



## Survivors Thriving Under the Spotlight



Angelina Jolie has certainly been in the news lately, but did you realize that she is a survivor. Right in front of our eyes, she too is dealing with the inherent learning curve in our journey of recovery.

Estranged from her famous father, Jon Voight, she presently channels her energy into being the Ambassador for the United Nations. Her recovery path has been full of controversy, but instead of resorting to cutting herself as she did in her past, she is using her power to be the woman she wants to be.

Your recovery path doesn't have to be perfect only that your challenges do not derail you off your purpose to redefine your life on your own terms.

## Defining her life on her own terms



Whether you love her or hate her, Angelina Jolie is a survivor just like you struggling to overcome her past by turning her energy into something she can control. Instead of feeling victimized and hurt by the lack of privacy, she is consciously directing

it into projects she wants to accomplish.

Similar to many survivors situations, her father insist on remaining in denial and claims that she is in need of psychiatric help. As survivors, we can't control our family of origins, but we can direct all that negative energy into great works of art or philanthropy in the world. Otherwise the energy gets misdirected into self-destructive means.

As the following months unfold on the Brad-galina baby news, remember that Angelina is also

struggling with her insecurities, cutting tendencies, and love addictions, and watch how she has learned to take control of her life and powerful motivational energies inside.

## Reasons not to kill yourself

because your life has value;  
**whether or not you can see it,**  
because it was not your fault,  
because you didn't choose to be  
battered and used,  
because you will feel better, eventually,  
because each time you confront despair;  
**you get stronger**  
because you already have the skills  
**to find your healing path,**  
because we need more warriors against this evil,  
because you deserve the peace that will come  
after this battle is won

**And it will be Won!**

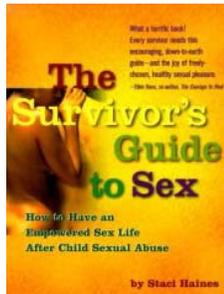


Relaxation • Self-Awareness •  
Meditation

Reclaiming your life can be fun and entertaining. New coping tools can help you overcome your bouts of depression and anxiety. Take time each day to heal and inspire your growth. [Here are some ideas:](#)

## Survivor Recommended Reading

How to Have an  
Empowered Sex  
Life after Child  
Sexual Abuse  
By Staci Haines



Based on the author's extensive training and experience in working with abuse survivors, The Survivor's Guide to Sex offers an affirming, sex-positive approach to recovery from incest and rape. Haines teaches survivors to embrace their own sexual choices and preferences, learn about their own sexual response cycles, and heal through masturbation, sexual fantasy, and play.

[http://www.amazon.com/gp/product/1573440795/qid=992279361/sr=1-1/ref=sc\\_b\\_1/103-8279020-4575054?n=283155](http://www.amazon.com/gp/product/1573440795/qid=992279361/sr=1-1/ref=sc_b_1/103-8279020-4575054?n=283155)

condensed version from Survivorship.org  
poster. Thank You!

## Survivors winning Daytime Emmy's

*with everything in my life right now."*

Ellen DeGeneres swept the Daytime Emmy awards, winning best talk show host for the third consecutive year.

*"I feel lucky," she said backstage Friday night after winning the talk show award. "I found something that I feel comfortable doing and people seem to like what I do."*



Ellen DeGeneres revealed in 2005

issue of Allure magazine that her stepfather molested her as a teenager.

While speaking about her messy breakup with actress Anne Heche, the talk-show host said her stepfather insisted on feeling her breast while DeGeneres' mother was fighting breast cancer. The

initial groping, she said, led to "other things," and at one point, her stepfather attempted to break into her bedroom.

*"I had to kick a window out and escape and sleep in a hospital all night long," DeGeneres told Allure.*

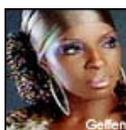
DeGeneres said she's speaking about the incident because *"it's important for teenage girls out there to hear that there are different ways to say no. And if it ever happens to them, they should tell someone right away."*

She said the occurrences, which happened in her late teens, had no effect on her sexual orientation. DeGeneres, whose coming out was featured on a Time magazine cover in 1997, made television history the same year when some 42 million viewers tuned in to watch her character come out of the closet on her now-defunct sitcom Ellen.

