LLOYDMINSTER SEXUAL ASSAULT SERVICES
35TH ANNIVERSARY NEWSPAPER
Vol. 1 No. 1 Lloydminster, AB/SK December 14, 2018 FREE

LSAS Celebrates 35 Years - Italian Style!

by Donna Reed

This year LSAS celebrated 35 years! Thirty-five years of service in Lloydminster and surrounding areas! In the words of our Board chair, Shane Schneider, "35 years of service, growth, partnership, and collaboration, and of pursuing our vision of healthy people, healthy communities." To honour this momentous occasion we held our Little Italy Gala last February 10, 2018 at Rolling Greens Fairways.

The staff of LSAS worked diligently to ensure the Little Italy Gala was an event to remember. LSAS was thrilled by the support we received from the many wonderful organizations and volunteers that truly helped make our gala a smashing success. Each of our sponsors, plus many other organizations contributed greatly to the success of our celebration. The evening included tasty Italian food, entertainment from Wonderland Party Band, and even a candy bar! The live and silent auctions were a hit and we are so thankful for the generosity of all the guests who attended. During dinner, we were treated to beautiful violin music performed by Patrick Benoit. Guests of the gala had the opportunity to have their photo taken with a backdrop of Italy. The tables were adorned with fresh flowers, paired with grapes, breadsticks, and wine to really give the authentic Italian experience. During the evening Michelle Lake wowed guests with her amazing talent and did a live Angel Wings painting.

This gala was a special event, not only because it highlighted 35 years for LSAS, but because it gave the community an opportunity to be a part of what we do, it allowed us to all come together in celebration of the accomplishments that our clients make and to honour the passion that Lloydminster has for making things just a little bit better in our community.

All funds raised throughout the evening were in support of the Little Bear Child and Youth Advocacy Centre. Tammy Shopland perhaps said it best, "This gala is a true celebration of our past, present, and future. It is an opportunity to honour those who established the organization in 1983 and the dedicated Board of Directors, volunteers, staff members, organizations, community-minded individuals and funders that have grown this agency in size and presence."

We are so grateful to have shared the last 35 years with the Lloydminster Community and we are thrilled to have gotten to celebrate our successes at the Little Italy 35th Anniversary Gala! We extend the warmest of thanks to each and every person, organization, committee, and business that has shown their support over the years.

We could not have had such a great night without the help of our sponsors:

Signature Sponsor: Bioclean Disaster Services

Gold Sponsors: Real Country 95.9, Newcap Television

Silver Sponsors: Lloydminster Source, Meridian Booster, Yellow Finch Image

Bronze Sponsors: Rolling Greens Fairway, Bee-j's Office Plus, Flowers on the Fly by Audina

Grassroots of LSAS History

by Tiffany Falcon and Ada Schell

In the early 1980s, a group of concerned community members heard reports of individuals who have experienced sexual assault had to travel to North Battleford or Edmonton. With the support from the North Battleford Sexual Assault Centre and agencies in Lloydminster and surrounding area, the Lloydminster Sexual Assault and Information Centre was formed. Being incorporated in Saskatchewan on September 28th, 1982 and in Alberta on November 9th, 1982; Doors opened to the first Centre on January 1, 1983, with volunteer crisis line operators being the core component of the agency. At first the agency supported adult female victims of rape; however has grown to change the focus to all survivors of sexual abuse and assault including children and support people.

Ada Schell's account of what she remembers from her journey at the agency starting in mid-'90s during the time that Helen Hewitt was the Executive Director of the agency; the location at that time was in the basement of Dr. Stelmachuck's building, with perhaps one counsellor on staff. Remembering when she was working at Rose City Memorial, LSAIC moved into the little white house down by the tracks (5311 50th Avenue). Participating as a board member around early 2000's she helped out with doing some volunteer work for the agency which included bingos, barbeques, and walks.

During her time as part of the board, she re calls the purchase of the current building in 2003 from Mark Harty Development. Muriel Ralston was the Executive Director at the time when they first moved into the Old City Hall building (5011- 49th Avenue). All office spaces were located for many years, as the main floor was the only floor that was utilized by the Lloydminster Sexual Assault and Information Centre during that time. The top floor of the building was two apartments that were rented out throughout the years. The back part of the building that is currently being renovated into the youth space graciously donated by the Rotary Club was an office space which was rented to a lawyer by the name of Pab Chetty and an Esthetician.

As the years passed the centre expanded, Ada recalls starting her career on July 7th, 2006. At which time the top right apartment became a space that Neil Harris with Men at Risk rented from the Sexual Assault Centre and the other was rented out as a living space. Muriel Ralston moved into the back part of the centre allowing more office space on the main floor for the Crisis Interventionists that would counsel individuals who experienced sexual assault and abuse. Ada was only supposed to help for a bit which as the time passed the girls that worked at the centre convinced Muriel to keep her; they absolutely loved having Ada around, during this time there was approximately three crisis interventionist.

With the changes over the last 35 years the Lloydminster Sexual Assault and Information Centre has grown to a staff of 14 people, led by Tammy Shopland who made the transition to the Sexual Assault Centre in 2013 as Assistant Executive Director; then started her journey as Executive Director in 2015. Over the years LSAIC has supported the growth of another Sexual Assault Centre in Bonnyville. We have developed a new program to support Child survivors of Sexual Assault and Abuse, Lloydminster Sexual Assault and Information Centre has grown and changed with community need. The Mission Vision and goals that have been their base for supporting survivors of sexual abuse has been; Vision: Healthy People, Healthy Communities Mission: Our role is to provide violence prevention, education, support, and crisis intervention services. We work closely with community organizations to deliver the best possible services in a responsive, flexible and professional manner.

LSAS Building built in 1927, Iconic Brick Building in Downtown Lloydminster

LSAS Service Area

"We are so thankful for our partnership with the Lloydminster Sexual Assault Center and for their commitment to helping educate, empower and support our students. We are pleased to be connecting our students to a wonderful agency with their caring and knowledgeable staff."

– Krissy Wenger, Wellness Coordinator, Paradise Hill School

The Celebration of Change

By Carly Pollard

When we reflect on 35 years of offering services and support to our community, there are so many things that emerge - Especially change.

In celebrating this milestone, what better time to change the most identifiable part of our Centre? Our logo.

We have taken our original logo and modified it in such a way that it represents our Centre today. We have modified our logo color to teal, the color of sexual violence awareness. The color teal is said to signify trustworthiness, devotion and healing and is indicative of spiritual guidance and teaching. Inside of our logo is a butterfly.

A butterfly is considered a miracle of transformation. Around the world, people view the butterfly as representing change, hope, and life.Surrounding our butterfly we have the oval shape; this rounded shape sends a positive emotional message of harmony and protection. The circle is often used in a logo to represent unity, commitment, or community. In having a new logo it only seemed natural to also change our name as well.

Left: Old LSAIC logo, right: new LSAS logo

We have evolved and grown over 35 years and with a fresh new logo our new name Lloydminster Sexual Assault Services is a perfect fit and adds the simplicity yet impactful name to what we do.Our Centre has grown and evolved drastically over time. New services and programing have been introduced. Changes are things to be celebrated -- they are often brought about by growth and development, and that is exactly what our Centre has achieved, and will continue to strive for.

Mission:
Our role is to provide violence prevention, education, support, and crisis intervention services. We work closely with community organizations to deliver the best possible services in a responsive, flexible and professional manner.

Teen Space Coming Soon!

By Tammy Shopland

BIOCLEAN DISASTER SERVICES

The Lloydminster Border City Rotary Club generously donated $15,000 to the Lloydminster Sexual Assault Services last August of 2017. Funds have been designated towards renovating a space for youth accessing services at the agency. Teens will enter a space that is comfortable and welcoming with retro décor, Ms. Pac-man mural, snack bar, popcorn machine, gaming area, and a quiet nook. We are very thankful for the opportunity to enhance the services provided to youth within our community.

November 2018 update: Bioclean Disaster Services is currently working on this project. They have wonderful ideas for this unique space that we are excited to see, and share with our community. Thank you, Jody & Sharon, for your high level of professionalism and the excellent workmanship of your team.

Teen Space Wish List:

Gaming system (Play Station 4 PRO) – Secured Sponsorship

Stand Alone Popcorn Machine – Secured Sponsorship

Smart Tv (50-55")

Mini Fridge

All in one Computer

Letter to Editor
Lloydminster Sexual Assault Services Newspaper
5011 49 Avenue
Lloydminster, Saskatchewan
S9V 1R5

To whom it may concern,

I am writing to express my heartfelt gratitude and appreciation for the support that LSAS has received to ensure that our 1927 community building "stands the test of time" as our agency enters its 36th year of services to individuals impacted by sexual violence, family violence, and bullying.

