



# San Francisco Women Against Rape **PATHWAYS TO CHANGE**

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## Struggles Across Borders

Lydia Cacho, investigative journalist and activists visits SFWAR during her trip to the US where she was recognized by Amnesty International for her exposé on a pedophile ring in Cancun, Mexico. Lydia is also president of Centro Integral de Atención a las Mujeres, a women's shelter. Visit her blog at [www.lydiacacho.net](http://www.lydiacacho.net).

*photo left to right: Mary Miller, Teresa Martyny, Lydia Cacho, Frolayne Carlos, Lisa-Thomas Adeyemo*

## San Francisco Women Against Rape

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(collect calls accepted)  
www.sfwar.org

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Executive Director

Design: Frolayne Carlos with the help  
of Design Action Collective

# NEW LOGO TO MARK SFWAR'S 35TH ANNIVERSARY

by Janelle White, Executive Director

In 1973, a few women in San Francisco saw a need. They knew that acquaintances, friends and family members were experiencing sexual violence in their homes, workplaces, and on the streets. These courageous activists responded by renting an apartment in the Mission District of San Francisco and staffing a rape crisis line there for a few hours each day. In this way, San Francisco Women Against Rape (SFWAR) was born.

2008 marks the 35<sup>th</sup> anniversary of SFWAR. We have grown tremendously over these 3 decades. We continue to enhance our direct services - 24-hour crisis line, in-person peer counseling, support groups, case management/advocacy - working to make them accessible and relevant to all survivors seeking support. In addition, we continue to expand our vision of sexual assault prevention education. This is illustrated by our Community Initiatives (CI) Program, which was launched in 2005 and is based on the belief that only when entire communities mobilize and take responsibility for making rape unacceptable, will we all live free from sexual violence.

Over this past year, we have been diligently working to design a new organizational logo to usher in our 35<sup>th</sup> year of supporting survivors of sexual violence and confronting rape. Elaborating all that SFWAR stands for and determining how best to represent these ideals in the form of a singular design has meant much reflection and assessment. SFWAR volunteers, staff, and board have all been actively engaged in the logo development process, as have clients, community partners, and community members at large.

As an organization alone, there is no way we could accomplish this task nor would it be appropriate for us to try. Since its inception, SFWAR has been a community-response to sexual violence. The development of this new logo clearly affirms SFWAR's long-standing commitment to collective community process. In fact, our Fall/Winter 2007 canvass provided an extraordinary opportunity to solicit the opinions of many community members throughout San Francisco City and County on a number of potential designs.

The new SFWAR logo will be officially unveiled in our Fall/Winter 2008 Newsletter/Annual Report, as we simultaneously honor our 35<sup>th</sup> year of work. I extend heartfelt thanks and appreciation to all of you who have been part of this process, offering your invaluable feedback. It is your engagement that assures us this new logo will capture the spirit of community and hope that embodies SFWAR. ■

Supplemental funding from the San Francisco Department on the Status of Women (DOSW) allowed for the redesign of the SFWAR logo, print materials, and web-site. We thank DOSW for their support. SFWAR also thanks the staff of Design Action, particularly Nadia Khastagir, for working with us over this year. Finally, Frolayne Carlos, SFWAR Office Manager, continues to contribute significantly to coordinating all aspects of this process – expertly facilitating our progress and gently nudging us along as needed.

EVERY TWO MINUTES SOMEWHERE IN THE U.S. SOMEONE IS SEXUALLY ASSAULTED.  
WHAT CAN YOU DO TO END RAPE?

# WALK AGAINST RAPE

be part of the solution

Saturday April 26, 2008  
10:00am

Start: Justin Herman Plaza  
(Embarcadero BART)

Finish: Mission Dolores Park  
(16th Street BART)

A Rally of Solidarity will be held at the finish line.  
Along with: Clothesline Project on display,  
Performances, Visual Arts, Food,  
Drinks, Keynote Speakers,  
Community Organizations with information and resources.