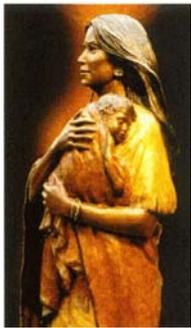
The groundbreaking episode went on to win a Peabody Award, but the show was canceled a year later.

The 47-year-old host of "The Ellen DeGeneres Show" also said she hopes she and girlfriend Portia de Rossi are "together the rest of our lives."

*"I never would have thought my life would have turned out this way," said DeGeneres. "To have money. Or to have a gorgeous girlfriend. I just feel so lucky*



## Mothers Memorialized in Coin



### Sacagawea Bird

#### Woman

was kidnapped when she was 13, by the Hidatsa tribe, and was purchased when she was 16 by a French-Canadian fur trader named Toussaint Charbonneau, and became his wife.

When Lewis and Clark engaged Charbonneau as an interpreter for their expedition in 1804, it was with the understanding that Sacagawea would also accompany them. Aside from her value as an interpreter, they expected her mere presence to speak well of them to Indians they would encounter along the way. As Clark noted in his journal, "a woman with a party of men is a token of peace." Eight weeks before Lewis and Clark set out from the upper Missouri, a second token of peace was added to the expedition when Sacagawea gave birth to her first child and carried her infant on a cradleboard.

Sacagawea helped with local navigation, horse trading, translating, keeping peace with other tribes, finding edible food, and was the one who rescued Clark's journals, along with other valuable items, from the Missouri river when Charbonneau capsized their boat.

[www.sacagawea.com](http://www.sacagawea.com)

After the 1999 introduction of a new US dollar coin, many became interested in the real history of this woman. According to the U.S. Mint, more statues, streams, lakes, landmarks, parks, songs, ballads, and poems honor Sacagawea than any other woman in American history.

The Golden Dollar Coin featuring Sacagawea.

[http://www.usmint.gov/mint\\_programs/index.cfm?action=golden\\_dollar\\_co](http://www.usmint.gov/mint_programs/index.cfm?action=golden_dollar_co)



## Dixie Chicks Not Ready to Make Nice

[http://countrymusic.about.com/od/dixiechicks/a/dc\\_nrtmn.htm](http://countrymusic.about.com/od/dixiechicks/a/dc_nrtmn.htm)

## Mary J Blige Enough Cry'in

[http://countrymusic.about.com/od/dixiechicks/a/dc\\_nrtmn.htm](http://countrymusic.about.com/od/dixiechicks/a/dc_nrtmn.htm)



## Music Mood Management

### Kelly Clarkson Walk Away

<http://music.aol.com/artist/kelly-clarkson/542180/main>

## Survivors making a difference

### The Silver Braid Survivors of Sexual Exploitation Network



The Silver Braid is a symbol, a philosophy, and also a network. The Silver Braid Survivors of Sexual Exploitation Network was developed by author/activist Anne Bissell. Bissell is also the executive director of Voices for Justice Network.

"The method by which our sexuality is conveyed does not change the fact that we are indeed involved with the sex industry. The sex industry is the sex industry, whether it is played out behind closed doors as an exclusive call girl, while being filmed as an internet sex site performer, or during a stage performance as an exotic dancer.

We find that focusing on our differences keeps us stuck in our addiction. We are any man or woman, of any race, religion or sexual persuasion who accepts money or goods, for sex, or sex related activity. We all have different pasts, different kinds of clients, and different prices." Anne

In 2004 and 2005, she toured the country, talking about her book, *Memoirs of a Sex Industry Survivor*, and *Sex Industry Survivors* where she reveals the inter-relationship between childhood sexual abuse, prostitution, and sex trafficking.

I sense a major disconnect, a difficulty in "connecting the dots" and seeing the whole picture.

