

# Womenews

W o m e n ' s C e n t e r o f M o n t g o m e r y C o u n t y

## PRESIDENTIAL NOTES



If you haven't thought of the possibility of serving the Women's Center by being a member of the board of directors, you may want to consider it now. We have several openings and are beginning the interview process. After reading the following, if you possess the characteristics or skills that are needed to serve on a board or if you can recommend anyone who does, please come forward and contact Lillian Sulliman chair of the nominating committee to apply for a position on our board. We will do our best to match your particular talents and abilities to the position for which you may wish to serve.

*\* Community-based organizations need boards not only for legal reasons but also because boards contribute immensely to an organization's ability to succeed. By the very act of serving on the board, board members embody both the commitment of the community to the non-profit, and the commitment of the non-profit to community leadership. Acting for the community, the board of directors also has a special role as the conscience of the organization—ensuring ethical and effective work that makes a difference in the world.*

Every board member must have a commitment to the work of our organization and to the people served.

A board member must be willing to represent the Women's Center to the public and to speak in support of our organization

Board members need to attend regular board meetings (2<sup>nd</sup> Thursday of every other month) as well as committee meetings when they are called. Board members are asked to support other board related activities.

Board member responsibilities are to raise funds, set policy for the organization, protect and oversee the finances as expected by funders and the community that we serve. Sometimes this work takes the form of detailed discussions about administrative and financial matters.

Board members are asked to be a dues paying member of the center and to make a financial donation that is meaningful to them personally.

Boards need people with special skills or talents which would make the board candidate an asset on a board committee. The following are board committees: Development, Executive, Finance, Marketing, Nominating (governance), and Personnel. *One does not have to be a board member to serve on committees with the exception of the Personnel Committee.*

Board members need to give *time*. (An average of five to eight hours per month )

Finally, MOST OF THE ABOVE CAN BE LEARNED ; so if you have the heart and enjoy the group process and love the Women's Center and what we do, PLEASE LET US HEAR FROM YOU!!

Joyce Skobinsky

**(Footnotes)**

*\* From the Best of the Board Café. Copyright 2003. CompassPoint Nonprofit Services, published by and available from Wilder Publishing Center.*

## CELEBRATING WOMEN'S HISTORY MONTH "REMEMBERING A LEGEND"

*By Denise Flynn, MSW  
Program Director, Women's Advocacy Project*

Recently, we mourned the passing of a few Great Female Leaders of our generation – Coretta Scott King, Rosa Parks, C. Dolores Tucker, to name a few. These women did some great works to benefit women, men and youths of all demographics. They are called legends – leaving a legacy to carry on their good works.

There is another legend of our generation who recently passed away and you won't find her in our history books but nonetheless, she's a contributor to our "Herstory," a leader in every sense of the word. Her name – Teresa Hall Darden (Pastor Darden to some, Teresa to most). Teresa was a former board member of the Women's Center of Montgomery County, who served faithfully on our Personnel Committee for 5 years.

Teresa modeled the Women's Center's mission statement and empowerment model in all of her life's work – home, church, and community. She was a woman of grace, integrity and intellect, Queenly in word and deed.

For those who did not know Teresa, here's a little background information. She was born in the City of Philadelphia, November 13, 1941. She received her bachelor's degree in Radiation Science and Technology from Thomas Jefferson University and a Master of Science degree in Pharmaceutical Chemistry from Temple University. She was employed from 1982 until her retirement in March 2004 as Senior Health Physicist for the Nuclear Regulatory Commission. In 1984, she acknowledged her call to the ministry, serving in different churches in the Philadelphia area and was licensed in 1985.

She was one of the organizing members of a church in Norristown in 1986, where and when I met her, and where she served faithfully as Assistant Pastor until April 1990 when she was called to pastor New Beginnings Evangelistic Outreach Ministries in Norristown, PA. She embraced my family as if she knew us forever and practically helped me raise my children and nurtured my womanhood with her wisdom, input and direction as only a mentor can.