August 2017, while volunteering at the annual Autumn Husky Leaves Golf Tournament, I received a call from Fred North. He was reaching out to our Centre to see how The Farmer's Floor Campaign was progressing. The fundraiser was launched that spring to generate revenue for extensive renovations to the basement of our 1927 building. Through a raffle sponsored by Moody's Equipment LP and Canadian Tire Lloydminster, donations given on behalf of family, friends, community members, businesses and local farming families, we had raised $11,000 of the $125,000 goal. It was during that conversation with Fred that the vision of a community training and education space would become a reality. The amount he committed to this project was $100,000. It was a surreal moment and I can recall the very moment as I write today.

A sense of relief was felt as there is a multitude of daily demands to ensure the highest level of programming is provided to the individuals we serve. There would be one less concern, the worry of every rainfall, summer storm or spring thaw. The time, energy and emotion that has been consumed by water damage to that space can now be redirected into what really matters; our clients.

With walls and paint cracking, windows leaking and a layout that was not conducive to our needs it was essential to not only renovate the area but fix some of the issues older buildings have. With the history of this amazing building, we wanted to ensure that every floor of the Centre was functional and provided a safe and inviting environment for those entering our doors.

This space is not only essential to the Lloydminster Sexual Assault Services it is also the home for Walking through Grief Society as an in-kind partnership. This space is utilized by their organization for weekly support groups.

Since the spring of 2018, we have been working with Ryken Group Ltd., Bar Engineering, and Bioclean Disaster Services on details and planning of the basement space and removal of interior. It was during that time that Roger McDougall owner of Ryken Group Ltd. identified that the grading of our property was a contributing factor in flooding issues we had experienced in the past. This would be a costly project as it would require removal of sidewalk, proper grading, essentially an overhaul to the entire grounds. Roger and Fred did not hesitate to assist with the unexpected cost to ensure the building integrity; financially covering the entire amount.

Today, we are in the finishing stages with paint, flooring, and the cabinetry to be completed. Without support from the Fred North Charitable Foundation and Ryken Group Ltd. our basement would have remained unsuitable for optimal use due to structural issues and overall level of standards set by the agency. It is through this overwhelming gesture of support that our agency has renamed our enhanced support program. We are excited to announce this program is now referred to as North-Ryken Enahnced Services. Individuals can access enhanced support through this program which includes sessions on trauma-informed yoga, non-suicidal self-injury, emotional freedom tapping, and art integration to name a few. With Fred's passion for antique items, it seems fitting that the Fred North Charitable Foundation is the primary source for ensuring our 1927 building is as functional as the day they laid the last brick, painted the last wall and completed the finishing touches to become Lloydminster's first City Hall and Fire Department.

Words cannot express our gratitude for the overwhelming generosity, kindness, and support! Many thanks from all of us at LSAS!

Sincerely,

Tammy Shopland

Partner Spotlight:

Fred North

by Fred North Foundation

Fred North was born and raised in the Lloydminster area on a small farm south of Blackfoot. He has spent all of his life working in the area, mostly in the oilfield hauling business. The City of Lloydminster is on the Alberta and Saskatchewan border. Fred continues to reside in the same area today and is a successful businessman. In 2007 Fred decided it was time to look at a formal method to be able to give back to the community and less fortunate. With the help of Aaron Davison, Scott Pfeifer and Chris Keown, his business associates in Ventures North Financial Group Inc., Fred began laying the footwork for a Charitable Foundation. The basis was to, each year, have a share of the profits from Fred's businesses go to the Charitable Foundation and for the businesses to keep running well into the future. With a share of the profits from these businesses going into the Charitable Foundation, this could help others for many years and possibly generations to come. Fred has worked in the oilfield hauling business for over 45 years. He started driving as an employee for a company in 1968. Six years later he bought his first tractor truck and became a subcontractor to Temor Oil Services (1974) Ltd. Fred continued working as a subcontractor for Temor Oil Services (1974) Ltd. until he bought the company in 1990. When Fred bought the company it was operating 32 trucks for oil hauling purposes. With the help of a great group of employees and subcontractors the company continued to prosper and grow.

Fred sold the company in 2002. At the time of the sale, the company was operating 149 trucks. In 2003 Fred purchased T "N" T Tank & Trailer Repair Ltd., a company that sells, services and rents trailers. Fred continues to operate that company to this day and has ownership in other businesses such as Ventures North Financial Group Inc.

Fred has a passion for antique items. Particularly antique tractors, automobiles, and various other memorabilia. Along with his antiques, Fred likes to plant a garden each year and grow various fruits and vegetables. Fred likes the outdoors and nature, and a garden goes hand in hand with this. Fred has an extremely hard work ethic which has allowed him to be successful. In turn, this success has brought him the opportunity to be able to give to communities and various organizations. As noted above, Fred has specifically set up the Fred North Charitable Foundation with the intent that this can continue well into the future.

Fred North came up with the concept of setting up a charitable foundation in 2007. The idea was that it would be able to receive a share of the profits from his businesses each year as well as receive donations from other individuals, companies and organizations. The wheels were put into motion and on October 17, 2011, the Fred North Charitable Foundation became a registered Canadian charity. The charity currently makes gifts/donations to other registered Canadian charities (qualified donees). Specific emphasis is put towards helping children and young people, mostly local, but also abroad. This is done while keeping in line with the Fred North Charitable Foundation's mission of helping those less fortunate achieve their goals. Specific areas of interest are environmental conservation, education scholarship programs and supporting the lives of less fortunate children. The Fred North Charitable Foundation has a goal of having zero administration costs. The entire charity is run by volunteers. Screening of administration costs is done on the Canadian charities that the Fred North Charitable Foundation donates to. Money can be donated through various methods. These can include one-time donations, monthly donations, and donations through wills. Fred has willed the majority of his assets to the Fred North Charitable Foundation.

Government of Alberta Launches May as Sexual Assault Awareness Month

By Maria Sarcauga

Last May 1, 2018, Lloydminster Sexual Assault Service (LSAS) was invited to join the Alberta Association of Sexual Assault Services (AASAS) and other Alberta Human Services organizations to witness the Government of Alberta's proclamation of the month of May as Sexual Assault Awareness Month.

To start the month, the province launched a new Commitment to End Sexual Violence. This was developed through extensive consultation with dozens of service providers, advocates and survivors. The commitment brings ten government ministries and community organizations together to deliver a coordinated, province wide response to address sexual violence in Alberta.

The commitment has three pillars: First, to shift the culture towards believing survivors, challenging harmful myths and building a culture of consent; secondly, to improve the way Alberta's social, health, justice and education systems respond to sexual violence; and finally, to support individuals by funding frontline services for survivors and delivering education and prevention programs.

The proclamation took place at the Alberta Legislative Building with Alberta Premier, Rachel Knotley, and numerous members of the parliament. Premier Knotley spoke about the Alberta government's commitment to end sexual violence by taking action by writing and changing policies. She states, "Every Albertan deserves to live free from sexual harassment and assault. Sexualized violence is a crime of power and control, and governments have a duty to lead, to offer hope and healing to survivors, to make workplaces and campuses safe and to tackle the inequality at the root of this violence that most impacts women and girls."

During the proclamation ceremony, sexual violence survivor, Carlynn McAneeley spoke, "I never thought I would see this day. Raising awareness about sexual violence not only helps bring these crimes out of the shadows, it's clear with this commitment today that, for the first time, the priorities of government reflect me and the needs of survivors across this province."

During May, the province announced multiple initiatives to support the commitment and build on actions taken to address and prevent sexual harassment and assault. AASAS CEO Deb Tomlinson stated, "We are pleased to be a partner in the government's commitment to prevent sexual violence and provide better support to those who are affected. Sexual violence is a problem that affects all communities in our province and will require a united effort by government, community organizations and individuals to eliminate." She shared the exciting changes that the proclamation entails such as the movement towards the shift in the culture in supporting survivors of sexual violence, funding opportunities to frontline service providers, and growth in the way Alberta's social and health response to sexual violence.

I Believe You Campaign

By Carly Pollard

Albertans are having an amazing impact on the health and safety of our province by committing to one simple idea: that when a survivor of sexual assault or abuse discloses, we start by believing. That one simple idea is taking hold all over the province.Waves of post-secondary institutions, students, businesses, community leaders, media personalities, politicians, and everyday Albertans have participated in this campaign that supports survivors with a powerful message of support.

Our staff annually participates in this campaign by going into the local colleges at Lakeland Lloydminster and Lakeland Vermilion. When at the campus, banners provided by AASAS are staged for students, faculty and the general public to sign. This banner is such an important part of this campaign, as it starts the conversation. We encourage the participants to write uplifting words or phrases that allow survivors to feel empowered when they read it. Rarely do people walk by the large banner; instead, they stop and ask "what it is for" and "what are you representing". This gives us the opportunity to have the conversation about the campaign and what they can do to support a survivor.

