



(from left) Gurnee Mayor Kristina Kovarik; Andrea Lucas, a survivor who spoke at the event; NBC5 News Anchor Anita Padilla, who served as Mistress of Ceremonies for the event; LaCASA's Executive Director Torrie Flink; Event Chair Sherri Ballard, and Keynote Speaker Anne Ream, founder of the Voices and Faces Project online survivor support initiative.

Photo Courtesy of Kathy Weinstein

“Women Helping Women” Puts LaCASA on the Map

LaCASA's 4th Annual "Women Helping Women" luncheon was a phenomenal success. The Friday afternoon gathering, co-sponsored by Hewitt Associates and Medline Industries, Inc., drew a record crowd of 450 and raised \$70,000 net to help LaCASA further its unduplicated mission to mobilize the community to end sexual violence.

The center's inviting architecture and warm interior design is a major attraction and something Executive Director Torrie Flink was intent on showcasing when she changed the event from a golf outing to a luncheon held at LaCASA. "Personalized tours were provided as part of the event, so guests could experience, first hand, the healing environment that LaCASA offers to survivors of sexual violence," Torrie said.

Another factor in the success of the event was a fabulous silent auction with more than 200 items and a compact but powerful program that included the inspiring story of survivor Andrea Lucas (pictured above, second from left in white).

Keynote speaker Anne Ream provided the audience with perspective on the indiscriminate nature of sexual violence using real stories and enormous photographs of survivors featured on www.voicesandfaces.com.

“Global groups like the American Cancer Society or the Red Cross, although very deserving for their contributions to our society, so often over shadow the local organizations (like LaCASA) that are beneficial and essential to a community.”

Joanne Glover

Another wonderful addition to the event has been the exciting and passionate presence of Anita Padilla, NBC5's Weekend Anchor, who has served as mistress of ceremonies for the past two years. "Anita is a truly caring person with strong ties to the community, having grown up in Waukegan," said Torrie Flink. "Indeed, everyone involved helped create an inspiring, uplifting and infectious kind of experience."

Honored at the event were Hewitt Associates and Medline Industries, Inc. for their community service in co-sponsoring the luncheon. Also recognized by Torrie Flink were members of LaCASA's Aunts & Uncles Club who pledge annual support to LaCASA's children's program.



Tears and Triumphs at Women Helping Women Event



Guest Speaker Andrea Lucas shared her story of heartbreak and personal triumph with attendees at LaCASA's annual "Women Helping Women" fundraiser event.



LaCASA's "Aunts" bring their daughters to the luncheon.



NBC 5's Weekend Anchor Anita Padilla served as Mistress of Ceremonies.



LaCASA's Executive Director Torrie Flink and her staff provided a warm welcome for all "Women Helping Women" attendees.



"Women Helping Women" Event Chair Sherri Ballard (in white slacks) welcomes attendees.



Strength Club table



Rosen table

Business and Social Leaders Step Up Support of LaCASA



Co-sponsor Medline Industries, Inc. was honored.



Hewitt Associates - Co-sponsor of event



Aunts & Uncles were recognized



Abbott Laboratories table



Wolters Kluwer table



Belmonti/Vistage table



ULINE table



Cambridge Homes



Dann Insurance table



Volunteer opportunities abound at LaCASA.

Women Helping Women Event photos are courtesy of Kathy Weinstein

Giving Voice: Art and Healing

Melanie Schikore's "WINDOWS" Evokes Emotion and Discussion at Women Helping Women Luncheon

Melanie's Artist Statement: I survived a violent sexual assault in 1990 by a stranger who came in my apartment window as I slept. The man who raped me was found several months later and is still incarcerated. I went on to counseling, to marry, to have children. I made two international moves. I went to graduate school. On the outside, it seemed like my life was just fine. We didn't talk about the rape anymore. I didn't think about it every day. It wasn't a big part of my life.

In 2001 I was triggered when a girl in the after-school program I was running was sexually assaulted. I wasn't sure what was happening to me, but I knew that I was not okay. I'd thought that my healing was complete when in actuality, it had only just begun. I decided to attend sexual assault advocacy training at Rape Victims Advocates (RVA) in downtown Chicago. During the training, all that I was feeling was validated and I learned that my experience was not unique. I was not alone!