Sex Industry Survivors (Member)

[www.sexindustrysurvivors.com](http://www.sexindustrysurvivors.com)

Voices for Justice Network

[www.VFJNW.org](http://www.VFJNW.org)

Silver Braid Survivors of Sexual Exploitation Network

[www.TheSilverBraid.org](http://www.TheSilverBraid.org)

Telling your story through your arts and talents is not only an excellent healing tool but survivors have



propelled their careers into huge success bringing our rich history of thriving to music, television, theater, books and movies.



## Survivors making a difference

### Antonia Vann

Antonia, a survivor herself, has worked in the area of violence against women and children since 1985. She researched and developed Asha Family Services' programming through her life experiences, spiritual convictions, education and training under the guidance of an academic Board of Directors and a host of nationally recognized experts in the field. For more than 12 years, she has worked directly with thousands of battered and abused women. Her efforts at Asha are intended to provide redress, justice and healing for those individuals and families who suffer the long-term effects of partner abuse.

Antonia has worked with female victims in three prison systems and for the past 12 years, has worked intensely with classes of incarcerated male offenders housed in prisons across Wisconsin. She actively contributes to local, state and national efforts speaking to bring awareness to and end violence against women and children.

Institute on Domestic Violence in the African American Community

<http://www.dvinstitute.org/AVann.htm>

National Center on Domestic and Sexual Violence

[http://www.ncdsv.org/ncd\\_board.html#vann](http://www.ncdsv.org/ncd_board.html#vann)

## Organizations making a difference

### *Asha Family Services, Inc.*



Asha = a Ki-Swahili and Indian word meaning **Life & Hope**

Asha believes in the preservation and strengthening of the African American family. To this end, they are committed to the provision of a spiritually based, holistic and culturally responsive service designed to end violence against African American women and children specifically,

families of other communities of color and all families in general. Their belief is that in order to adequately address family violence and promote healthy living, they must treat the abuser as well as the abused.

[www.ashafamilyservices.com](http://www.ashafamilyservices.com)

## Organizations making a difference



### North-American Islamic Shelter for the Abused

Palo Alto, CA. NISA mission is to promote domestic harmony. NISA offers shelter assistance and counseling to victims of domestic violence as well as counseling to abusers in the context of family values as exhorted by both the Quran and the Sunnah. Its primary focus is to stabilize the family in crisis through conflict resolution, empowerment programs and development of a strong network and task force to deal with domestic abuse. (Member)

[www.ask-nisa.org](http://www.ask-nisa.org)

## Survivors making a difference



Hatcher Helped Put Away the Uncle Who Molested Her May 3, 2006 - In 2002, Teri Hatcher, not yet a "Desperate

Housewife," was visiting her mother in Sunnyvale, Calif., when she saw a

**VIDEO** [CLICK TO WATCH VIDEO](#)

<http://abcnews.go.com/GMA/story?id=1917268&page=1&CMP=OTC-RSSFeeds0312> newspaper article about 14-year-old Sarah van Cleemput, who had committed suicide. Sarah had been molested, and the man implicated was Hatcher's uncle.

"The way she did it with the wrapping her head in the towel so she didn't make a mess when she shot herself. ... I so understood her pain," Hatcher, 41, said.

In that moment, Hatcher decided to break her long silence. She contacted authorities and revealed for the first

time that her uncle, Richard Hayes Stone, had molested Hatcher when she was 5 to 8 years old.

"What you walk away with, what you remember as an adult, is what haunts you," Hatcher said. "You know, this overwhelming feeling like that you could anticipate it and you participated. That's why those perpetrators are so good at what they do. That's where something like what Sarah did comes from, not being able to reconcile that. It's awful."

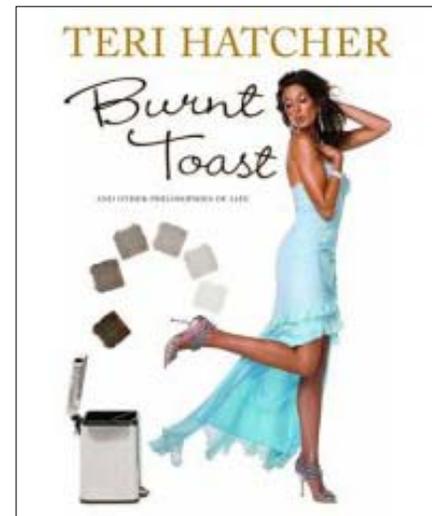
Hatcher's testimony was instrumental in persuading Stone to plead guilty to four counts of child molestation of two girls. The 64-year-old received a 14-year prison sentence.