This provincial initiative sparks the empathy in students on how they can contribute in a positive way to the healing journey of another person.

Partner Spotlight:

Deb Tomlinson

By: Association of Alberta Sexual Assault Services

Deb Tomlinson, CEO of the Association of Alberta Sexual Assault Services (AASAS), the provincial association for sexual assault services in Alberta, has been a long time partner and friend of the Lloydminster Sexual Assault Services (LSAS). Deb carries with her a wealth of experience and knowledge, developed throughout her twenty plus years of working in the anti-violence sector, to everything that she does. Deb's practice is grounded in client work and she continues to ensure that the experiences of those impacted by sexual violence are at the forefront of her efforts as an influential leader in this sector.

Deb is also committed to the mentorship and development of new professionals and sexual assault services in Alberta. She participates as a sessional instructor with Mount Royal University and regularly as a Social Work Practicum supervisor. Deb's leadership has positively impacted the countless lives of the colleagues, collaborators, partners, and staff she has worked with. As a long-time member of AASAS, LSAS can attest that Deb has made a profound impact on countless individuals and communities. As a leader of such depth, diplomacy, and wisdom, whose practice is guided by strong personal and professional ethics, Deb has an uncanny ability to support the growth and development of sexual assault services in Alberta. She grounds us in the herstory, meaning, and accomplishments of the sexual violence sector in Alberta. And because of all this, among her many legacies, Deb leaves behind a network of professionals invested in a vision for Alberta that she was key in creating.

"Price Pritchett once said, "Change always comes bearing gifts". Three years ago when the Lloydminster Hospital Emergency Department rekindled our partnership with the Lloydminster Sexual Assault and Information Centre, we truly received a gift. The ladies are amazing; they are always positive and supportive with our patients and our staff. They are willing to come and walk the path with those that so many others would avoid. When we need support for our patients, we know, that the LSAIC staff do their utmost to help bring a calm amongst the storm."

- Darla Balenga, Clinical Resource Nursing Educator, Lloydminster Hospital

"LSAIC is one of the founding members of the Association of Alberta Sexual Assault Services. One of the reasons we have grown to be such a powerful, change-making network is because of strong partners like them. We know LSAIC has had a profound and positive impact on the Lloydminster community as well as the countless individuals they have supported who have experienced sexual violence."

- Deb Tomlinson, CEO, Association of Alberta Sexual Assault Services

The Little Bear Advocacy Centre

"In the eyes of a child, you will see the world as it should be."

Little Bear's Purpose

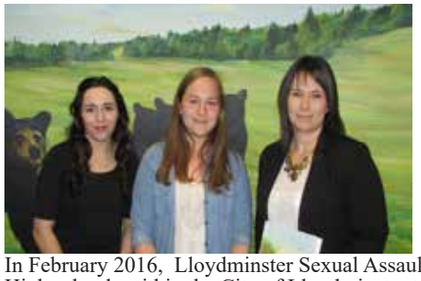
LSAIC dreamed for years about a place that would provide a multi-disciplinary approach to supporting individuals and families affected by sexual violence as they went through the reporting, investigation and court process. Inspired by nature and other advocacy centres across Alberta, the Little Bear Child and Youth Advocacy Centre became a reality. On the border of Alberta and Saskatchewan, a need has been met; a centralized location to interview and help our clients, complete with digital and audio recording, a toy room, and conference space. Little Bear is a warm and inviting place for everyone sitting around the table, to help and work together. RCMP and Child and Family Services are welcome to conduct interviews and Crown Prosecutors can meet with clients. Little Bear Advocates will be a caring support throughout the entire process and refer onto counselling afterwards. To have this dream become a beautiful program built for the community and for clients has been an incredible journey for the staff and Board at LSAIC. Welcome to the Little Bear Child and Youth Advocacy Centre!

Our Mission and Vision

The Little Bear Advocacy Centre works collaboratively in supporting children, youth, and families impacted by abuse as they embrace their healing journey through intervention, awareness, and advocacy.

Our vision is to build a community where every survivor is believed, while working towards eliminating all forms of abuse.

"Every flower is a soul blossoming in nature."



In February 2016, Lloydminster Sexual Assault Services reached out to Junior and Senior High schools within the City of Lloydminster to participate in a logo contest for the Little Bear Child & Youth Advocacy Centre. The overwhelming response to the logo contest provided judges with an abundance of amazing artwork to choose from. The finalist selected was Breanne Thorimbert.

Honourable Richard Starke stopped by during our soft opening on May 13, 2016 and toured Little Bear Child and Youth Advocacy Centre.

At times, kiddos can be at the Centre for a few hours depending on all the people that the team may need to talk to.

WE ARE LOOKING FOR A COMPASSIONATE COMPANY TO SPONSOR SNACKS via $150 Grocery Store Gift Cards.

Your donation would be greatly appreciated!

Little Bear Child and Youth Advocacy Centre Wish List:

Journals
Taxi Vouchers
Toiletry care packages: hairbrushes, shampoo, conditioner, body wash, deodorant, toothpaste, toothbrushes
Children's board games, puzzles,
Coloring books, crafting materials, crayons, paint supplies, glue sticks
Gift cards, Pizza gift certificates
Recreation & Leisure Passes (i.e. movies, swimming)
Twin size quilts
Teddies
Toys: Boy and Girl of all ages
Play-Doh
Children's Comfortable clothing of all ages

The Farmer's Floor – The 2017 Capital Campaign

As the Lloydminster Sexual Assault and Services grew, the need for expansion and renovation grew as well. In the fall of 2017, we were looking to repair and refurbish the basement in our 1927 community building. The vision we had included a community training and education space plus a creative integration room. This area was to be named the Farmer's Floor. It would be used to provide community members and families the opportunity to learn about prevention of sexual violence, response skills and supporting survivors. The space would also be available for outside organizations such as the Walking through Grief Society to provide their essential services. It would also be a creative and inviting space for our Crisis Interventionists to use with their clients. Clients will be encouraged to explore and heal through art, play, music and movement. LSAS provides essential services to those impacted by sexual violence; demographics not only include the City of Lloydminster but rural families and communities. Part of growth includes partnership. During the campaign, LSAS asked to cultivate family relationships by encouraging families to support families, creating a community space that will last a lifetime. We asked families and organizations to donate towards our ground up goal of $125,000. This venture was not possible without support of our community; just as a seed is planted or a calf is nurtured, our Centre need the extra care to grow.

A Letter from the Board Chair

35 Years. Wow! Let's flashback for a second, shall we? Kenny Rogers & Dolly Parton were #1 in Country music with "Islands In The Stream". Ronald Reagan was President of the United States of America, and Pierre Trudeau was Prime Minster of Canada. The computer mouse was invented. Lloydminster's population was a touch over 9,000 residents and The Lloydminster Sexual Assault & Information Centre was born.

On behalf of the Board of Directors for Lloydminster Sexual Assault Services, I'd like to extend my gratitude to you for helping us celebrate 35 years of service to our community. I am encouraged by the support of our community to continue to bring the conversation of sexual violence to the forefront. Our Centre is a place of warmth, love and support though very uncertain times in our client's lives.

2018 has brought transformational change to Lloydminster Sexual Assault Services. We stand by our Provincial partners who are putting the spotlight on sexual violence and are raising our voice. Our staff is the biggest it's ever been and we're putting those resources to great use through programs like outreach and public education. We're also finding new ways to speak up through initiatives like our Yoga programs and our Little Bear Child & Youth Advocacy Centre.

If you've ever donated a prize, bought an auction item, purchased our limited edition commemorative jewellery, are a funder or a community partner, I want to say this: Yes, 35 years can come and go just like that, and although much progress has been made – we still have a long stretch ahead raising awareness around sexual violence. Now more than ever, the need to have our voice be heard is so desperately needed.

Our doors are always open, we're in this together. Let's make our community a healthy place to live, work and grow together.

Here's to the next 35!

Shane Schneider
Board Chair
LSAS

Current Board Members

Shanne Schneider

Marlene Barrett

Tanys Bergerud

Leanne Hawes

Prajakta Singh

Partner Spotlight:

Shane Schneider

By Tammy Shopland

Shane Schneider has devoted over 4 years of service on our Board of Directors with the majority of his time in the leadership role as Board Chair. Within this timeframe, our agency has grown immensely. From a staff that has doubled in size to new initiatives such as our Sexual Assault Response Team, Child & Youth Advocacy Centre, Mindful Movement Program as well as several educational, collaborative and support services. It is through Shane's guidance and support that we have been able to achieve this level of programming for rural and remote Albertans. It takes a very special person to commit whole heartily to a social issue such as sexual violence. Where typically there can be a mindset of only darkness and despair. However, it is individuals like Shane that brings warmth and light wherever he goes. This is the gift that he gives our Centre as it trickles down from the Board Level to our clients and our community - with this comes hope and healing.