With a heavy heart, I eventually decided to leave my marriage. My relationship could not support the healing that I so very badly needed. Talking about past trauma is not living in the past. It is forging a way to the future. I know that now, and I accept that people who have not experienced trauma may not be able to understand and help. I have made new friendships and surrounded myself with people who are not uncomfortable with my experience. It would seem that this would make me focus even more on the rape, but the opposite is true. By placing myself in a loving, nurturing space, the rape has been put into a better perspective and is no longer consuming me from the inside.

Thanks to the Judith Dawn Memorial Fund (see below), I was able to attend an art therapy course and execute my art project "WINDOWS". LaCASA was gracious enough to accommodate my interest in putting the art in the public sphere as yet another step in healing and destigmatizing my experience. Chicago Workshop Architects supported me by providing the materials and labor for the installation.

Questions or comments are welcome at Melanie@schikore.com

Founder of The Judith Dawn Memorial Fund for the Arts talks about her collection.

Jean Cozier's inspiration for collecting survivor art: As a survivor of childhood sexual abuse, I have spent many years crying shouting, self-destructing, healing and growing. As a writer, I have struggled to find the words to explain the connection between art and healing. As a woman who lost her soul sister, Judith Dawn Hickey, to cancer, I have struggled to find a way to keep Judith's memory and her artwork alive. And now, as a friend of LaCASA, I would like to share my art with you.



Each of these pieces is from my personal collection. While several pieces are Judith's I have spent the past three years locating, and purchasing, artwork created by other survivors of rape and sexual abuse.

In some cases, I have developed and maintained ongoing relationships with the artists. Others are unknown to me except through their work. Several have become dear friends.

Each piece is special to me for different reasons. I have created a journal that documents my acquisition of these pieces, and the stories and people I collected along the way.

Memory is a tricky thing and what you don't document, you may lose. Although I'm confident that each piece can speak for itself, I am a writer, and always have some words of my own to add.

I wish you joy and healing as you view this art.

Works from Jean Cozier's collection may be viewed at LaCASA.

Questions, applications for artist funds, and donations to support the ongoing efforts of the Judith Dawn Memorial Fund for the Arts are welcome. For details, visit www.LaCASASTopRape.org, resources section.



Removing The Shroud of Silence

America's Silent Epidemic

Imagine a childhood disease that affects one in four girls and one in six boys, before they reach age 18.

A disease that can cause dramatic mood swings, erratic behavior, and even severe conduct disorder among those exposed.

A disease that breeds distrust of adults and undermines the possibility of experiencing normal sexual relationships.

A disease that can have profound implications for an individual's future health by increasing the risk of problems, such as: substance abuse, sexually transmitted diseases, and suicidal behavior.

A disease that replicates itself by causing some of its victims to expose future generations to its debilitating effects.

Imagine what we, as a society, would do if such a disease existed.

We would spare no expense.

We would invest heavily in basic and applied research.

We would devise systems to identify those affected and provide whatever services are needed to treat them.

We would develop and broadly implement prevention campaigns to protect our children... wouldn't we."

- James Mercy

Reprinted by permission from The Pinnacle, a publication of the Pennsylvania Coalition Against Rape.

Uncle Seagram

Merle

My uncle likes me too much.

I am five and a half years old, and in kindergarten.

In kindergarten everything is clean.

My uncle is six feet tall with seven bumps on his chin.

My uncle is six feet tall and he stumbles.

He stumbles because of his Wonderful Medicine packed in his pocket all times.

Family is ma and pa and my uncle, three brothers, three sisters, and me.

Every night at my house we play checkers and dominoes.

My uncle sits *close*.

There aren't any shoes or socks on his feet.

Under the table a big toe tickles my ankle.

Under the oilcloth his thin knee beats into mine.

And mashes. And mashes.

When we look at TV my uncle picks *me* to sit on his lap.

As I sit, he gets hard in the middle.

I squirm, but he keeps me, and kisses my ear.

I am not even a girl.

Once, when I went to the bathroom, my uncle noticed, came in, shut the door, put his long white tongue in my ear, and whispered "We're Best Friends, and Family, and we know how to keep Secrets."

My uncle likes me too much. I am worried.

I do not like my uncle anymore.

- Gwendolyn Brooks

Reprinted by consent of Brooks Permissions

Interesting note: LaCASA was told by Brooks Permissions that whenever the distinguished poet would give public readings, the poem "Uncle Seagram" was consistently one of the most requested.