In her ministry, she brought a fresh and endearing approach in welcoming people to a "new beginning" in life through Christian endeavor and fellowship. Her reputation spread, particularly throughout the eastern seaboard, as a teacher and a mentor, and as a vigorous campaigner for Christ – as a woman of God, and as a champion for women's rights and equality.. Her true mission in life was to build the character of our youth and to help mold them into strong, intelligent, successful and moral adults.

Her credits are many, among them, she was a standing and active member of the National Association Council of Community Churches of America and Elsewhere, Inc. serving as Vice President, President of the Examination Board and mentor to countless women and men of all levels and demographics. She was instrumental in the forward movement of women's roles within the Council, formerly a male dominated area prior to Teresa's involvement. Besides the Board of Directors of the WCMC, Teresa served as a member of the Norristown Ministerial, Vice President of the Interdenominational Christian Fellowship Union, and Associate Pastor of the Mt. Sharon Baptist Church in Phila. Teresa was a pioneer woman in a male dominated world, opening doors for women to have a voice and place of importance in the Religious Communities. She brought to the forefront such topics of discussion as Domestic Violence, Drugs & Alcohol use and abuse, Rape & Sexual Assault, Mental Health issues and other taboo topics within the Religious communities and organizations. Teresa was also Founder/CEO of the New Beginnings Community Development Corporation in Norristown, whose primary focus is the development and character building of youths in our communities. She was a "can do/will do" person and charged everyone to achieve their personal best; "I can't do it" was not an option. She inspired us all and she is sorely and surely missed. January 14, 2006 her life ended but her work and legacy still carries on...

**The Women's Center of Montgomery County**  
*Presents*  
**Our 30<sup>th</sup> Anniversary Champagne Brunch Celebration**  
**Celebrating 30 Years of Service to the Community**  
*With our Honorees:*  
**Jennifer Weiner, State Senator LeAnna Washington,**  
**Ellen Toplin, and Michael Smerconish**  
*Sunday, April 2, 2006*

In preparation for our annual Spring event, we wanted to continue to introduce you to our honorees. In selecting the honorees for the event, which will be held on Sunday, April 2<sup>nd</sup> at the Meadowlands Country Club in Blue Bell, our Special Events Committee identified four individuals who we believe embody the principles of leadership and community service. We hope that as you learn about our honorees you will share our enthusiasm and join us in our celebration in April! This month, we bring to you honorees Michael Smerconish and Jennifer Weiner.

**Michael A. Smerconish, Esquire**

Michael Smerconish is the Philadelphia market's premier talk radio host and is heard daily on Infinity Broadcasting's Big Talker 1210 AM – WPHT. His morning drive-time show is a lightning rod of controversy and spirited discussion. A Philadelphia lawyer turned political commentator, Smerconish is a columnist for the Philadelphia Daily News and a regular commentator on CNN's Paula Zahn Now and Anderson Cooper's 360. Michael Smerconish keeps a hand in law and remains "of counsel" to the Beasley Law Firm in Philadelphia.

***Facts about Michael Smerconish:***

Michael Smerconish is a Phi Beta Kappa graduate of Lehigh University with majors in government and journalism and a 1987 graduate of the University of Pennsylvania Law School. He is an active member in the Pennsylvania Bar.

He has provided current events and political commentary on a variety of national television programs, including the NBC Today Show, The O'Reilly Factor on Fox News, and Hardball on CNBC.

Smerconish is a regular substitute host for Westwood One and has filled-in for Bill O'Reilly on The Radio Factor.

He is the author of Flying Blind: How Political Correctness Continues to Compromise Airline Safety Post 9/11.

In 2003, author Bernard Goldberg re-published one of Smerconish's Daily News columns in his book Arrogance, a follow-up to his bestseller Bias.

In January of 2002, he traveled to Cuba where he interviewed and dined with Fidel Castro. His reports on this extraordinary meeting were serialized in the Daily News.