Words cannot express the appreciation and gratitude for the kindness, generosity, and dedication. Thank you, Shane Schneider, for all that you do for Lloydminster Sexual Assault Services, our community and for simply being you. I cannot think of anyone more deserving! Congratulations from all at LSAS!

Message from the Executive Director

I would like to personally welcome each of you to Lloydminster Sexual Assault Services 2018 Annual Christmas Luncheon. This year is of true significance as we commemorate 35 years of providing support for survivors of sexual violence in our community and surrounding area!

This year has been a true celebration of our past, present, and future. An opportunity to honour
those who established the organization in 1983 and the dedicated Board of Directors, volunteers,staff members, organizations, community-minded individuals and funders that have grown thisagency in size and presence.

We are proud of the accomplishments of Lloydminster Sexual Assault Services over the past 35 years and recognize that we could not have delivered our mission, vision and goals without the support of individuals like you! Sincerely, I thank you all for taking a stand against sexual violence, hearing the voice of survivors and making a difference!

Wishing you a festive holiday season and a very Happy new Year.

Tammy Shopland

"I have found the LSAIC to be a necessary and valuable resource both for the city of Lloydminster and the surrounding area and as well for Lakeland College. I have come to count on their expertise and insight for some of my classwork at the College. Representatives from the centre have attended and co-facilitated my classes on intimate partner violence, sexual assault and a round-table on the #metoo movement. On one occasion representatives facilitated a presentation and discussion on sexual assault to our entire faculty. Through their activities and initiatives, the LSAIC continues to make meaningful contributions to the quality of life in Lloydminster."

– Gordon Jangula,
Sociology Professor, Lakeland College

Non Profit of the Year Award

Lloydminster Sexual Assault Services were honoured to be the recipient of the Non Profit of the Year Award in 2015. The recipient is chosen by the Chamber of Commerce Board Members. This award is granted to a non-profit organization whose service is provided through the use of community volunteers. Judges base the criteria on aspects such as volunteer hours, significant contributions to the community in terms of economic impact, lasting legacy, provincial and national exposure.

2015 Chamber of Commerce Receipients

Staff Member, Tiffany Falcon, receives the award

Why We Work at LSAS

Tammy Shopland (Executive Director)

I feel fortunate to work with such an amazing team at the Centre; their compassion, knowledge and professionalism is truly remarkable. Each one of them works diligently to ensure the highest level of services is provided regardless of their roles within the agency. It truly amazes me what a small group of determined and caring individuals can accomplish! From daily responsibilities to new initiatives there is a sense of pride and accomplishment shared with and for one another. I could not ask to work with a better group of individuals and am truly grateful for all that they do! Thank you LSAS Team!

Heather Sinfield (Training and Development Director)

Among many reasons, I work at LSAS for the sense of connection. Connection within a team dynamic; connection to the community and connection as we help people heal. The agency is much more than a job to do. It's become a lifelong journey of learning and growing.

Ada Schell (Receptionist)

I have been at the agency for a number of years, as a Board member, volunteer and then as a staff member. I have enjoyed my journey at the agency for many reasons, but mostly I believe in the services we provide to the individuals and families and very much enjoyed working with our Executive Director and our wonderful team and have developed some wonderful friendships over the years.

Trish DeSchryver(Crisis Interventionist)

I am grateful to work with a group of like-minded individuals in our growing community.

Tammy Lynn Adamson (Groups Coordinator)

I must admit it is difficult to summarize the reasons that I choose to work for LSAS. I must begin with acknowledging the Executive Director, Tammy Shopland. Tammy has fostered courage to progress both professionally, and personally. Professionally I have been encouraged to learn new skills, increase my competencies, and develop as a public speaker. I have been provided the opportunity to understand the value of our community, and the importance of building and supporting other agencies, as we foster the development and wellbeing for our citizens. Personally, I feel that because LSAS encourages, and promotes the acceptance of all people, that belief system in my own life has increased tremendously. My ability to thrive in this work is enhanced by my commitment to my family's well-being, as well as my own. LSAS continues to not only support me with this commitment but encourages it. I consider myself truly fortunate to have the opportunity to work and grow with LSAS!

Jaime Balash (Director of Support Services)

I began working at the agency back in March of 2013 because my educational background and passion for helping others drew me to a posting for a Crisis Interventionist position at the time. I quickly realized once I started at LSAS that I had found where I was meant to be; working with survivors of sexual violence. To me, LSAS represents a place of healing, hope, and compassion for our clients but it also represents a team and an extended family. I feel incredibly fortunate that the opportunity to work at the agency, alongside so many amazing human beings, presented itself to me nearly 6 years ago and it has been a deeply satisfying journey that has helped me to grow both personally and professionally. I am so grateful to be a part of such a wonderful organization and I look forward to many more years with LSAS!

Donna Astley-Reed (Crisis Interventionist)

Lloydminster Sexual Assault Services is so much more than a job to me. Coming to the agency has been a realization of what I am meant to be doing in my life. The staff of LSAS is truly remarkable. We genuinely care for each other and that translates into caring for our clients to the best of our ability. A large part of what makes me successful in my role is the support I always have from Tammy and the rest of the management team. When I come to work every day, I truly feel that I am going to my second home to be with my second family. We truly are staff centered and client focused. LSAS is a dream come true for me and I am forever grateful for the experiences I have had here thus far. I can't wait to see what the next year has to offer for me, here at Lloydminster Sexual Assault Services.

Maria Sarcauga (Court and Community Liason)

My history with LSAS goes back to 2010 as a volunteer at the Crisis Line. In 2014, I started my position as a Crisis Interventionist, then as a Groups and Volunteer Coordinator, and currently as a Court and Community Liason. With every role I take on, the LSAS has provided me with limitless opportunities for growth and learning. Every day, I get to be a part of an amazing team that creates ripples of positive impact. With heartfelt appreciation, I would like to thank all of my colleagues for the opportunity to be a part of this tremendous organization. To all the volunteers, donors, funders, and board members: thank you for your remarkable support for LSAS. I am so proud and grateful to be surrounded by individuals that show so much passion for the work that this organization does.

Carly Pollard (Public Education Coordinator)

I have had the privilege of working alongside my fellow staff members and within the community for almost 2 years. This agency is not only my work but my second home. Here at LSAS, we are welcome, we can be ourselves, and this also includes our families as well. LSAS is hands down the most wonderful place to work. We are all determined to support and continue to spread awareness within our community, but without the support of those around us (EX. Tammy Shopland) it would not be possible for us to enjoy, grow and appreciate just how lucky we are to be a part of LSAS.

Savauna Green (Office Manager)

When I think of LSAS and why I work there, the first thing that comes to mind is "Compassion". Compassion is the concern for the sufferings or misfortunes of others. Sexual Assault numbers are unbelievably high with 1 in 3 girls and 1 in 6 boys being affected, this just being numbers reported. While these numbers are not declining there are ways of reducing or helping those who have been impacted. I feel very fortunate to work with such kind, caring, and compassionate people. LSAS is no judgment zone, with sexual assault being a human issue, not gender based. Everyone brings different aspects or ideas to the group, with our clients, the survivors being the number one concern. While the staff plays a key role in educating and building awareness of sexual assault, this all wouldn't be possible without you, our community and partners.

Cassidy Shopland (Crisis Interventionist)

Every day I wake up excited to be able to go to work. I am privileged that not only is this my passion but that I get to work with amazing staff and clients every day. My co-workers all support one another professionally, as well as personally. Everyone here wants each other to feel inspired, supported and successful in all endeavours. Personally, I feel appreciated and empowered by my management and fellow workers. It speaks volumes when you can do emotionally impacting work and still be able to share a laugh every single day! Every time someone walks through the door they don't feel sombrous as one would expect our building to feel but rather a warm, supportive, compassionate atmosphere. That is why I have been here since 2015, and plan on being here for many many many years to come. Thank you to all the staff that impacts the lives of one another as well as the people who come through our door. A special thanks to our Executive Director, Tammy, not only for creating this environment, but also being someone we can come to with concerns or successes, supporting us, as well as having compassion and understanding for every person who comes into our building.

Tiffany Falcon (Director of Crisis Response and Advocacy)

A very influential person in my life once told me that "time" is the best gift you give someone; it is something that can't be returned. With that being said I am very conscious of the time I spend in my life. When I give time to something I truly believe in it. I chose to give my time to the Sexual Assault Centre because of the people that we can reach and help. This is done by the amazing team members that I work with day to day, they are always looking into new ways of incorporating innovative learning, striving to be the very best we can be. Seeing the many faces walking through the door of the agency is a great reminder that the journey of healing is nothing but that, "A Journey" people taking the time to heal and working so hard on their goals is truly admiring. Clients that I see and walk through the journey with are a true inspiration.