Thanks a Million to the Meyers!

LaCASA owes a debt of gratitude to Mike and Mary Meyer for years of service to the organization. They are moving out of the area, and everyone here, staff and volunteers, will miss them. The debt is incalculable.

Mike was a driving force in two major transformations of the organization: the building of the Zacharias Center and the creation of an endowment fund. He spent 12 years on LaCASA's board of directors. During his 4 year term as board president, he oversaw the intense capital campaign to finance the building. Mike then spearheaded LaCASA's endowment efforts as co-chair of the Major Gifts Campaign for 4 years. He was successful in connecting LaCASA with many corporate leaders in Lake County.

Mary was a key player in the growth of LaCASA's annual rummage sale into a monetarily successful and much anticipated community 3-day event. She gave to this effort an extraordinary amount of her personal time which often included strenuous physical labor. Her devotion and positive attitude was an inspiration to volunteers and staff. Through her participation on the Fund Development Committee, she also helped to shape and improve LaCASA's other special events.



Mary and Mike Meyer

Thank You to LaCASA's Donors

We wish to gratefully acknowledge individual and tribute donors for the second half of FY06, from January 1st to June 30th, 2006. This list does not include participants at fund raising events. Although every attempt has been made to list each contribution, errors do sometime occur. Thank you for your understanding and generosity.

Individual gifts received 1/01/06 – 6/30/06

Wendy Abrams	Dawn Davidson Ritacca	Barbara Kilroy	Leslie Outten
Amy Adams	Dorothy Davis	Anita King	Karl Ottosen
Debra Albert	Dana Deane	Marlene Koskotas	Suzanne Ower
Sue Aldrich	Patricia Dederich	Nancy Kreiter	Donna Pauke
Benjamin Andrew	Joseph Desalvo	Robert Kroll	Lori Pease
Anonymous	Robert Dickinson	Debra Krotowski	Susan Peck
Robert Appelbaum	Hal Doetsch	Steven Kuemmerle	William Peel
Lori & Eric Ashworth	Victoria & Patrick Duffy	Sharon LaBelle	Carol Piccolo
Carol Awe	Tricia Elkinton	Tim Lahart	Timothy Pittman
Mary Balmer	William Ellefson	Andrea Landsberg	Maria Pizano
Patrick Barnd	Barbara & Leonard Feldman	Linus Laurusonis	Joan Reinhardt
Joel & Nancy Barnett	Kimberly Fitzgerald	Lance Leech	Ernesto & Nancy Rivera
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Susan Bennett	Patricia Frank	Dorothy Mahan	Debra Rutledge
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Nancy Blaski	Carlos Gonzalez	Michelle Mareno	Deborah Salmi
Cheryl Blazejak	Robert Greenebaum	Jeff Mariola	David Sawick
Estes & Nancy Boshes	Suzanne Greenwald	David Marlier	David Louis Schanding
Kathy & Greg Bostrom	Jennifer Gumbert	Christopher Martin	Ellen Schwartz
Sheryl Braddock	Linda Gustavson	Mary Metzel	Marsha Serlin
Rachel Brand	Kenneth Hansen	Dr. Ivan Meyer	Linda Shapiro Porter
P.J. Breyer	Terry Hardekopf	Michael Meyer	Victoria Sherman
Dawn Briggs	John & Gwen Harris	Jon & Lois Mills	Patricia Spillar
Sheila Brooks	Donna Heaps	Andy & Nancy Mills	Robert Stahnke
Susan Bullis	James Hoder	Linda Mignano	Carol Susman
Richard Burg	Robert Hoff	Lisa Moe	Karen Turel
Sharon Byrne	Christi Hoskins	Roger Muellemann	Judith Victor
April Carrington	Shawna Huley	Dave Muslin	Bernice Weissbourd
Michelle Coplan	Ann Johnston	Kenneth Norgan	Gregory Whitacre
Jill Costa	Allen Kahn	Carol Olson	Brian & Linda Wolfberg
Christine Critz	Kevin Kelleher	Brena Osborne	Kathleen Wood
Catherine Cullen	Olga Kenny	Eva Ott	