At the age of 29 he served as a presidential appointee under George H. W. Bush as a Regional Administrator in the Department of Housing and Urban Development.

He has won numerous awards including Philadelphia Achievement in Radio awards for Best Talk Show Host and Best Evening Program; Philadelphia Magazine's 2004 Best Radio Talk Host; and was a 2003 nominee for Radio & Records best local talk host.

Born in 1962 in Doylestown, Bucks County, Pennsylvania, Smerconish now resides in Montgomery County, Pennsylvania with his wife, Lavinia and their four children.

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## **Jennifer Weiner**

Jennifer Weiner made her debut with *Good in Bed* in 2001. Her second book, *In Her Shoes*, is now a major motion picture starring Cameron Diaz, Toni Collette, and Shirley MacLaine. *Little Earthquakes*, published in 2004, has been optioned by Universal Pictures. *Goodnight Nobody* is her fourth novel and first mystery. Jen graduated from Princeton University in 1991 and worked as a columnist for *The Philadelphia Inquirer*; the newspaper to which she still occasionally contributes. Her work has also appeared in *Glamour*, *Seventeen*, *Redbook*, *TV Guide*, *YM*, and *Salon.com*.

Jennifer was born on March 28, 1970 on an army base in Louisiana, and her family relocated to Simsbury, Connecticut in 1972. Jennifer grew up in Connecticut and now lives in Philadelphia with her family.

Some highlights from Jennifer's life include:

1987-1991: Jen attended Princeton University where she majored in English. She took many creative writing courses, studying with J.D. McClatchy, Ann Lauterbach, John McPhee, Toni Morrison, and Joyce Carol Oates. In 1990, she won Princeton's Academy of American Poets prize for her poetry. She wrote her thesis on representations of maternity in women's novels and film.

1991: After graduating summa cum laude and realizing that she was qualified to do nothing but write self-conscious short stories about her parents' divorce, Jen pursued journalism. After a six-week stint at the Poynter Institute for Media Studies in St. Petersburg, Florida, Jen was hired as the education reporter at the *Centre Daily Times* in State College, Pennsylvania, a small Knight-Ridder owned daily newspaper.

1992: Jen latched on to the Generation X phenomenon, writing twice-monthly op-ed columns about Gen X. The columns were eventually distributed on the Knight-Ridder news wire and appeared in papers nationwide. Also, Jen's self-conscious short story about divorce, "Tour of Duty," was published in *Seventeen Magazine*.

1993: Jen continued writing columns and feature stories, as well as covering five local school districts. Her short story, "Someone to Trust" is published in *Redbook*. And Jen acquired Wendell, a small, spotted, anxious, ten-pound rat terrier who would appear, in various incarnations, in many of her later works, and whose handsome visage graces the back cover of *GOOD IN BED*.

1995 The *Philadelphia Inquirer* hired Jen as a general-assignment features reporter, with the stipulation that she quit writing opinion pieces. Realizing that she'd pretty much ridden the Gen-X trend into the ground, and after editors and peers gently pointed out that she will not be twentysomething forever, Jen agreed. She and Wendell moved to Center City, Philadelphia.

1996-1999: Jen profiled Wendy the Snapple Lady, departing *Cosmo* editor Helen Gurley Brown, and Adam Sandler, and wrote long Sunday stories about teenage drug abuse, sex and college students, and her grandmother's gefilte fish. She covered a Democratic National Convention, a Presidential inauguration, the Pillsbury Bake-Off, the Miss America Pageant, and *Wrestlemania*, eventually realizing that these events have more in common than you'd think.

1998: Jen became a contributing editor at *Mademoiselle Magazine*, where she wrote a monthly column about surviving the workplace. Her freelance work appeared in *Salon.com*, *Time Out New York*, *Animal Fair*, the *Columbia Journalism Review* and *Seventeen*. She also appeared regularly on "Philly After Midnight," Philadelphia's local late night television show, as a cultural commentator and generally sarcastic person. This is also the year Jen started writing *GOOD IN BED*.