Luccia Mitchell (Support Services Coordinator)

The Lloydminster Sexual Assault Services has been the best work environment I have ever worked in. From a Crisis Interventionist standpoint, it is amazing to see that we are a client-centered facility and let the clients lead their sessions and progress, with very few limitations. I also could not ask for a better team dynamic than at LSAS. This includes Tammy (ED), Board members, as well as all staff members who have helped make it a place you want to get up in the morning and go to. Over the past year and a half, LSAS has become my home away from home.

SA Awareness Week Cards

Lloydminster & District United Way – Raising Funds for Our Community Since 1961

By Tammy Shopland

United Way has a long history in Canada, dating back almost a century. Over the years, they have been known by many names – among them Community Chest, United Appeal and Red Feather. Throughout the years United Way has improved lives in local communities across the country.

United Way is a Non-Profit Organization that raises monies in order to distribute funds to their Member Agencies in support of their programs and services. The continued support by United Way Lloydminster & District enables Lloydminster Sexual Assault Services to provide a 24 Hour Crisis Line available to the Sexual Assault Response Team (SART).

LSAS is incredibly grateful for the time, energy, dedication and commitment of the United Way Board, their employees and volunteers that work together to ensure non-profit organizations are equipped with necessary funds to provide programming and services to individuals in need.

United Way
Lloydminster & District
Change starts here.
lloydminster.unitedway.ca

The United Way logo, depicting the helping hand cradling mankind and surrounded by a rainbow symbolizing hope reflects the mission – to improve lives and build community by engaging individuals and mobilizing collective action.

Excellence in Partnership Award 2016

First Truck Centre Lloydminster employees, Jolynn and Kaytee volunteering their time to set-up furniture for Little Bear Child & Youth Advocacy Centre.

First Truck Centre Lloydminster has supported LSAS with various fundraising intiatives. LSAS has hosted three Walk a Mile in Her Shoes witin the past five years and First Truck Centre Lloydminster has provided Silver Level Sponsorship for each of these campaigns. Your commitment to LSAS is greatly appreciated and a testament to your philosophy of "People Driven, Community Minded".

FIRST TRUCK CENTRE LLOYDMINSTER — BEST MANAGED COMPANIES

"First Truck Centre Lloydminster strives to be a proud Community member and I feel an integral part of being a good corporate citizen is supporting those who play an instrumental role in assisting individuals and families who are struggling with unfortunate circumstances. The LSAS provides safety, security and assistance to those in need and I am proud on behalf of all our staff that we are able to make a difference to so many lives in a positive way. The results they achieve at the Centre speaks volumes to the outstanding quality of the people they have working there." - Murray Grayson

The Story Behind SART Bags

By Tiffany Falcon

When the SART team responds to a call they bring a bag filled with items to help the survivor feel more comfortable. Such things as a comforting blanket can replace a paper sheet when the examination is happening. When someone decides to report and go through the investigation process they may have to leave their clothes behind. Having clothes on hand for the survivor is beneficial as not everyone can have supports bring down clothing for them. Fidgets, colouring books give them the opportunity to take their mind off of what they may be experiencing at that moment. Taxi Vouchers can help them get home from the hospital. Gift cards can help them get something to eat as at times the "process" can take hours. Candies, Granola Bars, Notepads can all help with their time in the hospital or at the detachment; Being able to make notes of the next steps so they won't forget or helping them get that little bit of energy so they can make it through the next few minutes. These are all ways our community can help support survivors through their healing journey, just by donating one item you can help make a person's experience a little more comfortable.

WISH LIST:

Clothing:
Male all sizes Sweats, T-shirts, Sweat Shirts, New Underwear,
Female all sizes, Leggings, Sweats, T-shirts, Sweat Shirts, New Underwear, New Sports Bras
Quilts, Gift Cards, Taxi Voucher
Candies, Granola Bars, Chocolates (Peanut-Free)
Lotions, Body Wash, Tooth Brushes, Tooth Paste, Deodorant
Note Pads, Coloring Books, Pencil Crayons
Teddy Bears, Fidgets

Training Space Wish List:
Smart Board
Matching Refrigerator, Slide in Electrical Range, and Dishwasher

"The Lloydminster Learning Council is always delighted to partner with Lloydminster Sexual Assault Services, a phenomenal organization with dedicated and forward-thinking individuals. We embrace a mutual commitment to help change lives. Our recent partnership entitled "Compassion & Connection" exemplifies our shared desire to build community. Congratulations on 35 years!"

- Darlene McDonald, Lloydminster Learning Council

100 Men Lloydminster Supports Little Bear Child & Youth Centre in a Big Way!

by Tammy Shopland and Tammy-Lynn Adamson

Co-founders: Rob Anderson and Shane Schneider

LSAS was excited to present to 100 Men Lloydminster for funds to support survivors of all forms of child and youth maltreatment that will be accessing services through Little Bear Child & Youth Advocacy Centre. Staff at the agency was grateful for the opportunity to create awareness of this new initiative and receive necessary funds to expand services within Lloydminster and surrounding areas. 100 Men Lloydminster consists of community minded men and women who want to help in a big way. Together they learn more about local charities or not-for-profit organizations and a simple majority vote determines who receives their donations, $100 per member. 100 Men Lloydminster supports their local community by providing an immediate, direct and positive impact.

"Alberta Health Services Addictions and Mental Health clinics in Wainwright and Vegreville are grateful for the services of the Lloydminster Sexual Assault Centre. We have enjoyed partnering with the Centre as they send a counsellor to our office to meet with clients in the local area. This service is valuable as it allows our clients to meet with this specialized service without driving out of the community. We look forward to our continued partnership with the Lloydminster Sexual Assault and Information Centre."

– Neil Harris, Alberta Mental Health Services

Namaste Strong

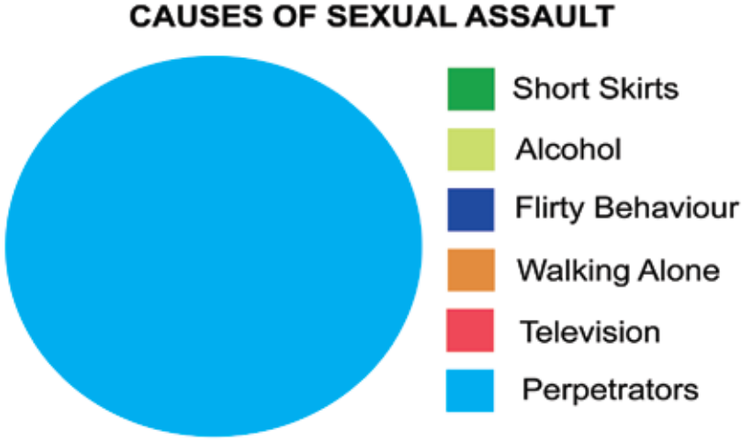
by Cassidy Shopland

The Namaste Strong: Yoga Day for Awareness event was created to promote awareness on the importance and benefits of healthy coping through nutrition, mindful practices, and yoga while bringing awareness on the impacts of sexual violence and trauma. Thanks to the involvement of community agencies and familiar faces, we have successfully had this event for three years now! Namaste Strong is a day for everyone with adult classes as well as activities and yoga for kiddos! This year we focused our attention on our newly implemented Mindfully Moving: Trauma Informed Yoga Program. The session encompassed a gentle flow, mindful movements, Nidra and trauma-informed practices to ensure a safe, comfortable and healing environment. It is amazing to see a community come together to support survivors of sexual violence. Grateful and supported are just two words that our agency feels from the community each year.

Yoga Wish List:

Mats, Bolsters, Blocks, Blankets, Notebooks

Gift Cards/Money to purchase specific books for clients to keep



LSAS Pilots a Boundaries and Consent Workshop

By Heather Sinfield

In 2017, LSAS was the recipient of the Canada Post Community Foundation Grant. This gave LSAS the funding required to develop the Teaching Boundaries and Consent Workshop. With the education of children and youth in mind, researchers and program developers took on the task of conducting a survey to gather data on understanding of boundaries, consent, relationships and sexual intimacy, level of comfort, how people are engaging with children and youth on the topics, and "is this a consensual experience" scenarios. Over 700 community members participated in the survey resulting in local data and statistics! Six focus groups were held in the summer of 2018, testing content for the workshop with 48 community members lending their experience and valuable thoughts.
The workshop was created to open up the doors of discussing intimate and at times, awkward topics with children and youth. LSAS wanted to provide an interactive and informative way to connect those who have the influence to the younger generations. The purpose of the workshop is to provide activity options, ideas, and tools to help engage and educate children and youth, 18 months to 18 years, on the topics of boundaries, consent, relationships, and sexual intimacy. TBC Facilitators hosted a successful pilot of this workshop on November 27th to 14 participants! The pilot provided the opportunity to fine-tune the details, content, and timing. Stay tuned for upcoming community dates in 2019!

