



LaCASA
Zacharias Center

Lake County Council
Against Sexual Assault

4275 Old Grand Avenue
Gurnee, IL 60031

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2001-2002 Events Calendar

Month	Event
November	Wish List Food Drive
December	Food Drive distribution
April	From Here to Healing Community event in recognition of Sexual Assault Awareness Month
May 4	LaCASA Casino Night
June	Annual Women's Golf Outing
September	Annual Aunts & Uncles Reception

LaCASA Support Groups

LaCASA offers **free** support groups to help survivors and significant others deal with sexual violence issues. All groups meet at the LaCASA/Zacharias Center located at 4275 Old Grand Avenue in Gurnee.

Adults Molested as Children Educational/Introductory Group -

This educational/self expression group is for survivors of childhood sexual abuse who are in the beginning stages of their healing. This 12-week group will meet Monday evenings from 6:30–8:30pm, starting in late January 2002. Call Nancy Nainis for a pre-group interview at 244-1187 ext. 31.

Adults Molested as Children/Therapy Group - This self-expression/therapeutic group is for childhood sexual abuse survivors who have had previous group experience. This 16-week group will meet on Tuesday afternoons, from 1:00–3:00pm, starting in late January 2002. Call Nancy Nainis for a pre-group interview at 244-1187 ext. 31.

The Parent Group - This drop-in group is for parents who have children that have been sexually abused. Parents are encouraged to share their experiences and feelings with other parents. This on-going group will meet on Tuesday evenings, from 6:00–7:30pm (except for Dec. 25 and Jan. 1) until May 2002. Call Jennifer Kors for more information at 244-1187 ext. 34.

Adult Sexual Assault Group - This educational/support group is for women who have been sexually assaulted during their adulthood. (It is not intended for adults dealing with childhood sexual abuse issues.) This 12-week group is scheduled to begin in early February 2002. Call Joanie Dovekas for more information at 244-1187 ext. 32.

24-Hour Assistance Hotline # (847) 872-7799

Non-Emergency Office Phone # (847) 244-1187

LaCASA Lake County Council
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The Advocate

Issue 3 2001

You Go Boy: Men as part of the solution

This edition of the LaCASA/Zacharias Center Advocate newsletter is dedicated to all of the men in our lives who have:

- dared to stand for the end of sexual violence;
- believed in and contributed to a more peaceful world with their money, time, insight, focus and love;
- used their own victimization to give back, give voice and give possibility to others.

To you, the men with open hearts and minds, and longing for a more just and kind world, we thank you!

Torrie Flink, Executive Director



To the dusty 60's phrase, Consciousness Raising, add another "C" word and you get **CCR**. Not Credence Clearwater Revival, but **Continuous Consciousness Raising**. LaCASA is not just an acronym. It is a group of flawed human beings working very hard to raise consciousness of both men and women. And just like the women's movement, LaCASA began with a few concerned individuals and grew into a very influential organization. Our approach to solving America's epidemic of sexual assault is fundamentally educational and involves a great deal of person-to-person communication.

The feminist movement has continued its breakthrough accomplishments over the past 30 years. One of the keys to its continuous success is that they brought many men along with them. Husbands, fathers, sons, brothers, boy friends and friends of these fighters, learned the messages of respect and equality. Likewise, LaCASA must actively include males of all ages in the process of eliminating sexual assault from our communities.

Most men can't really understand the fear and humiliation that women face in this culture. Men still dominate the political and economic systems, and men commit most sex crimes. It is easy to become disheartened about men and sexual assault. But keep in mind that human beings are creatures of learning. This fact provides us with hope. We believe that a culture which breeds rape (and we have one) can be changed. For true success and healing, men and women must work together and look closer to home.

The majority of men are decent and good, however, even good men can have sexist attitudes which add to the sexist slant of society. **CCR!** Part of the solution is for men to work on themselves, by themselves, just as women banded together in the early days of the feminist movement. Search the net and you will see men's organizations from all over the USA working to stop the problem of sexual violence.

- Men Can Stop Rape, Inc. www.mencanstoprape.org
- Men Stopping Violence Against Women www.menstoppingviolence.org
- Stop It Now www.stopitnow.com
- DADs www.dadsanddaughters.org
- National Organization for Men Against Sexism www.nomas.org
- Pro-feminist MensNet www.infoweb.magi.com/~mensnet/
- Men Against Violence Webring www.interactivetheatre.org

LaCASA's mission is to help survivors heal, and to prevent sexual violence from happening. Our approach is to include men in the work – literally. Men as volunteer advocates; men as members of the Board of Directors; men as donors and underwriters of special events; and, for the first time, a man on the staff of our Development team. Men are touched and changed through the work done here. Then they go forward with their daughters truly in their eyes.