Tributes received 1/01/06 – 6/30/06

Baxter International Foundation in honor of Marlene Koskotas	Grace Pranske in memory of Marilyn Hansen
Virginia Coplan in honor of Lila Streicker	John & Claudia Salstone in memory of Jennifer Barr's mother, Barbara
Gary & Nancy Freedman In memory of Aunt Janet	Linda & Dick Saslow in memory of David Krichiver
John & Therese Holland in honor of staff & volunteer work on the Kalicki trial	Jim & Jill Schlesinger in memory of Patricia Goldstein
Jeff & Sheri Kolodny in honor of Bennett & Renee's wedding	Paul Schultz in honor of Ric & Elise Potenz
Torrie Flink & Pete Kroll in memory of Bob Fox & Greg's dad	Tom Schwartz in memory of Milton Fine
Torrie Flink & Pete Kroll in memory of Jennifer Barr's mother, Barbara	William Stark in honor of Nancy Zacharias Freedman
Harold & Naida Lipman in honor of Beryl Metzger & Saerree Fiedler's 90th Birthday	Linda West in honor of Joe West for Father's Day
Elise Potenz in memory of Beverly Danneffel	Pat Carli & Edward Streicker in honor of Lila Streicker's Bat Mitzvah
Ric & Elise Potenz in memory of Denny Sosinski	

Tributes received *in memory of Sylvia Silverman* 1/01/06 – 6/30/06

Louise Berenzy	Doris Kofman	Maxine Salzman
Albert Boumenot, Jr.	Labkon Family	Daniel & Donna Stevenson
Cohen Family/Aaron Equipment	LaSalle Bank	Phyllis Strom
Ann S. Hoenig	Ben & Alison Margolis	Francis Xavier Warde School
Joel Jastromb	David & Ellen Muslin	Curt & Maggie Willie
Kathy Harris & Bob Jendra	John C. Robinette	Rita Jean Zajac

Plan Now to Attend These Amazing LaCASA Fundraisers

LaCASA Says "Play It, Sam" at LaCASABLANCA Event



The famous line from the movie Casablanca "PLAY IT, SAM" will have a whole different meaning when hundreds of annual attendees gather for this year's LaCASA mock-gambling dinner/fundraising event entitled "LaCASABLANCA."

Chaired by Terri Hilgendorf, LaCASABLANCA hopes to be "The beginning of a beautiful friendship" for new supporters of LaCASA. The event will be held on September 16th at Exmoor Country Club in Highland Park.

All proceeds from the event, which for the second year is presented by LaCASA's Aunts & Uncles Club and underwritten Jon Mills and Morris Belzberg, will go to support LaCASA's countywide sexual assault awareness and survivor assistance programs including: medical and legal advocacy, emergency room and police sensitivity training, a 24-hour crisis hotline and intervention services, counseling for both individuals and groups, and prevention education to thousands of area school children every year.

To RSVP or for details, call Linda West at (847) 244-1187 ext. 21 or visit www.LacasaStopRape.org.



"Second Hand Roses" Announce LaCASA's Giant, 3-Day, Tented, Upscale Rummage Sale is Now in October

Some things just get better with time... like LaCASA's annual Giant Rummage Sale, and the thousands of new and gently used items that will be on sale at this not-to-be-missed event. Billed as the "Ultimate Rummage Sales Experience," the event will take place on October 6, 7 and 8 – rain or shine – thanks to an enormous tent provided by Mike Glabowicz of Stellar Productions in Lake Bluff. Coordinated by the newly renamed committee: "Second Hand Roses," the rummage sale will be held in LaCASA's expansive parking lot at 4275 Old Grand Ave. in Gurnee, and there will be a bag sale all three days.

"One person's cast-off is another person's treasure!" Our annual rummage sale is the world's largest treasure trove... and it just keeps getting better every year," said event co-chairs Laura Hampton and Jennifer Jones. "We have even more new and like-new items than last year, including women's, men's and children's clothing, household items, furniture, linens, books, toys, collectibles, boutique items and much more. There is something for everyone!"

REAL Kids CARE "A Reason To Roll" Fundraiser October 28th

Check out LaCASA's "REAL Kids CARE: A Reason to Roll" event from 2-5pm at Bertan Bowling Alley in Waukegan for a Bowl-a-thon and a Costume Dance Party. Proceeds go to support LaCASA's Children's Program.