1999: *Inquirer* editors redesign the book section and give Jen a Sunday column about the intersection of literature and real life. "Under Cover" debuts in October of 1999.

May, 2000: Jen sold *GOOD IN BED*, and the rights to her second novel to Pocket Books (now Atria Books).

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October 27, 2001. Having decided that there just wasn't enough going on in her life, Jen married curly-headed lawyer Adam Bonin in a festive Halloween-themed bash at the College of Physicians of Philadelphia.

September, 2002: *IN HER SHOES*, the story of two sisters with nothing in common but the same size feet and the grandmother they never knew, was published in hardcover. *PEOPLE* called it "an entertaining romp through family battles and toxic relationships." *USA TODAY* said the book "will make you laugh and possibly cry." *THE PHILADELPHIA INQUIRER* hailed the maturity of the writing.

November, 2002: Jen returns to Philadelphia to concentrate on her third book, *LITTLE EARTHQUAKES*, which was published on September 14, 2004, and on her daughter, Lucy Jane, who made her debut on May 10, 2003.

September, 2004: *LITTLE EARTHQUAKES* was published. The Washington Post writes "Weiner's gift lies in her ability to create characters who both amuse us and make us care." The book became Jen's best-selling hardcover yet and was optioned by Universal Pictures.

June, 2005: *LITTLE EARTHQUAKES* was published in paperback. *GOODNIGHT NOBODY*, Jen's fourth novel and first mystery, hit the bookstores on September 20.

### **Elkins Park In-service Reminder Personal Safety and Self-Defense**

On Wednesday, March 15<sup>th</sup> at 10:00 a.m., we will be hosting a training by Tiger Shulmann's Karate in Montgomeryville on personal safety and self-defense. This free seminar includes an informative lecture on women's safety, personal safety tips and practices, and hands-on self-defense instruction.

Please register for this seminar with Deanna in our Elkins Park office at 215-635-7340.

### **Benefit the Women's Center When You Shop On-Line! Website Shopping Links**

The Women's Center of Montgomery County will earn a percentage of each purchase you make with our online vendors if you link to their site through the Women's Center website at [www.wcmontco.org](http://www.wcmontco.org):

Staples.com  
Boscovs.com  
Barnes&Noble.com  
IBM.com  
PetSmart.com  
Priceline.com  
MusiciansFriend.com  
Kmart.com  
Amazon.com  
OldNavy.com  
Modell's Sporting Goods  
Verizon Wireless  
Proflowers.com  
Entertainment Book

## Legal Remedies Information Session

*Offered third Tuesday of the month*

March 21, 2006 is our next Legal Remedies Workshop. It will be facilitated by Ellen Fischer, Esquire, of Willow Grove, PA. who will be available to answer questions regarding civil and family law.

The information session will be held at our Norristown office at 18 West Airy Street, 4<sup>th</sup> floor from 5:00 to 7:00 p.m. Please call 610-279-7474 to register to attend. Also, please refer a family member or friend to this valuable program!

### *Condolences*

The volunteers and staff of the Women's Center of Montgomery County joined together to offer our sincerest condolences to volunteer Marilyn Miller and her family on the loss of her father, Alex Sherman, who passed away in February. Our thoughts are with Marilyn, and we would like her to know we are here to support her in any way we can!

*The following article was sent to us by the PA Coalition Against Domestic Violence*

### **How I stalked my girlfriend Ben Goldacre**

For the past week I've been tracking my girlfriend through her mobile phone. I can see exactly where she is, at any time of day or night, within 150 yards, as long as her phone is on. It has been very interesting to find out about her day. Now I'm going to tell you how I did it.

First, though, I ought to point out, that my girlfriend is a journalist, that I had her permission ("in principle ...") and that this was all in the name of science, bagging a Pulitzer and paying the school fees. You have nothing to worry about, or at least not from me.