"I think what she did was courageous and heroic," said Chuck Dillingham, the deputy district attorney prosecuting Stone. "Had Teri Hatcher not come forward in this case, I'm quite convinced the case would have been dismissed."

Coming forward with her story to the public took a little longer.

"I believed that if I came forward, it would end up in the tabloids and it would, you know, mark me forever and define me as the out-of-work, crazy, abused actress," Hatcher said. "And once I found out from the DA that they really needed help because they didn't have that strong of a case, it really wasn't a question."

Hatcher finally went public with the secrets of her past in the March issue of Vanity Fair. The revelation forced her parents to slowly absorb the truth about the man who had married into their family.



## Artists making a difference

The Domestic Violence Series is an educational series of nine oil paintings created by artist Melo D. The mission of

the series is to serve as a means of raising funds for the cause and to educate communities and individuals on the devastating emotional toll domestic violence takes on its victims. We wish to encourage these same individuals to search for an understanding of the dynamics of this dysfunctional social disease. Through these paintings, we intend to show how violence in the home affects the children who witness it.

See for yourself MelOD:

<http://www.domesticviolenceseries.com/>

## Break the Isolation, Shame & Silence



**VIDEO** [CLICK TO WATCH VIDEO](#)

### Great Moments in Survivor History

May 3, 2006

#### Child Porn Victim Masha Brings Her Story to Washington

Masha Allen spoke with "Primetime" in December 2005 about her ordeal as a victim of child pornography. (ABC News) Masha thought she was heading for a better life in America when she was adopted in 1998 by American Matthew Mancuso, who brought her to his home in Pittsburgh.

Instead, she became a victim of child pornography.

While Masha is now safe and Mancuso is in prison, she told Congress's Energy and Commerce Committee at its fourth such hearing this year that her horror isn't over. "Because Matthew put my pictures on the Internet, the abuse is still going on," she told legislators in her testimony.

"You have to do something about the Internet," she wrote. "Matthew found the adoption agency on the Internet. They let him look at my pictures from Russia on the Internet even though they didn't really know anything about him."

<http://abcnews.go.com/WNT/International/story?id=1919036&page=1&CMP=OTC-RSSFeeds0312>

Standing for your convictions and for what you believe in can not only set your truth free, but it can also change how others think about their own reality.

I was at work one day, talking with a co-worker (who is a male) and the subject of "rape" came up. He explained to me that there were 2 sides to every situation. I nodded, "yes, that is true." He then goes on to ask why woman "cry" rape? I said, "What do you mean, cry rape?" He said, "Well, girls say that their teacher, coach, uncles or whatever raped them and then when they get to court, the story changes, she recounts everything."

I thought long and hard about what he had just said to me. I was one of those women who did not press charges. One because of denial and two, because I was afraid that people (like him) would not believe me. And, so with this very thing was in

mind, I could have resorted to my old self and make something up but instead, I made a conscious decision to speak the truth. "Bob", I said, "I was raped, and I did not report it for fear of people not believing me." The silence from him was deafening. When I spoke those words, out loud, especially the word "rape", the first fear I got was the fear of "what will he think of me?" Then, the next feeling was one was of elation. I, had spoken my truth!

I had finally admitted to someone other than myself or my husband that I was indeed, raped. And, not only did I set my truth free, I stood for my conviction. I was saying that I, like most women do not report rape. I also told him that women usually never "cry" rape, and most women who are raped go through sets of emotions and negative thinking that

prevents them from telling their story. When he

said he didn't believe women who were raped, he was talking about me. ME!

I had to stand up for myself, it was then or never. I probably would never get another chance to set the record straight, so I took the chance and rolled with it. I didn't die, nor did the world fall apart. In fact, just the opposite happened. I felt powerful. Not only did I gain back respect for myself, I also gained more of his respect. I had spoken my truth for me and also the other women in the world who had been raped, and was too afraid to report it. I had stood up for my conviction.