Teens can participate in both activities or choose just one. For those who are not participating in the Bowl-a-thon, there will be a \$20 entrance fee. There will be complimentary pizza and soda and all sorts of prizes. For more information contact: Jane Hunter at (847) 244-1187 or jhunter@lacasagurnee.org

REAL Kids CARE is a LaCASA program organized by youth volunteers (with supervision from LaCASA staff) to raise awareness about sexual assault particularly in the teen community and to support LaCASA's healing & anti-violence mission. The program provides teens with leadership opportunities and activities with a sense of purpose. All proceeds earned at Real Kids Care events go towards providing free services to victims of sexual violence through LaCASA.



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2006 Calendar of Events

- September 16 LaCASABLANCA presented by Aunts & Uncles, features an evening of mock gambling, dinner, music, live and silent auctions at Exmoor Country Club in Highland Park.
- October 6-8 LaCASA's 3-Day Giant, Tented Rummage Sale includes new and gently used items such as clothing, household items, furniture, sporting goods, linens, books, toys and collectibles.
- October 9 LaCASA's Annual Dinner to honor volunteers and staff.

Visit our new website at
www.LacasaStopRape.org

- To learn more about our organization and key issues
- To securely register on-line for upcoming events

Questions or comments? Contact LaCASA's Website Coordinator Linda West (lwest@lacasagurnee.org).

Thanks again to Volunteer Webmaster Scot Gallup for his extraordinary creativity and care in designing our new on-line home.

LaCASA Board of Directors

President – Elise Potenz Vice-President – Jim Schlesinger
Treasurer – Dane Morgan Secretary – Carolyn Robertson
Richard Backwell Brad Jenks Saul Rosen
Eleanor Taylor Bland Lori Kelleher Cliff Sanderson
John Bratsakis Leslie Kischer Diana Serna
Chinni Chilamkurti Elizabeth Lane Peggy Taylor
Michael Farrell Merle Lynch
Thomas Gurewitz Dianah Llanas

LaCASA Staff

Pamela Baker, Adult/Adolescent Counselor, ext. 13
Stacey Coleman, Crisis Intervention Advocate, ext. 31
Linda West, Administrative/Development Assistant, ext. 21
Janette Dingee, Children's Counselor, ext. 27
Toren G. Flink, Executive Director, ext. 16
Cathy Guzolek, Director of Administration, ext. 11
Angela Ramirez, Office Manager, ext. 18
Sandra Heraver, Prevention Specialist, ext. 25
Joe Howard, Major Gifts Campaign Manager, ext. 23
Jane Hunter, Director of Community Education, ext. 26
Wendy Ivy, Coordinator of Volunteers & Training, ext. 24
Lynn Osborn, Associate Director, ext. 28
Claress L. Pettengill, Director of Development, ext. 17
Georgia Vasquez, Prevention Specialist, ext. 22
Cecy Wren, Director of Client Services, ext. 32

LaCASA Phone Directory

24-Hour Crisis Hotline: (847) 872-7799
Non-Emergency Office Phone: (847) 244-1187
Website: www.LacasaStopRape.org
TTY: (847) 244-1367

LaCASA Support Groups

Fundamentals of Healing - 12 week introductory group offers information and support for adults just beginning to come to terms with issues of sexual violence in their lives.

AMAC Therapy Group - 16 week group provides advanced therapeutic guidance and support for survivors of childhood sexual abuse who have had previous therapy.

Caregivers Group - 6 week group gives support/information to adults who are in parental roles to children who have been sexually abused. Topics include child development, childhood trauma and its impact on the family, mandated reporting, boundaries, discipline, and communication.

Latency Age Group - for children 8-12 who have been sexually abused. May be held in conjunction with a caregivers group. Topics covered include understanding sexual abuse, safety, feelings and coping with feelings, and boundaries.

Adolescent Groups - offered for young people 13-18 who have been sexually abused. Topics include: safety, feelings and coping strategies, relationships, intimacy, and sexuality.

Adult Sexual Assault Group - for women sexually assaulted as adults. It is not intended for adults who may be concurrently dealing with sexual abuse issues from childhood.

Sisters Seeking Healing Support Group - 10 week group that provides a forum for African-American women who have experienced sexual trauma. The group will explore how oppression compounds the trauma as well as providing knowledge and awareness of healthy relationships and cultural expectations.

– Please call LaCASA to sign up for these groups –