Joe Howard, Special Events and Fund Developer

Past Miss America Brings True Pageantry To Aunts & Uncles Event

LaCASA was blessed to have past Miss America Marilyn Van Derbur Adler as its special guest and keynote speaker for the tremendously successful and moving Aunts & Uncles program.

No one left the event untouched, including Marilyn, who now tours the country speaking about her own experiences as a survivor of childhood incest. Throughout the day, Marilyn expressed her surprise that this event was sponsored by two men (Morris Belzberg and Jon Mills), and her admiration at seeing so many men working side by side with women to reduce the threat of sexual assault in Lake County.

"In my experience, sponsors were always women or women's organizations," she said. "Congratulations to LaCASA for being inclusive and forward thinking. I salute this organization's male benefactors for their involvement and support."

All who experienced Marilyn's willingness to give from the core of

Annual LaCASA Dinner Spotlights Courageous Women and Supportive Men

Along with a delicious meal and great music, attendees of LaCASA's annual Dinner were served up healthy courses of camaraderie and inspiration. Executive Director Torrie Flink took the opportunity to salute outgoing board president Mike Meyers, and to thank Sue Aldrich and Kathryn Louis for 15 years of service on the LaCASA Board of Directors. Torrie also welcomed new board members Mike Ferrell, Robert Hrbernik, Leslie Kesher, Dane Morgan and Peggy Taylor. Two longtime staff members, Cathy Guzolek and Lynn Nash were also honored for their hard work and commitment to LaCASA.

Real Men Help LaCASA

Among the most powerful moments at our Spring event was when longtime LaCASA supporter Chuck Bartels took the microphone and exhorted men to get personally involved in the fight against sexual assault. He had every man stand up in unison as he challenged them to see their responsibilities and to pledge their support to making a difference for the sake of the women they love.

This wasn't the first time Mr. Bartels has rallied his male counterparts to join in the cause. He has also been instrumental in convincing men to join LaCASA's Board of Directors. "Sensitivity is key," he said. "Most men could never comprehend the fear involved for a woman to cross a secluded parking lot."

Another strong LaCASA proponent, former Board President Mike Meyers, has never viewed sexual assault as a women's issue. "Women must stand together in the fight against rape and incest, but they can't do it alone. Men must stand beside them," he said. "Only then can we significantly lessen cases of sexual abuse."

Both Mike and Chuck said that progress in this area has pitfalls. "LaCASA walks a fine line in the fight against sexual abuse," said Bartels. "While men are most of the problem, our active involvement in organizations like LaCASA is a key to the solution. Obviously the



Aunts & Uncles program co-benefactor Jon Mills greets special guest Marilyn Van Derbur Adler.

her being were stunned as she told of not being believed when, 50 years old and successful in every way, she spoke of the violations by her father. She passionately cautioned everyone as to what this meant for children. If she was not believed, how difficult it must be for a child to be believed, and how much courage it must take to speak out against their abuser!

After meeting Ms. Van Derbur Adler, and witnessing her spellbinding presentation to the standing-room-only audience, Mr. Mills, Mr. Belzberg and other men in attendance were deeply touched and proud of their involvement with LaCASA. "Marilyn's involvement made this LaCASA's best event ever," said Mr. Belzberg.



Perhaps the most touching moment came when the "Sweetest Man" award was presented to Harold Lipman (*seen here with Torrie*). This award honored his dedication to LaCASA and his vital role in the creation of the LaCASA/Zacharias

Center. The optimistic octogenarian challenged LaCASA to continue growing, and urged all men to play an active and involved role in the organization's future.

two areas of greatest need are financial and volunteering of time. But even those who are not able to serve as a LaCASA board member or volunteer can make a difference by participating in one or more of the following ways:

- Volunteer to help with a fundraising activity.
- Donate your skills or expertise.
- Show courage and commitment when speaking with other men.
- Listen to others and practice compassion in all that you do.
- Fairly consider all candidates for available positions and equal compensation, regardless of gender.
- Constantly raise your own consciousness by reading and listening.
- Watch for dangerous behaviors against women and children.
- Teach children to respect themselves and others—"no means no."
- Debunk gender stereotypes.
- Refuse to patronize prostitutes or support pornography.