Mindfully Moving Program *by Cassidy Shopland*

This program provides survivors of sexual violence a means of becoming reacquainted with their bodies, help them become grounded in the present moment and allow them to explore the benefits of mindfulness as they flow breath to movement in guided practice and meditation. The entire experience of practicing yoga can help survivors find union between disconnected and challenging aspects of the self; allowing participants to slowly build the pieces into an integrated whole. Yoga's focus on self-acceptance provides survivors with benefits that will become noticeable through their practice. This gradual integration can be transforming and healing for a survivor of sexual violence. The agency offers one-on-one sessions as well as a group in the spring and fall.

Each year Armour Insurance hosts a BBQ for their clients and the community! LSAS is grateful to be able to receive a donation for participating in the event! It is an enjoyable time for staff and we love the opportunity to participate, as well! Thank you to Armour Insurance for your continued support!

Photo: Calvin receives 2017 Excellence in Partnership Award

LSAS is extremely grateful for the support of a community business like Border City Furniture! Each summer LSAS has had the opportunity to have a BBQ completely funded by Border City Furniture, right down to the mustard and the ketchup! All proceeds from the BBQ are generously donated to LSAS! Thanks so much, Calvin!

"On behalf of the McCaw family, we would like to extend our congratulations to LSAS on 35 years of service! As a third generation family owned business we are honoured to recognize enduring community services and your unwavering commitment to the vulnerable and mistreated. We appreciate your innovative leadership and clear vision in pursuit of enhanced services for those affected by family violence and sexual assault. We recognize that you are a highly regarded community service masterful in advancing beyond the basic philosophy of building partnerships to the practice of forming strong community relationships. This approach speaks volumes about your exceptional insight and leadership, innovative vision, and unwavering commitment to victims and survivors of sexual assault. To the board, staff and volunteers of Lloydminster Sexual Assault Services - thank you for your commitment to serving others. Congratulations on 35 years of service."

- The McCaw family

Sexual Assault Response Team Launches in Lloydminster

By Barbara Hagen (Association of Alberta Sexual Assault Services)

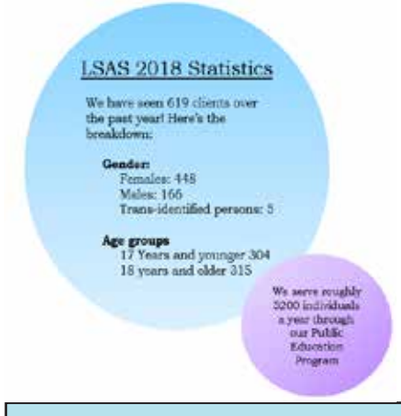
The Association of Alberta Sexual Assault Services (AASAS) has been spearheading a project to support the development of a Collaborative Community Response for victims of recent sexual assault. Our target is to support 5 communities in this development by March 31, 2016. AASAS has dedicated human and financial resources to support planning, implementation, training, and evaluation for communities interested in reviewing and enhancing their current response to victims of sexual assault. Our AASAS member agency in Lloydminster is the Lloydminster Sexual Assault & Information Centre (LSAIC), a non-profit organization providing specialized sexual assault services to east-central Alberta communities.

In several communities in Alberta, the collaborative crisis response to sexual assault has taken the form of a Sexual Assault Response Team (SART) comprised of service providers who are key responders to recent sexual assault, usually including health, justice and community agencies. In every community, the SART is unique as each SART reflects the needs and capacity of each community. Prior to the inception of this project, there were 4 existing SART's in Alberta: Edmonton, Red Deer, Calgary, and Lethbridge. The longest-serving SART has been in existence for 20 years. Until these past few months, there hadn't been a new SART launched in Alberta in the past 10 years.
The 5 communities participating in this project are Fort McMurray (launched their SART in December 2015), Medicine Hat (launched their SART in January 2016), Grande Prairie, Lloydminster and Rocky Mountain House (all launching their SART's in April 2016).

The goal of coordinating a collaborative response is to expedite an optimum healing journey for the survivor of sexual assault and an effective use of health and justice responses. Victims who are struggling to heal from interpersonal trauma may continue to access and re-access services (particularly health and justice) because they aren't sure where else to turn for help and, perhaps, have fallen through a gap in services. Coordinating a response among key service providers would alleviate the strain for the individual and the systems which support them.

An initial meeting was held with a broad base of community agencies and government departments. The agencies who are, typically, the key first responders to sexual assault also participated in a focus group session to dig into the current strengths of responses, the current challenges, and ideas for changes. An online needs survey was completed in order for a broad spectrum service providers to submit their perceptions of current and desired sexual assault responses. Subsequently, meetings were held to look at the needs survey and focus group results and also to take a look at the existing SART (Sexual Assault Response Team) models in the province of Alberta. The goal was to identify potential components of existing response models which would enhance the current response in Lloydminster. Working guidelines and service maps were developed to support consistency of responses and to aid organizations in providing guidance to their staff.

In response to an identified need for specialized sexual assault training, a multidisciplinary training session was held in Lloydminster in November. As a sustainability strategy, AASAS has supported the development of a number of training tools including online training, a film outlining forensic evidence collection in alignment with the new RCMP sexual assault kit due out this year, and a secure website for service providers to access quick reference guides, links to legislation and tools to support their interactions with survivors of sexual assault. This project has been funded by Status of Women Canada and Government of Alberta – Ministry of Health.



"As the Lloydminster Sexual Assault Services celebrates its 35th anniversary this year, it reminds me of how grateful I have been over the years to access its supports for my students within the LPSD. Working as a school counsellor for almost 20 years in our school division, I have provided support for students and families in 3 different schools during that time, and it has been my pleasure to have been able to proudly continue to partner with the LSAIC. As a pillar of strength and consistency in our community, I know I can speak for many other helping professionals when I say how lucky we are to have this very welcoming agency in our town!"

- Laurie Mears Redden, Counsellor, Lloydminster Comprehensive High School

Book Your LSAS Tour Today!
Call (306) 825 8255

"The partnership between Midwest Victim Services and the Lloydminster and Area Sexual Assault Centre is truly valued by our staff and advocates. By working together, we ensure that our clients receive the best possible support during their healing journey. We greatly appreciate the relationship we have with LSAIC and are so thankful for an agency such as this exists in our community.

- Jennifer Hauberg, Program Coordinator, Midwest Victim Services

LSAS Wish List:

Program Supplies, journals
Paint and art supplies, art canvases
Mr.Sketch Markers, crayons, pencil crayons
Children's and Adult Board games, Puzzles, Playing Cards
Play dough, putty, play foam
Fidget items, Hot Wheels, stuffed toys
Children's colouring books and Adult coloring books
Crafting materials (glitter, beads, construction paper)
Glue sticks, white and clear glue
Stickers, metallic confetti, colorful popsicle sticks
Gift cards (Tim Hortons, Groceries, Lloyd Mall, Visa and MasterCard, Gas)
Taxi Vouchers
Movie Theater passes and Leisure activity passes
Decks of cards, Hula Hoops

Border Town HOG Chapter Gives

LSAS is very appreciative of the ongoing support that the Border Town HOG Chapter has provided! The members have toured the agency, participated in our annual Walk A Mile Event, hosted an information night, and a pancake breakfast with proceeds earmarked for LSAS. We have also been the grateful recipients of toys and funds from their annual Toy Run. It is pleasure to acknowledge the Border Town HOG Chapter's continued support of LSAS!

"First Truck Centre Lloydminster strives to be a proud Community member and I feel an integral part of being a good corporate citizen is supporting those who play an instrumental role in assisting individuals and families who are struggling with unfortunate circumstances. The LSAS provides safety, security, and assistance to those in need and I am proud on behalf of all our staff that we are able to make a difference to so many lives in a positive way. The results they achieve at the Centre speaks volumes to the outstanding quality of the people they have working there."

- Murray Grayson, General Manager, First Truck Centre

Amidst the cold December weather, LSAS staff look forward to the annual Parade of Lights.

Community members support the Walk A Mile in red heels campaign during Wrestlefest 2015. Jason Whiting on the barbecue and Malcolm Radbe playing street hockey.

A generous donation in 2016 from Marshall helped to go towards LSAS outreach services.

LSAS staff support A&W's Burgers to Beat MS Campaign by purchasing a Teen Burger.

LSAS has been proud to continue to support the endeavour by being a part of the Rainbow Wear campaign since its inception in 2013, when it was first initiated as Pink Day.

Every year, LSAS staff and their families enjoy the Colonial Days Parade that passes by right in front of the building.