Since then, I have not only been able to talk about the rape with my coworkers but also my parents with whom I thought for sure would not be able to understand or to relate. I was wrong, completely wrong. My father and I have become closer and more communicative and my mother and I have a bond that we have never shared before.

By simply telling my truth, I am getting my needs met. By standing up for myself, I am gaining power and self worth. By working through my fears, I am finding out that I have underestimated my essential power. When you stand up for your convictions and what you believe in, in essence, you are standing up for yourself.

[abhaya\\_kimini](#) (Member)

**speak YOUR truth**  
**survivor to survivor**

## Blogging making a difference

### A Place For Starting Over Fans

For those who know Starting Over is more than just reality television. It can change lives!

Life Coaches: Rhonda Britten, Iyanla Vanzant

Consulting Psychologist: Dr. Stan Katz

...And the women of the Starting Over House

## Starting Over Blog

Wednesday, May 03, 2006

### Sommer Dances And Antonia's Frustration

The show begins with Rhonda arriving and the women gathering for group. Rhonda is wearing feather boas and she passes one of them out to each woman in honor of the topic today, which is sexuality. Rhonda asks the women how they express their sexuality. Christie says she acts flirtatious and coy. Antonia says she doesn't ever tease, but instead expresses her sexuality through good conversation. Someone mentions kissing, and Rhonda points out that kissing is not teasing, but is an actual expression of affection. Jodi says that it is possible for a

woman to teach a man to be a better kisser, and Rhonda says the more comfortable a woman is with her body, the more likely it is that she will teach her partner what she likes.

Antonia says she is a "Catholic school girl," and is apparently embarrassed about the sex talk. Rhonda asks her whether she is a virgin, and Antonia says she isn't. Rhonda says a lot of women think sex is intimacy, but it isn't. Cassie says she used to give sex to get love, and she thought men would love to get sex. Niambi asks Rhonda what to do if a relationship has been more about sex than anything else. Rhonda tells her she has to change it up. She says if the man is unwilling to go along with that change, then that

should be a wake-up call. Rhonda then announces that there will be a board of review this

The logo for the TV show "Starting Over" is written in a blue, cursive script. The word "Starting" is on the top line and "Over" is on the bottom line, with a blue underline beneath the word "Over".

evening and group is adjourned.

<http://startingover.betapart icle.com/blog/>

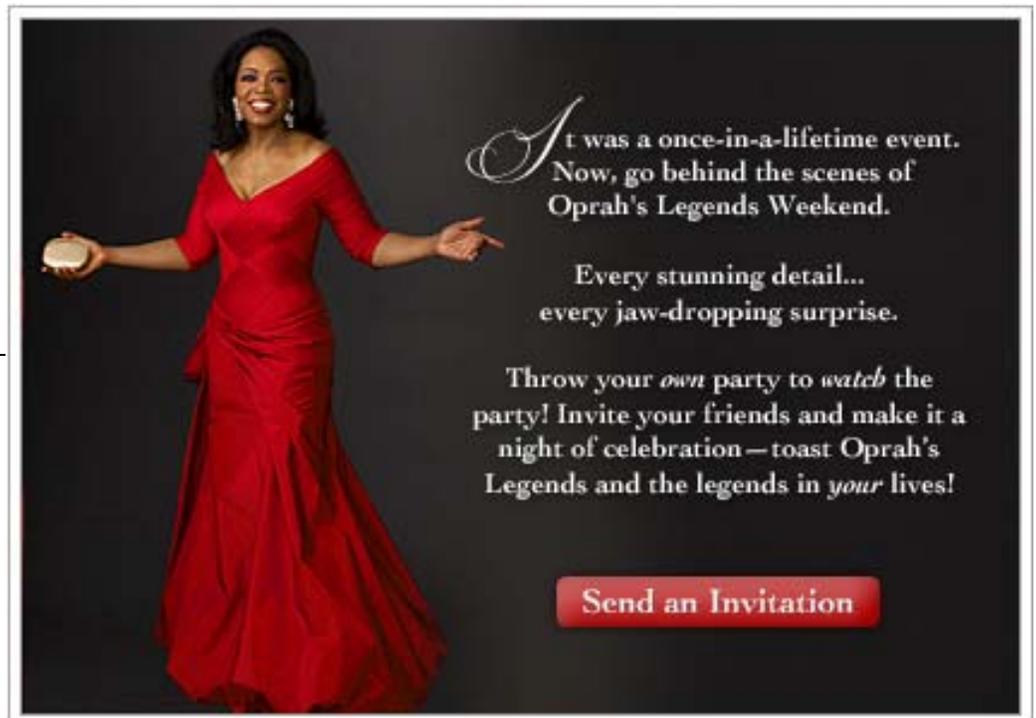
The logo for "Dr. Phil" features the name "Dr. Phil" in a blue, serif font. The "Dr." is smaller and positioned above the "Phil".