Mr. Mills and Mr. Belzberg, hosts of the successful Aunts & Uncles program view, their involvement similarly. Beyond affection for Torrie and duty to the memory of a dear friend, they don't believe that special courage is required to support LaCASA's cause. Said Belzberg to his interviewer. "You're a man. Are you not concerned about the problem?"

One Man's Story by Joanie Dovekas

Yesterday started off as a typical day for me, but something amazing happened. Although it wouldn't be categorized as a miracle by most, it seemed awfully close to me. I was reminded, yet again, why I do this work...why we all do it. I had scheduled a counseling session at the request of a client, whom I had seen occasionally during my eight years at LaCASA. He had something pressing he wanted to talk about with me.

I knew the routine of this dear, 68 year-old man so very well. I'd seen this pattern many times before. I knew he would walk eagerly into my office, sit down and ask me the same question. "Why did they do this to me?" Soon he would add, "Why would anyone want to rape a little boy?" "Why didn't my mother or anyone protect me?" and "Why don't people talk about boys being raped?" He wondered if the pain would ever stop.

His entire adulthood, he has searched for answers. More often than not, he has been abruptly turned away. Few have wanted to hear a grown man talk about being sexually abused as a child and feel the pain still present in his heart for over 60 years. He's been told to move on, forget about it and, frequently, that he was crazy. Yet, he continued his search for answers every day of his life.

As he walked into my office yesterday, I prepared for yet another conversation where I could not provide any real answers. I knew that all I could do is listen, believe him and support him – something so simple, yet, so rare in his life.

He began by explaining his gratitude for LaCASA's staff and volunteers, which he said are like a family to him. We were the ones who really helped him and provided "the tools" he needed to survive day by day. He wished there was something he could do to show his appreciation. I assured him I would pass on the message.

I then settled back waiting for the question...followed by the endless questions with no real answers. I had always been very honest with him, something he always appreciated. "There is no good reason why you were sexually assaulted by the ones who should have protected you," I often told him. "You did nothing to deserve it...I am sorry you were abused and that you are still dealing with the effects...Our society knows even less about boys being sexually abused than girls...Yes, it does happen to boys, too!"

As I sat quietly, he began to speak again. After sixty years of asking the same question, he quietly proclaimed "I no longer need to ask the question."

Annual LaCASA Giant Rummage Sale is a Huge Success

LaCASA's Giant Rummage Sale was an incredible success! The Women's Auxiliary Board (co-chaired by Merle Lynch and Lois Friedman) and our hard working staff and volunteers are to be congratulated for this triumphant event. Despite inclement weather, the well attended 2-Day rummage sale raised over \$10,000 more than double the amount raised last year.

In addition, the event served as a springboard for community involvement and awareness, by involving local businesses, especially Target and Washington Mutual Insurance, both of which helped with materials and volunteers. Kudos to everyone who put so much time and energy into making this event bigger and better than ever before!



Co-chair Lois Friedman and Women's Auxiliary Board member JoEllen Erdman (right) oversee the bargain shoppers.

Planned Giving Advisory Committee Update

Since announcing the Endowment and Major Gifts Planning for LaCASA's *Heal-A-Child: Regain A Life* program in July, progress has been steady. Feasibility study participant solicitation is on schedule, with several gifts received and the promise of significant ones to follow.

Three key sub-committees are currently being formed to support this fund raising effort. The Public Relations Task Force, Individual Gifts and Lake County Business sub-committees are at the core of future planning and solicitation. Please get involved in any way you can.

September 11th

Fallout from the terrorist attack has been felt by non-for-profit organizations nationwide, as donor dollars go to relief for the victims and their families. Mean while, the problems faced by charitable organizations have not gone away. Some even worsen as a result of the crisis. In terms of sexual violence keep in mind:

- In a worsening economy, sexual violence tends to increase.
- Many victims of sexual assault and incest suffer from symptoms of Post Traumatic Stress Disorder (PTSD), which can be triggered by trauma.

- Though troubled families may come together briefly out of fear of attack, problems like domestic violence and incest are only swept under the rug.
- After a man-made disaster like 9-11 or the Oklahoma City bombing, chronic depression and suicide rates go up.

"Wish List" For A Happy Holiday

Demonstrate your holiday spirit by donating new clothing, toys and canned goods to LaCASA's Wish List annual client holiday giving program. Items must be received by Dec. 17th. Call Deirdre Simpson-Rhoads at 244-1187 ext. 20 for details.