But back to business. First I had to get hold of her phone. It wasn't difficult. We live together and she has no reason not to trust me, so she often leaves it lying around. And, after all, I only needed it for five minutes.

I unplugged her phone and took it upstairs to register it on a website I had been told about. It looks as if the service is mainly for tracking stock and staff movements: the Guardian, rather sensibly, doesn't want me to tell you any more than that. I ticked the website's terms and conditions without reading them, put in my debit card details, and bought 25 GSM Credits for £5 plus vat.

Almost immediately, my girlfriend's phone vibrated with a new text message. "Ben Goldacre has requested to add you to their Buddy List! To accept, simply reply to this message with 'LOCATE'". I sent the requested reply. The phone vibrated again. A second text arrived: "WARNING: [this service] allows other people to know where you are. For your own safety make sure that you know who is locating you." I deleted both these text messages.

On the website, I see the familiar number in my list of "GSM devices" and I click "locate". A map appears of the area in which we live, with a person-shaped blob in the middle, roughly 100 yards from our home. The phone doesn't go off at all. There is no trace of what I'm doing on her phone. I can't quite believe my eyes: I knew that the police could do this, and telecommunications companies, but not any old random person with five minutes access to someone else's phone. I can't find anything in her mobile that could possibly let her know that I'm checking her location. As devious systems go, it's foolproof. I set up the website to track her at regular intervals, take a snapshot of her whereabouts automatically, every half hour, and plot her path on the map, so that I can view it at my leisure. It felt, I have to say, exceedingly wrong.

By the time my better half got home, I was so childishly over-excited that I managed to keep all of this secret for precisely 30 seconds. And to my disappointment, she wasn't even slightly freaked out. I don't know if that says good or bad things about our relationship and I wouldn't want you to come away thinking it's all a bit "Mr. & Mrs. Smith" around here.

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## Book Club Updates

- March 15<sup>th</sup> “The things they carried” by Tim O’Brien  
Discussion will be led by Ellen B. at Selma’s house.
- April 19<sup>th</sup> “Straight Man” by Richard Russo  
Discussion will be led by Dorothy at Ellen’s house.
- May 17<sup>th</sup> “Crow Lake” By Mary Lawson  
Discussion will be led by Sunny at Sue’s house.
- June 21<sup>st</sup> “The Known World” by Edmond P. Jones  
Discussion will be led by Sue at Helen’s house

All book club meeting start at 7:30 for socializing and 8:00 the discussion begins. Any questions call Dorothy at 215-782-2259.

## Mission Statement of the Women’s Center of Montgomery County

The Women’s Center of Montgomery County is a volunteer, community organization with a primary focus on freedom from domestic violence and other forms of abuse. Our programs, policies and procedures reflect our strong commitment to empowering women.

## Support the Women’s Center Through your Genuardi’s Purchases

**Buy participating products at Genuardi’s and earn 10% for the Women’s Center of Montgomery County.** Our group number is 2298334.

**Program Dates:** Annual Campaign

Please confirm that the Women’s Center is your designated charity! You can sign up at your local store, at [www.escrip.com](http://www.escrip.com) (after July 1st), and in the upcoming eScrip Magazine!

*Teens Break Free From Dating Abuse - Continued from Page 10*

Carrie says she wants other girls to know they are not alone. “There are people out there who understand them, who know what they’re going through. There are resources.”

### ***The Signs***

“Good Morning America” parenting contributor Ann Pleshette Murphy said parents and friends who suspect a loved one is being abused should look for these signs:

- ’• Isolation from friends and family.
- ’• A change in behavior or clothing.’• A cycle of fighting followed by making up with gifts.

If parents suspect their daughter is in an abusive relationship, Murphy said, the most important thing for them to do is stress that they’re on her side. If she won’t talk to you, turn to her friends and encourage her to talk to someone she trusts.