SPONSORSHIP FORMS AVAILABALE AT [WWW.SFWAR.ORG](http://WWW.SFWAR.ORG)  
OR CALL/EMAIL JANET AT 415-861-2024/JANETUPADHYE@SFWAR.ORG  
ON-SITE REGISTRATION MORNING OF THE WALK  
RAISE \$50 AND GET A T-SHIRT  
PRIZES AVAILABLE FOR TOP FUNDRAISERS



Micia Mosley, *She Who Laughs Last*  
Photo by Teresa Martyny

**M:** She is very chill on the outside. You can find her relaxing in a cafe or riding her bike around town. But when she senses a woman in danger a wave of fog swirls around her and she emerges in the freshest outfit - natural fibers of course - of beautiful bright colors that she uses to shine on people who are hurting women. They are blinded by her light and then she is able to help women right when they need it.

**What's next on your plate, any upcoming performances we should know about?**

**M:** I will be performing at *Where My Girls At?*, an NYC debut March 20-22 at WOW cafe theater. Check out [www.miciamosely.com](http://www.miciamosely.com) and [www.myspace.com/miciamosely](http://www.myspace.com/miciamosely) for more information.

**K:** I'm currently touring *Wong Flew Over the Cuckoo's Nest* throughout the country. It's a pretty intense show that began initially as my exploration of why Asian American women have such high rates of depression and suicide. But it's quite fun, despite the topic. My new show-in-progress is a breather. It's about dry humping, pick-up artists, and being a cat lady. My show calendar is at [www.kristinawong.com](http://www.kristinawong.com). ■

A promotional poster for 'Dine for a Change' featuring a fork, knife, and spoon graphic in the background. The text is arranged as follows:

**Eat Out**  
...to make a difference  
thursday april 3, 2008  
**DINE FOR A CHANGE**  
a benefit for San Francisco Women Against Rape

On April 3, 2008, more than 30 restaurants throughout the Bay Area will be donating a portion (15% or more) of their proceeds to San Francisco Women Against Rape the city's only community-based rape crisis center.

For a list of participating restaurants  
visit [www.sfwar.org](http://www.sfwar.org)

# CAUGHT IN THE CROSSFIRE

By Mary Miller, Community Educator

## YOUTH PERSPECTIVES ON SEXUAL VIOLENCE

*“Everybody needs to pick up the pace, realize what's going on so we can stop it and stop putting stuff on hold because it's just going to get bigger.”*  
- Participant in SFWAR Youth Focus Group.

Hamlet could have learned a thing or two from this young woman. His fatal flaw was his inability to act. Some days I feel so overwhelmed by the task of ending sexual violence that I feel frozen with indecision too.

But hearing these words makes me realize I need to keep doing SOMETHING. Every time someone crosses a line into someone else's personal space. Every time I hear a sexist comment. Every time I hear someone called “bitch,” “slut,” “fag,” etc. I need to address it. Or it will just get bigger.

Ironic that it took a group process session to figure this out, huh?

Last June, I met with 13 young women from many San Francisco communities to explore the nature of violence as it manifests in youth culture, what is currently being done to address it, and what youth see as gaps in services and responses.

What stood out for me was the prevalence of violence in young people's lives. It seemed that every person in the room could relate at least one story of emotional, physical, or sexual violence in their communities, and most expressed frustration at the lack of real solutions.

Dating violence and sexual pressure, for example, is so common that it seems to be the default

mode of thinking. One young woman believes popular media images of women as objects are so engrained in young men's minds that there's a constant assumption they're going to get sex – as if they're entitled. If a girl doesn't want to, she has to “kind of step up to let them know” she's “not going to be that.” Another girl explained, “Guys just don't listen sometimes...they just can't take ‘no’ for an answer.”

The pressure to stop feels like it's entirely on the girls. It's a hell of a load. I can understand their pleas for better interventions, starting with the adults in their lives “stepping up” – parents, teachers, police, neighbors – everyone.