LSAS is a proud supporter of the Lloydminster Native Friendship Centre, from their Pow Wows, trainings and other events.

Staff support Dairy Queen's Miracle Treat Day with a blizzard purchase.

A generous gift to the Little Bear Child and Youth Advocacy Centre, from Linda and Mark Hardy, the previous owners of the current LSAS building.

LSAS staff advocates and helps out in various Youth Centre activities.

A continued partnership with Lakeland College via learning panels and events.

LSAS helps face painting during the 2018 Youth Centre Carnival.

LSAS participates in Orange Shirt Day by wearing orange shirts to spread awareness and acknowledge of the lives effected by residential schools.

Staff attended the Flag Raising Ceremony of the Treaty 6 & Metis Flags at Lakeland College Lloydminster on September 14, 2017.

LSAS supports Big Brothers Big Sisters during their annual summer BBQ.

LSAS spearheads the Sexual Assault Awareness Month Proclamation by the City of Lloydminster every May.

Every year, staff wear red in December to commemorate World AIDS Day.

"Home Hardware is proud to support the work and initiatives of the Lloydminster Sexual Assault Centre. By ensuring sexual abuse and assault is not a taboo subject, we, as a community is able to bring these issues to the forefront and work together to provide support and resources for those impacted." - Sarah Jayne Rurka, Home Hardware Building Centre Lloydminster

The Bear Paw Campaign

By Tammy Lynn Adamson

The Bear Paw Campaign began in 2014 when the Centre approached the Lloydminster Husky Travel Centre in the midst of the renovations for the Little Bear Child and Youth Advocacy Centre. Husky Travel Centre was so gracious to have agreed to support the renovation needs of the Centre. They decided to have the Bear Paws Campaign run for the whole month of November where patrons of the Husky Travel Centre are given the opportunity to donate to the Little Bear Advocacy Centre. On top of that, the owners agreed to have the campaign run annually in the month of November to support the supplies and program needs of the Little Bear Child and Youth Advocacy Centre. It is with amazing community support like this from, generous community businesses that enables LSAS to provide top-rate programming opportunities! Thanks, Husky Travel Centre!

SPORTS

Autumn Leaves Committee Raises Funds for Programming at Lloydminster Sexual Assault Services

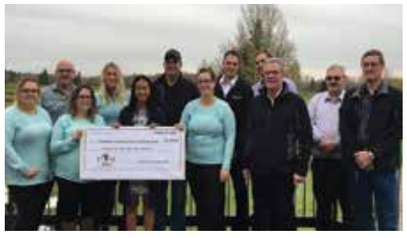
"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it is the only thing that ever has." - Margaret Mead

by Donna Reed and Tammy Shopland

The Autumn Leaves Charity Open provides a fun day of golf and a delicious meal while supporting multiple charities in the community. For the Lloydminster Sexual Assault Services, funds raised from the event is dedicated towards the essential programming of their agency. This year, Krista Arseneault, president of the tournament committee, presented a cheque to LSAS for $23,000.

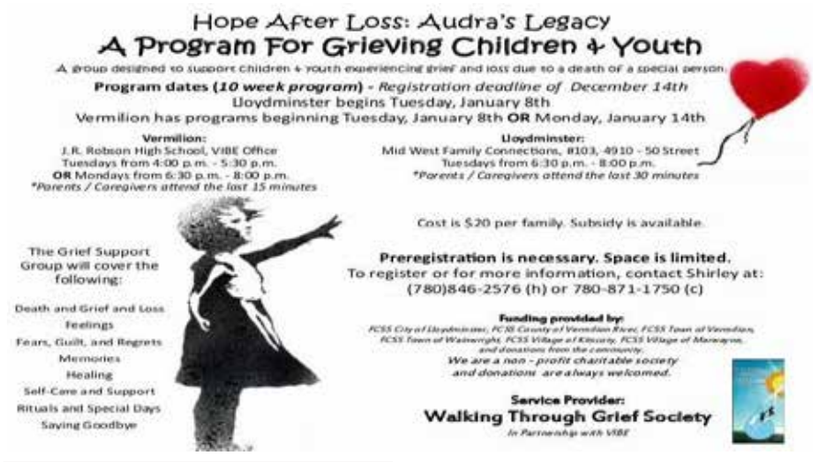
"The agency has been part of this charity for many years now," said Community and Court Liason, Maria Sarcauga. "It's always been a great time for our staff to take part in this amazing event for the community. This event continues to be a highlight for our agency! "Arseneault heads a committee of Joely Deseaulniers, Nicole Dow, Brianne Ross, Neil Higdon, Kaylan Lundquist, Cassie Kramer, Korie Grannum, Patrick Hart and Marvin Smith.

The agency is grateful for the opportunity to volunteer at the Autumn Leaves Charity Open. Moreover, LSAS is thankful for the ongoing support from the event committee, partners and sponsors. The generosity and efforts of everyone involved help LSAS continue fulfilling their vision of fostering 'Healthy people Healthy communities.'



"The Border City Rotary Club would like to congratulate LSAS on 35 years of service to Lloydminster. The Rotary theme for the 2018/19 year is 'Be the Inspiration!' This theme captures how we feel about the individuals involved in your agency. We are inspired by each of you and the important work accomplished by LSAS. Our club members are moved and motivated by your patient, professional and persistent work in the field of family violence and sexual assault. Thank you for reflecting the values of Rotary and for the care and compassion you extend to others on a daily basis. You inspire us!"

- The Border City Rotary Club



On behalf of ES Laird Middle School, congratulations to the Lloydminster Sexual Assault Services for 35 years of service and support to the Lloydminster community! The care and support your organization has given to the students of our school has made a huge impact in their lives. The educational programming you have delivered to assist our teachers in health classes to professional advice has empowered our staff! Again, congratulations and a big THANK YOU from ES Laird Middle School for all that you do!"

- Morgan Mann,
Teacher, E.S. Laird Middle School

Bioclean: 2018 Excellence in Partnership Award

BIOCLEAN
DISASTER SERVICES

Putting the Relationship First

On May 1, 2015 Bioclean established their first location in Lloydminster with a desire to set a new standard for disaster restoration in the region. A desire to help people, be good stewards of the environment and give back to the community was at the forefront of Jody's mind.

"Our staff are so imperative to what we do, and we are so proud of the work that we do every day. We haven't always got it right; however, leading an organization with a team of dedicated staff who think of the customer first and strive to provide an excellent experience is such a privilege. If we make a mistake, we own it, and if given the opportunity get it corrected. Every day is about these three questions: 1) How do we get better? 2) What have we learned? 3) What was the impact we left today?".

Giving back

One of the main commitments for the Herbus family has been to be recognize the importance of local organizations that create events and essential services to ensure that families are safe and getting the necessary support and assistance to build a strong sense of family and community.

"There are so many amazing organizations and we wish we could give to all of them. Our philosophy has been to give back to events and organizations that focus on families. The opportunity to assist the Lloydminster Sexual Assault Centre over the last few years was something we knew we wanted to do. The cause is close to both of our hearts as we have personally seen the impact of terrible circumstances on individuals close to us. There was never a question in our minds." Sharon in particular has seen the importance the LSAIC has for Jody. "I remember talking to Jody and he would be, 'Sorry Sharon, I just got a text from Tammy and they are having a problem with the building. I've got to go' ". My heart is totally full when I see the joy that brings not just to him, but to the people we serve, and our staff who are so proud of the work that we are able to do in the community", said Sharon Herbus.

Thank you to the Lloydminster Sexual Assault Centre staff, volunteers and board members who are making a difference in our community every day. We appreciate you trusting us and giving us the opportunity to work with you.

Jody and Sharon Herbus

FASHION and CULTURE

Making a Fashion Statement for Awareness

by Carly Pollard

In the year 2018, the conversation around sexual violence began to change. Over the years the topic of sexual violence was taboo and for many an awkward conversation that was often silenced or ignored. Through perseverance of survivors, social media awareness and impactful movements such as #ibelieveyou individuals are engaging in the topics of sexual abuse, sexual assault and sexual harassment. With sexual violence at the forefront LSAS has seen tremendous progress in regards to awareness and education within our society as well as our community.

On March 2, 2018, the Lloydminster Sexual Assault Services was invited to present on the #MeToo Movement at the Lloydminster Lakeland College during the Business Association fashion show.

When given this opportunity, staff (LSAS) recognized the importance of providing a unique and creative approach to convey meaningful messages regarding Sexual Violence at the fashion event. In the process, a great concept to present was "making a fashion statement through hashtag clothing."

"With our idea, we selected a white dress, and white shirt to provide a blank canvas for those in attendance to write and create a hashtag in support of someone impacted by sexual violence. This is a social issue that impacts not only the survivor; it impacts their family, their friends and the community as a whole", Carly Pollard.