Viole

nt Love  
Intervention

Aired Thr, May 4,  
2006

They're slapped, beaten and bruised. Sometimes, the violence doesn't end until they're dead. Every day in the United States, at least three women are murdered by their husbands or boyfriends.

An advertisement for Oprah's Legends Weekend. It features a photograph of Oprah Winfrey in a red dress, smiling and holding a small object. To the right of the photo is text that reads: "It was a once-in-a-lifetime event. Now, go behind the scenes of Oprah's Legends Weekend. Every stunning detail... every jaw-dropping surprise. Throw your own party to watch the party! Invite your friends and make it a night of celebration — toast Oprah's Legends and the legends in your lives!" At the bottom right is a red button that says "Send an Invitation".

Ryan's Rage. Michelle says her boyfriend, Ryan, flies off the handle over the smallest issues. She reveals that he began hitting her when she was pregnant with their son. Ryan says

Watch Oprah Winfrey's  
Legends Ball

Monday, May 15th  
8 P.M. ET / 7 P.M. CT

Michelle is 90 percent to blame for his anger.

HYPER LINK  
<http://www.oprah.com/presents/2006/legends/main.jhtml>

## New Yorkers making a difference

### 11th Annual Champion Awards Luncheon

Honoring Heroes  
Championing Children

We invite you to join us as we share stories of triumph, renew our commitment to victims of violence and honor those who support our work for New Yorkers in need.

Thursday, May 11,  
2006

11 a.m. Reception, 12-2 p.m. Luncheon Program

69th Regiment Armory  
68 Lexington Avenue at 26th Street



**moving victims of violence from crisis to confidence**

This year's event, hosted by B.D. Wong, will honor People Magazine for giving voice to countless victims by covering issues related to violence and abuse. We will also present the 3rd Annual Liz Claiborne Champion Award to a Safe Horizon client and survivor of family or relationship violence.

<http://getinvolved.safehorizon.org/site/PageServer?pagename=champion2006>

[www.stop-abuse.org](http://www.stop-abuse.org)



### Building the Rhythm of Change

Developing Leadership and  
Improving Services Within the  
Battered Rural Immigrant  
Women's Community

## Listening

If a person shares a problem  
don't jump in and try to solve it

Simply listen and perhaps ask a  
open ended questions  
about the problem.

Don't start analyzing why they  
feel as they do.

Analyzing is not listening

Don't interrupt  
and tell your own story.

## Advocacy making a difference



(Member

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Many immigrant victims of domestic violence, sexual assault and stalking feel that accessing our civil and criminal justice systems will expose them to deportation. Although the number of applications for VAWA status has increased, winning a VAWA self-petition is only the first step in achieving safety and independence. To gain lawful permanent residence, applicants must overcome additional legal barriers. The complicated phases of applying for immigration status coupled with the passage of

VAWA 2000 have created new questions and the need for greater expertise.

[asistaonline.org](http://www.asistaonline.org)

[http://www.asistaonline.org/Manuals\\_and\\_Organizing\\_Materials/ManualsandOrganizingMater.html](http://www.asistaonline.org/Manuals_and_Organizing_Materials/ManualsandOrganizingMater.html)