLING THROUGH "REUSE" AND "REFINING"** programs that accept donated cell phones, Smartphones, iPods and iPads and give money back to WomenSafe. During a 2 year period, WomenSafe received nearly \$240 for donated cell phones from Shelter Alliance.

For more information about donating cell phones, please call us at 388-9180.

# Sexual Assault Report of the Vermont National Guard

Karrie Bowen, *Master's in Social Work intern at WomenSafe*

On January 30, 2014, WCAX reported on their website ([www.wcax.com](http://www.wcax.com)) that the Vermont National Guard (VNG) had released a report stating that 6 sexual assaults had occurred during 2012. This reporting came on the heels of a recent law mandating that the Vermont National Guard present an annual review reporting the number of sexual assaults that may happen each year. The recent national exposure of sexual violence in the military has raised many questions on whether or not those cases should be processed through civilian channels given the military requires sexual assault reporting go directly to the ranking officer. However, there have been instances where those higher ranking individuals are the perpetrators, which has resulted in little to no reporting of the sexual assaults that have occurred. The military culture can make it very difficult for survivors to come forward, and Cathleen Wilson, of HOPE Works (the outreach organization in Burlington, VT, for sexual assault survivors), stated in this article that, "I think this can be a source of concern for victims - that they are worried that if they report this that there could be some kind of retribution, perhaps the person that assaulted them is a superior to them and they are their subordinate".

Oftentimes survivors are placed either temporarily or permanently in another position away from their perpetrators. The perpetrators, however, keep their ranks and positions and will often not be prosecuted. WCAX reported that four of the cases in the VNG were referred to outside law enforcement, where only one resulted in a plea of guilty. As far as the others were concerned there was not enough

evidence to prosecute, but the VNG has taken disciplinary action in one of those cases. The other two cases are awaiting action.

I recently spoke with Sienna Fontaine, a fellow MSW student, who is a soldier in the Vermont National Guard and one of two females going through Officer Candidate School (OCS). She gave me some insight into how it can be for a female in a male-dominated military situation. While the VNG has been making attempts to equalize their atmosphere, there are many moments that she does not feel safe when she is the only female present and will often "buddy" with another woman to increase that feeling of safety.

Sienna pointed out that the Commanding Officers at the VNG are indeed making an effort to utilize gender neutral language whenever possible. There was a moment during one of Sienna's OCS classes where an offensive female joke was overheard by her Commanding Captain. He interrupted right away, and in fact asked Sienna if she felt the joke was offensive. She was surprised at this, and answered that, yes, it was offensive. But with that surprise also came a feeling of being the sole representative of women in the military, feeling that she was singled out by her Captain's question simply because she was female. While the attention to the situation was warranted and encouraging, the issue at hand is the need for a change of attitudes and a greater recognition of how many women in the military do not feel safe. Changing attitudes about and increasing the safety for women in the military is imperative if we are to move our military away from a culture that still views their women counterparts as unequal.

## Dylan Farrow

(cont'd from page 2)

as individuals, we suddenly waiver when the perpetrator becomes someone we know, care about, enjoy spending time with, look up to?

Perhaps some of the explanation for this regrettable behavior is:

- Being uninformed about the high prevalence and manipulative dynamics of sexual abuse
- An unwillingness or incapacity to redefine the person we 'thought we knew' as also someone who abuses
- A social construction of people who sexually offend as demons rather than friends, neighbors, coworkers, family members, youth, people we live among, care about and love
- A lack of social supports to hold people who offend accountable.

We each have a role to play in shifting the tide of sexual abuse: its occurrence and our response, proper support for those who are violated and ample accountability by friends, family, coworkers, neighbors and systems when someone abuses. Dylan's courage, along with all the courage of all people who have experienced abuse and spoke out despite the firestorm levied upon them by others is notable and may be a source of support for people who have experienced abuse who have not disclosed, were not believed or were otherwise re-victimized by friends, family, community, society.

A link to her letter can be found at:

[http://kristof.blogs.nytimes.com/2014/02/01/an-open-letter-from-dylan-farrow/?\\_pbp=true&\\_type=blogs&\\_pbp=true&\\_type=blogs&\\_r=1](http://kristof.blogs.nytimes.com/2014/02/01/an-open-letter-from-dylan-farrow/?_pbp=true&_type=blogs&_pbp=true&_type=blogs&_r=1)

# WomenSafe

Committed to ending domestic and sexual violence

## The Advocate

Newsletter of WomenSafe

### WomenSafe Provides:

#### Advocacy Services ■

(Free and Confidential)

24-hour Hotline

Information & Referrals

Emotional Support

Medical Advocacy

Legal Advocacy

Transitional Housing  
Support & Advocacy

Systems Advocacy

Support Groups

#### Community Outreach and Education ■

#### Supervised Visitation & Monitored Exchange ■

## WOMENSAFE T-SHIRTS

Available for \$18.

They are available in black and cream; sizes S, M, L, XL, XXL (sizes tend to run small); and in curvy & box style-cuts.



**WomenSafe Mission Statement:** WomenSafe works toward the elimination of physical, sexual and emotional violence against women and their children through direct service, education and social change.

WomenSafe does not necessarily share the opinions expressed by the writers and reserves the right to edit and determine the content of **The Advocate**.

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AMERICAN  
**FLATBREAD**  
Middlebury Hearth



## Benefit Bake for WomenSafe

*“A community will be safe only when the women and children in the community are safe”*

**Wednesday, April 9th, 5–9 p.m.**  
**Eat in or take out**

\$3 (\$1.50 per small) from the sale of each flatbread will be donated!

For more info please call:  
AMERICAN FLATBREAD: 388-3300 or WOMENSAFE: 388-9180