*The following Article is an Overview of Responses received by the  
Corporate Alliance to End Partner Violence (CAEPV)  
National Benchmark Telephone Survey*

In honor of CAEPV's 10th anniversary, we conducted a first-ever national benchmarking telephone survey to discover what the general adult employee population believes about domestic violence as a workplace issue - and how they have been impacted.

Among the major findings:

- 44% of employed adults surveyed personally experienced domestic violence's effect in their workplaces
- 21% of respondents (men and women) identified themselves as victims of intimate partner violence
- 64% of victims of domestic violence indicated that their ability to work was affected by the violence
- 33% of victims reported their employer provides no programs or support
- 66% of those surveyed indicated they were not aware of their employer having a workplace domestic violence policy
- 61% of those surveyed believe their employer's "performance and reputation" would "improve if it did a better job addressing the impact of domestic violence, such as through a workplace program"

### **The Survey Findings**

*A National Issue:* The study found that intimate partner violence has a wide and far-reaching effect on American's working lives - whether in terms of economic productivity, personal safety, office culture or other issues.

A full 53% of respondents are "very aware" to "somewhat aware" of domestic violence as a workplace issue, and 43% rated "Domestic Violence's impact on the workplace" as "very important" - placing it among other major issues with the potential to disrupt our working lives such as "Terrorism" (44%), "Job Insecurity" (41%) and "Employee Theft" (40%). Only "Benefits such as health care or retirement" rated significantly higher (63%)

*Significant Impact:* Specifically, a majority or more of respondents noted that domestic violence had the following significant impact on victims:

- 71% believe victims lived in "fear of discovery."
- 67% said victims needed "to seek out co-workers for additional help."
- 65% noted that the "intimate partner harassed their co-worker at work (by phone or in person)."
- 63% believe victims suffered from an "inability to complete assignments on time."
- 59% found victims lived in "fear of their intimate partner's unexpected visits."

*Covering for Victims:* Moreover, 31% of respondents felt "strongly" to "somewhat obliged" to cover for a victim of domestic violence by performing his or her work or offering excuses for his or her absence. Additional reported impact included:

- 27% reported "extremely frequently" to "somewhat frequently" having to "do the victim's work for them."
- 25% resented co-workers from "great" to "some extent" because of the effect of their situation "on the workplace."

*Workplace Safety:* In addition, 38% of respondents were "extremely" to "somewhat concerned" for their own safety when they "found out a co-worker was a victim." Thirty-two percent believe the co-worker victim feared "for his/her safety" - perhaps because

- 30% reported that the abuser frequently visited the office.
- 19% said it took "over a year" for the problem to be resolved.
- 23% said "several months."

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*Victims Perspective:* The domestic violence victims surveyed confirmed non-victims' impressions - as a full 64% of victims reported their ability to work "significantly" (38%) to "somewhat" (26%) affected.

Among key causes for their decline in productivity, victims noted "distraction" (57%); "fear of discovery" (45%); "harassment by intimate partner at work (either by phone or in person)" (40%); fear of intimate partner's unexpected visits" (34%); "inability to complete assignments on time" (24%); and "job loss" (21%).

*First-Hand Knowledge:* Fifty-seven percent of respondents know someone who has been affected by domestic violence, and 44% have personally experienced domestic violence's impact on the workplace, most frequently because a co-worker was a victim (45%) - a response that was consistent across educational levels, from a high school degree or less (43%) to some college (44%) to college graduates and beyond (48%).

*Employer Support:* In victims' experience, employers provided relatively limited support - with 31% reporting that their employers offered "no programs, support or help." However, victims did point to receiving the following help:

- 23% "Access to counseling and assistance"
- 18% "Information and referral to domestic violence programs"
- 12% "Contacting authorities"
- 12% "Providing security"
- 8% "providing flexible leave time and other benefits"

*Coming Forward—A Hypothetical:* A full 75% of non-victim respondents believe their current employer would be "very supportive" to "somewhat supportive" if they came forward as a victim today. Yet 16% would "not come forward as a victim," 32% would be "nervous" and 14% would be concerned. Only 26% would be "relieved."