As one participant said, “We don't have role models to follow. What kind of adults are we going to become?” It's like they're begging for the boundaries that should be there in the first place.

And intervention cannot come from one source. They see the police and Child Protective Services as ONE piece of a bigger solution and that entire communities need to be involved. One participant suggested that communities should collectively decide on consequences for sexual violence, as a “family.”

Hearing the voices of these young women makes me think Community Initiatives needs to be going even further towards community-based solutions to end sexual violence by:

- 1) Facilitating community interventions that support survivors healing, while holding perpetrators accountable.
- 2) Creating safe spaces for young girls to talk with each other as allies. One participant described this as, “a place where girls will back you up and tell you it wasn't your fault if you were assaulted.” What a concept – young women working

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### Community Initiatives Team

from left to right

bottom: amal kouttab and juan cuba

top: mary miller and josie lehrer



# HUMOR AS A TOOL OF HEALING AND RESISTANCE

by Nicole Hsiang, Development Associate

On November 8, 2007, more than 120 SFWAR supporters packed the house at Theatre Rhinoceros for our comedy benefit show, *She Who Laughs Lasts*. This hilarious evening featured the talents of comics Sam Chanse, Micia Mosely, Kristina Wong, and Karen Williams. While rape is nothing to joke about, laughing can help take care of our spirits as we struggle to end sexual violence.

*She Who Laughs Last* actually began in 1997 and was revived again in 2007. SFWAR recognizes the inherent power in humor as a tool of healing and resistance. This event brings our community together to celebrate our accomplishments in the movement- and our ability to laugh about it sometimes!

Together, we raised over \$4,000 to directly benefit our critical services and programs. We would like to acknowledge the generosity of **Arizmendi Bakery, Little Star Pizza and Sierra Nevada Brewery** for donating delicious pizza and beer that was served at the event.

I was able to talk to Micia Mosely- who is also a proud monthly donor – and Kristina Wong about the intersection between comedy and social justice, as well as what an SFWAR superhero would look like!

## **How was the experience for you being a part of *She Who Laughs*?**

**M:** I enjoyed it a great deal. It was a wonderful way for me to return to the Bay.

**K:** It's always a pleasure to play San Francisco. And it was funny that my folks were in the audience because my show was about how dry humping can save the world. San Francisco has some of the most educated, cultured, and politically progressive people ever. I love how I don't have to spoon feed audiences in San Francisco. But also, people in San Francisco can get freaky when necessary, especially this audience!



Kristina Wong

## **How do you see comedy as a tool for healing or as a way to talk about difficult topics?**

**M:** I know that our thinking directly impacts our mood and overall health. When we experience trauma or have to deal with hard stuff in our lives I know laughter can make things so much better. It is truly a healing tool.

**K:** Art isn't about reliving trauma or horror but about transforming it. So comedy just makes it a lot easier on the eyes. And also a lot easier to reconsider the past.

## **How do you connect your social justice work with your performance work?**

**M:** My performances are a reflection of my life and my life is about transforming this planet.

**K:** I think it happens instinctively. MLK said, "If you don't have a cause worth dying for, you don't have a life worth living." Good stories carry a universal truth.

**(For Micia) One of my favorite jokes of yours was about what an SFWAR superhero would wear. To you, what does an SFWAR superhero look like?**

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# GET INVOLVED

## Volunteer

Spring Training is April 2 - May 10th

Fall Training October 1 - Nov 1st,

Applications due Sept 3!!

Contact Teresa Martyny at [teresamartyny@sfwar.org](mailto:teresamartyny@sfwar.org)

or at 415 861 2024 ext 319. Visit our website

for details.

## Donate now

- Donate Monthly! Monthly sustainers guarantee our services are available 24-hours a day, all year long. Donation envelope enclosed.
- Round up your old clothes and items around the house you no longer need and bring them to Community Thrift (23 Valencia St, Mission District) Donate in SFWAR's name and a percentage of the proceeds benefit SFWAR directly!
- Donate an old car to Donate-for-Charity ([donateforcharity.com](http://donateforcharity.com) or toll free at 866 392 4483)
- Ask your job about matching gifts to double the impact of your donation.

