



**SANTA BARBARA RAPE CRISIS CENTER
CENTRO CONTRA LA VIOLACION SEXUAL**

VOLUNTEER NEWSLETTER

VOLUME 9, ISSUE 8: AUGUST 2004

ANNOUNCEMENTS

JOIN US FOR THE NEXT ADVOCATE MEETING: AUGUST 10TH FROM 6PM – 8PM

As always, this mandatory in-service training will be a great opportunity to learn new information, meet other advocates, gain support, and process any client work. Hope you can join us on August 10th!

SBRCC NEEDS MORE ADVOCATES – HELP SPREAD THE WORD!

The next **English Crisis Intervention Training** is scheduled for **August 16th – October 6th**. Classes will meet Mondays and Wednesdays from 6 p.m. – 10 p.m. and one Saturday (September 18th) from 10 a.m. – 2 p.m. If you know individuals who may be interested, please have them call Laura at 963-6832 or send an email to laura@sbrcc.net

WE ESPECIALLY NEED VOLUNTEERS WHO ARE SPANISH/ENGLISH BILINGUAL!

FAREWELL TO VILMA

We are sad to say goodbye to Vilma Molina who has been the Crisis Intervention Coordinator since November 2001. In her own words, Vilma wanted to communicate the following message:

My experience here at SBRCC has been great thanks to all the wonderful people with whom I have worked. I have learned so much through the staff and the advocates and everyone will be greatly missed. SBRCC holds a really special place in my heart and I will never forget the clients, staff and advocates that I have met. My experiences here have made me a stronger person and they have taught me so much about myself. I am leaving SBRCC to pursue a higher degree, most likely an MSW, although I am still exploring exactly what it is that I want to do. I am moving back to Los Angeles, and am looking forward to spending more time with my 11-year-old sister who, at this point in her life, needs me close to her, as does my mom. I thank everyone – staff and advocates – from the bottom of my heart for all you do and for the work, the dedication and the desire that you give to support sexual assault survivors and their significant others.

Vilma has been an invaluable member of the Crisis Intervention Coordinating Team and we thank her for her many years of service supporting sexual assault survivors and their loved ones. We will miss you, Vilma. Good luck in your next adventure and keep in touch!

SBRCC WELCOMES YESENIA CUIRIEL AS THE NEW CRISIS INTERVENTION COORDINATOR

Yesenia Curiel will replace Vilma Molina as the Crisis Intervention Coordinator. As many of you know, Yesenia has served as a Hotline Assistant with SBRCC since November 2002. Yesenia graduated with a Bachelor of Arts in Sociology from UCSB in June 2003. She worked as the Night Supervisor at Noah's Anchorage Crisis Youth Shelter, the Health Educator for the YMCA, and as the Case Manager at the IV Teen Center. In addition, Yesenia worked as a Residential Instructor for Genesis Development Services, a program for young women with developmental/emotional disabilities. In addition, she has volunteered as a Sign Language Interpreter with Montessori Elementary School. Yesenia begins her position as SBRCC's new Crisis Intervention Coordinator on Monday, August 2nd. Welcome, Yesenia! We're lucky to have you.

SPEAKER'S BUREAU TRAINING

Attention advocates! Do you want to raise awareness in the community about sexual violence? Would you like to become a catalyst for change in the attitudes that support rape culture, and help create a violence-free community? **Then join the SBRCC Speaker's Bureau!** The next 12-hour training in Spanish will take place September 3, 10, 17, and 24, from 6pm-9pm. The next training in English will take place in October, dates to be announced. After completing this course, you will be ready to present Rape Prevention Education workshops to middle and high schools, college classes, and various community groups. Please contact Alena Donovan at alena@sbrcc.net or 963-6832, ext.29 for more information.

MESSAGE FROM KELLY LONG

Hi. My name is Kelly Long and I'm the new self-defense instructor here at SBRCC. I am a graduate of California State University Fullerton with a Bachelor of Arts degree in English. I received my black belt in the martial art of Taekwondo in August of 1999. My husband and I own Central Coast Martial Arts in Carpinteria where we teach martial arts and self-defense. I have also been an instructor with the S.A.F.E. (Self-defense and Awareness For Empowerment) program, which is a padded-assailant self-defense course under the direction of Rita Ornelas. My favorite part of teaching self-defense is participating in the empowerment of women. It is very rewarding to see the growth and change that comes from a woman gaining the belief that she has the right and the ability to defend herself. Several years ago I completed SBRCC advocate training and was an advocate on the hotline. I am very excited to be back at SBRCC participating with SBRCC's great staff and volunteers in the efforts to eliminate sexual violence from our society.

SHARE THE WORD ABOUT SELF-DEFENSE

Do you know a woman who would benefit from awareness, assertiveness, and physical self-defense skills? If so, tell her about SBRCC's monthly self-defense workshops! The next workshop is scheduled for **Saturday, August 28, from 10am-2pm here at SBRCC.**

Please tell your friends and family members a little about the class. You can explain that our model of self-defense is one created by women, for the needs of women, from the experiences of women. It is based on the *empowerment* of women as opposed to the *protection* of women. The empowerment model involves giving women information, skills, and support for making their own choices about how to live their lives -- actively participating in their own safety. Our aim is to provide women with *options*. We also believe that a woman's best weapon is herself - her wits, her voice, her body -and that relying on something or someone else would be a last resort. If you took the class, please tell your loved ones what you enjoyed about it, or explain why it's important to you that they take this empowering opportunity.

Anyone interested in the class should call Alena Donovan at 963-6832 ext.29 to pre-register. Classes cost \$30, but like all the services of SBRCC, they are offered on a sliding-scale basis and we never turn anyone away for lack of funds. If you would like to distribute fliers for our self-defense classes in your school or workplace, pick them up at SBRCC or contact Alena to have them sent to you. Thank you!

CELL PHONE COLLECTION

We are collecting used cell phones. If you have any cell phones to donate, please call Ofelia at 963-6832 or just bring them to the office. Thank you!



HAPPY BIRTHDAY TO:



- **Catherine S. on August 7th**
- **Julie L. on August 9th**
- **Joslin B. on August 11th**
- **Laura E. on August 15th**
- **Stephanie M. on August 20th**
- **Suzy S. on August 25th**
- **Brandy D. on August 29th**
- **Samantha T. on August 31st**