Moreover, if a respondent were to identify a potential victim at the workplace, his or her response would most likely be personal rather than through professional channels. Specifically, 68% would "reach out to a potential victim" - while only 30% would "report concerns to a supervisor"; 26% would "call the National Domestic Violence Hotline" and 26% would "contact human resources or personnel."

*Raising Awareness, Expanding Policies:* Respondents pointed to the following information and services that "would have been helpful":

- "Comprehensive domestic violence awareness program" (48%)
- "24 hour hotline to report domestic violence and other problems" (45%)
- "Training on domestic violence" (43%)
- "Payroll staffers to raise awareness/promote access" (40%)

*Strengthening Reputation:* Sixty-one percent believe their employer's "performance and reputation" would "improve if it did a better job addressing the impact of domestic violence, such as through a workplace program." Responses were consistent across ethnicity and income, although the study found somewhat higher support among lower educational levels: 72% "High School or less"; 62% "Some college"; 53% College grad and beyond."

## **Teens Break Free From Dating Abuse**

### **Women Ages 16 to 24 Face Fastest-Growing Rate of Abuse in Relationships**

*2006 ABC News Internet Ventures*

**Jan. 24, 2005** — - At the beginning, Katie, Laura, Carrie and Shaina were just teenage girls in love.

“He would just always tell me how beautiful I was and how wonderful I was and how lucky he was to have me and I just was on cloud nine. I felt great,” said Katie, now 19.

But eventually all of these girls found their boyfriends turning controlling and abusive.

“He told me what to do, what to wear, how to act, what to say, what am I doing next, what am I cooking, what am I eating. Everything,” Laura said. “I pretty much stopped talking to my parents for the most part. I stopped talking to my friends. It was just me and him alone all the time.”

Carrie said her boyfriend “wrote notes that listed what I should do for the day. . . . He wouldn’t let me smile in class. He felt like I was, it was a way of me flirting with boys. . . . I just had no control of my own life.”

Some, like Shaina, found themselves the victims of violence.

“He grabbed me by the ponytail and he threw me on the bed and he held me down, screaming at me in my face,” she said.

They are among many young women who are verbally, physically and sexually abused by their boyfriends. According to the Justice Department, 16- to 24-year-old women are the victims of relationship abuse more than any other age group.

#### ***Getting Unstuck***

“I was stuck,” Carrie said. “I didn’t have any friends. I didn’t have anybody to help me. . . . It was very difficult.”

Feeling coerced and trapped, most girls in abusive relationships see no way out. For Carrie, the turning point that finally enabled her to escape was a shameful request made by her manipulative boyfriend — he asked her to sleep with an older guy while he watched.

“At that point, I was just totally overwrought by being this other person and I was just not doing that,” she said. “It was just the breaking point.”

Carrie made the break and reached out to her old friends, many of whom shared similar horror stories. The girls took the courageous step of leaving their violent boyfriends and then formed Teens Experiencing Abusive Relationships. They now travel the country, talking to groups about dating violence.

Through their Web site, they reach dozens of kids every day. Their efforts have helped not only those in abusive relationships, but also the friends who must watch them suffer.

Chinoye — a founding member of TEAR — was never a victim of abuse, but she had friends who were, and she knew how crucial it was for girls to have friends and family who recognized the signs of abuse and took the problem seriously.

“I think a lot of people portray it as these are young girls or these are young boys and this is just a young relationship, young love and it will end,” Chinoye said. “But a lot of this has potential to go on forever and turn into domestic violence.”