## Join a Committee!!

Help to organize or volunteer at one of our upcoming events!

## Dine-for-a-Change

April 3, 2008

Contact Nicole Hsiang at 415 861 2024 ext 305 to volunteer or become a donating restaurant! Visit our website for participating restaurants.

## Walk Against Rape 2008

April 26, 2008

Contact Janet Upahdye at 415 861 2024 ext 301 to volunteer the day-of, to be a walker, and/or to be a sponsor. Visit our website for details and/or a registration form.

## Artists Against Rape

Join a committee and help to put on this event of healing and community-building. Planning begins in June! Visit [www.sfwar.org](http://www.sfwar.org) for details.

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together instead of being pitted against each other as popular culture tends to encourage in shows like "The Bachelor" or "Elimadate."

3) Teaching concrete tools and language for interrupting sexual harassment / assault. When we're silent, it's as if it never happened. Putting words to an assault makes it real. Then it's out there and we have to deal with it. Collectively. The burden shouldn't be on the survivor or target of violence to say what we all know has happened.

4) Providing and encouraging creative expression of feelings. Talking in classrooms is not the safest space for many young people. When I go into schools, the norm is that 3-4 students (usually boys or those with some other cultural power, ie, charisma, size, popularity, class, etc.) do all the talking.

We need to find other ways to encourage students to express themselves: Writing, stories, poems, drawing, theater, music, dance, etc...so everyone can be heard.

One of the participants shared that in her community, a young woman was shot by stray bullets from gang violence. The community grieved especially hard for her because she was not a part of the violence – she was simply in the wrong place at the wrong time.

This makes me wonder...as sad and horrific as that situation is, should we grieve harder for those caught in the crossfire than for those right up in it? After all, aren't we all caught in the crossfire in some way? Isn't it the pervasive abuse of power and privilege that gives rise to violence and creates layer upon layer of crossfire?

Clearly, we don't have to be complicit in the perpetuation of violence. Isn't it time for all of us to step it up? "To pick up the pace" as one brilliant young woman suggested, and do everything we can to stop the violence. ■

# SAN FRANCISCO WOMEN AGAINST RAPE

## CALENDAR OF EVENTS

### APRIL

#### SEXUAL ASSAULT AWARENESS MONTH

##### Dine-for-a-Change

**Thursday, April 3rd**

Visit [www.sfwar.org](http://www.sfwar.org) for participating restaurants. For details, contact Nicole Hsiang at 415 861 2024 ext. 305.

##### Third Annual Walk Against Rape

**Saturday, April 26th**

Start Justin Herman Plaza, 10:00 a.m.  
Finish at Mission Dolores Park

Visit [www.sfwar.org](http://www.sfwar.org) for registration and/or to donate. Contact Janet Upadhye at 415 861 2024 ext 301 for details.

##### Volunteer Training Begins

**April 2 - May 10**

Contact Teresa Martyny @ 415 861 2024 ext 319 for details on the next training or visit [www.sfwar.org](http://www.sfwar.org) to download an application.

### MAY

#### Fearless Words Support Group with Jen Cross

Accepting Intakes

Transforming our words is one way in which we transform our lives. Schedule an intake with Lisa at 415 861 2024 ext 302. Group begins in June.

### JUNE

#### 12th Annual Artists Against Rape

Accepting Artists Submission till July 30.

Planning Begins

Visit [www.sfwar.org](http://www.sfwar.org) in June for details on submission and/or to join a committee.

### OCTOBER

#### SFWAR Celebrates 35 Years

of providing services to survivors of rape and sexual assault and being a leader in the movement to end sexual violence.

On this night we honor those who have given their time and support to SFWAR. Details to come, visit [www.sfwar.org](http://www.sfwar.org).

San Francisco **Women Against Rape**

3543 18th Street #7

San Francisco, CA 94110

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