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## **We Welcome all Volunteers to the Upcoming Events for Community Education**

### **MY HANDS ARE NOT FOR HURTING**

March 7, 2006 – Abington YMCA (off-sight – Grace Presbyterian Church)- 9:30-9:50AM  
“On Sight” at Abington YMCA – 10:00-10:20 AM and 10:30-11:00AM

March 15, 2006 - Lower Providence Pre-School – 10:45-11:15 AM and 12:30-1:00 PM

March 16, 2006 – Lower Providence Pre-School - 10:00 - 10:30 AM

March 22, 2006 – Serendipity Nursery School – 10:00-10:20AM and 10:30-11:00AM

### **HEALTHY RELATIONSHIP WORKSHOPS And SPEAKING EVENTS**

March 8, 2006 – Glenside Senior Center –10:00 – 11:00 AM

March 8, 2006- Jenkintown High School – 1:16-2:40 PM

March 27, 2006 – Western Center for Technical Studies – Royersford – 9:30-10:45AM

April 4, 2006 – Parent /Teen Task Force- 9:30 – 11:30AM

April 4, 2006 – Montgomery County Community College – Blue Bell – 11:10-12:30 PM

April 5, 2006 – Western Center for Technical Studies – Royersford – 9:30-10:45AM

April 11, 2006 – Montgomery County Community College –Pottstown – 8:30 -10:00 AM

April 11, 2006 – Manor College – Jenkintown – 11:00-1:00PM

April 12, 2006 – Police Training – Upper Dublin Police Department – 6:00AM

### **TABLE EVENTS**

April 5, 2006 – Raising Healthy Kids Expo – Human Services Center – Norristown 10:00AM-2:00PM

April 21, 2006 – Tri County Interagency Consortium – Healthy Lifestyles Expo – 10:00-2:00PM

April 22, 2006–15 Annual International Spring Festival –North Penn High School –11:00-5:00PM

May 4, 2006 – 17th Annual Teen Parent Conference – 9:00-10:00 AM

May 17, 2006 – Bryn Mawr Hospital Health Fair – 1:00 – 7:00 PM

October 14, 2006 – Community Harvest Festival '06 – Whitpain Township - 11:00AM-5:00PM

Facilitators needed for “The Yellow Dress”

April 7, 2006 – Upper Merion High School- 7:55-8:55AM

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How I Stalked My Girlfriend continued from Page 6

Having said that, we came up with at least five new uses for this technology between us in a few minutes, all far more sinister than anything I had managed to concoct on my own.

And that, for me, was the clincher. Your mobile phone company could make money from selling information about your location to the companies that offer this service. If you have any reason to suspect that your phone might have been out of your sight, even for five minutes, and there is anyone who might want to track you: call your phone company and ask it to find out if there is a trace on your phone. Anybody could be watching you. It could be me.

## Seeking Volunteers for Our Community Education Work

Hopefully many of you have seen the announcements in our recent newsletters informing you about upcoming community education events around the county. Much of this impressive work in getting our name out there has been coordinated and conducted by our Community Educator, Janine Kelly. Janine has done an amazing job in establishing contacts and getting us on the speaking schedules for many local organization and civic groups, as well as our inclusion in informational tabling events and health fairs, but she needs help. This is a large county to cover, and we really need your help to ensure that these events have adequate representation, in all parts of the county.

We realize that many of you may feel ill-prepared or uncomfortable doing community outreach, but we'd like to assure you that there are many ways that you can support this effort in a most meaningful way, even if you haven't been through the 45-hour counseling training. Volunteers are always needed to help staff information tables, deliver brochures and posters, designing table displays, and administrative functions such as contacting organizations to schedule events. Many of these activities can be done in your local community or at your nearest Women's Center office, and require minimal travel.

If you are interested in joining this growing effort, please contact Janine Kelly in our Bryn Mawr office at 610-525-1428!

### Women's Center of Montgomery County

#### Elkins Park Office

215-635-7344

Thrift Shop: 215-885-0620

FAX: 215-635-7347

#### Norristown Office

610-279-1548

FAX: 610-279-7740

#### Pottstown Office

610-970-7363

FAX: 610-970-0705

#### Lansdale Office

215-853-8060

FAX: 215-853-8065

#### Bryn Mawr Office

610-525-1427

FAX: 610-525-1429

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

**1-800-773-  
2424**



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