The students and attendees of the fashion show participated in signing clothing and created hashtags that were both powerful and beautiful.

It is important to acknowledge that each survivor has a different healing journey as unique as they are and that not one hashtag fits all.

Lloydminster Sexual Assault Services is celebrating 35 years in the community! We have collaborated with Hillberg & Berk to offer limited-edition jewelry.

We are offering a necklace, earrings, and a bracelet, which all share the story of the LSAS. Our logo is captured on the tag, and it is completely customized for just our centre, it truly is one of a kind.

The theme for the collaboration is "Every piece of jewelry shares 35 years of history. The support of our community makes it possible for us to shine, and when you sparkle you inspire everyone around you."

The necklace is $130, earrings are $70 and the bracelet is $120, with all the proceeds going towards the centre to help with costs associated with all the programs we offer.

The jewelry supports us to continue our work within the community and be able to expand our programming, and add more to what we do so we are reaching everybody and supporting as many people as we can.We have come a very long way since the beginning, and the opening of the centre. Over the years we have witnessed advancements and expansion in our programs and services, and we are so grateful for the partnerships our centre has acquired over the years, as well as the growth in community support.

This jewelry is a celebration piece, and when we wear it we are always reminded of our continuous hard work and the support we receive in the community and with our partners within the community, allowing us to shine brighter every year.

Self-Care Tips

- Get a massage
- Take a long soak in the tub
- Get a professional shave
- Hire a sitter for date night with your significant other
- Spend an afternoon reading
- Exercise
- Watch a YouTube video that makes you laugh out loud
- Watch a Ted Talk that challenges or inspires you
- Take a nap
- Say "no" to invites received during the holidays that do not bring you joy
- Say "yes" to a gathering or activity that speaks to your soul, inner geek, or playfulness
- Take a technology break (no TV/phone/tablet/computer)
- Karaoke or dance party – just you
- Declutter one closet/drawer/cupboard
- Make amends to someone you have hurt

A self-care space in the home is defined by individual needs and wants. For one person it will be a place to work on a vehicle or wood project. Another person might prefer a home gym or a corner of the living room set up as a reading nook. Not everyone can afford a spa-like bathroom, but most of us can put together a basket of products we use to treat ourselves to a facial, a special bath soak or home pedicure. If a meditation space is desired, consider setting up a quiet area in your home with a comfy chair or meditation cushion, a candle or essential oil diffuser, a salt lamp, cozy blanket and a Bluetooth speaker connected to your favorite meditation music/sounds.

Local artist, Brandi Hofer, painted a "Cool Kids: Instadentity" Series; vocalist, Lady Gaga, a well-known advocate and survivor of sexual assault, was one of those portrayed. Brandi chose to launch an awareness and fundraising campaign, designating the proceeds of her Lady Gaga prints towards LSAS and its services in 2017.

"LSAS has been an amazing resource for your school. Every single one of the ladies has gone above and beyond to help our students in any way possible. The presentations are very educational and we will continue to make them a part of our wellness program!"

- Danelle Covey, Wellness Coordinator, Lashburn High School

Mindfulness

By Cassidy Shopland

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment, through a gentle, nurturing lens. We want to practice being fully present to each moment, not distracted by the proverbial "to do" list of tasks or commitment. Strengthening this ability to focus on something can help us to be aware of our whole self, moment to moment.

Five Senses Exercise

This is a quick and relatively easy exercise to bring you to a mindful state. If you only have a minute or two or, the five senses exercise can help you bring awareness to the current moment in a short amount of time.Follow this order to practice the five senses exercise:

Notice five things that you can see. Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

Notice four things that you can feel. Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, your feet pressed against the ground or the smooth surface of a table you are resting your hands on.

Notice three things you can hear. Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, music, people walking or the faint sounds of traffic from a nearby road.

Notice two things you can smell. Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

Notice one thing you can taste. Focus on one thing that you can taste right now, in this moment. You can take a sip of a drink, chew a piece of gum, eat something, or just notice the current taste in your mouth or open your mouth to search the air for a taste.

SPORTS *continued...*

A Big Name Making A Big Impact

by Carly Pollard

This year at LSAS we had an opportunity to expand and enhance our boys programing. When thinking about presenting to youth males in our community, we knew that we could update and take a new step towards the messaging and content in which we deliver to the community. In this moment we knew we wanted to partner with someone that was inspirational and knowledgeable with the different experiences males face growing up. We were delighted when Joshua Bell accepted our invitation to partner with our agency and contribute to our programming.

The career of Joshua is not just impressive but is extensive and full of inspiration.

This year Joshua entered his fifth season in the Calgary Stampeders organization and his first as a member of the coaching staff as the Defensive Back Coach. Joshua joined the Stampeders as a player in 2014 after two seasons with the BC Lions and was a member of the Stamps' Grey Cup championship team in 2014 and this year entered his coaching career with them.

Bell was a West Division all-star in 2015 and in 2017 he served as a team captain and won the Presidents' Ring award as voted by his teammates for excellence on and off the field. He also received the Herm Harrison Memorial Award for his work in the community.

Prior to coming to the CFL, Joshua played a total of 13 National Football League games over two seasons with the Denver Broncos and Green Bay Packers.

Joshua has been great to work with and is very passionate about the messaging that we want to deliver to the youth males of the Lloydminster and area. Through our partnership we have met with Joshua and revamped the Boys Empowerment program through inspiration conversation as well as addressing the experiences young males will have now and as they grow and how we can cope with the things around us. Joshua came to Lloydminster and presented to boys in grades 7-12, and was well received by students as well as the staff at each school. A variety of topics were discussed at the presentations such as self-esteem, anger, hopes and dreams to name a few. Many of his presentations ended with boys who were inspired and motivated to make some changes they identified while listening to the speaking piece.

Breakfast with Sheldon Kennedy

By Luccia Mitchell

In 2015, Sexual Assault Awareness Week was an exciting one for the staff at LSAS and the community! Former NHL Player and child sexual abuse advocate, Sheldon Kennedy, visited the Border City and agreed to be our guest speaker.

Sheldon Kennedy skated for three teams in his eight-year NHL career, but he is likely best known for his courageous decision to charge his Major Junior Hockey League coach with sexual assault for the abuse he suffered while a teenager under his care. Since then, Sheldon has become an unofficial spokesperson for millions of abuse survivors around the world, speaking about the importance of hope for survivors, an end to the stigma surrounding sexual abuse, and his desire to see meaningful penalties given to perpetrators.

"Breakfast with Sheldon Kennedy" took place on May 20th, 2015, sponsored by LSAS and Synergy Credit Union. The event engaged community members to gain a deeper understanding of the impacts of child sexual abuse, to reduce stigma's surrounding male sexual assault survivors, and to provide a sense of hope that healing is possible after trauma.

"Macklin School has been partnering with LSAS for a few years now and we have benefited from a number of services. LSAS has provided ongoing counselling to students on a variety of topics. LSAS also has facilitated group programming benefiting our students."

- Eldon Germann, Principal, Macklin School

Oilers 50/50 Event

LSAS was very honoured to be chosen to provide volunteers to participate in the selling of Edmonton Oilers 50/50 tickets. The volunteers had a great time, and a donation from The Edmonton Oilers Community Foundation was received to go towards Little Bear Child and Youth Advocacy Centre.

"Lloydminster Sexual Assault Services has been such a vital part of our community. Supporting them in return helps so many people in and around our community. The impact and change they make on each person they work with make the world of difference. I love supporting this organization and will continue to in the future."

- Rachael Green, Owner, Complexions Skin Therapy

Emotional Freedom Technique (EFT)

LSAS is pleased to share that we have an EFT practitioner on staff! This unique meridian tapping technique can help with those dealing with trauma, anxiety, depression, physical pain and more! EFT is based on ancient Chinese medicine practices and blends with modern Western psychology and works by tapping on the same parts of your body that would be manipulated by acupuncture! Tapping can be thought of as emotional acupuncture.

Call 306 825 8255 for more information.

LLOYDMINSTER NATIVE FRIENDSHIP CENTRE ABORIGINAL CULTURAL AWARENESS TRAINING

LLOYDMINSTER SEXUAL ASSAULT SERVICE CENTRE STAFF

November 13, 2018

To support Community Truth and Reconciliation Journey is to engage better understanding through Aboriginal Cultural Awareness and Education. Learning the truth of Aboriginal history of Residential School Legacy, 60's Scoop, Treaty 6 Territory, Indian Act, Intergenerational Trauma, Traditional psychology integrating traditional way of knowing to the Medicine Wheel Teachings.

Reconciliation Project Coordinator: Melva Tootoosis Contact: (306) 825-6558

"Every child deserves a champion - an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be." - Rita Pierson

This quote exemplifies the relationship that our school is so fortunate to have with you. Thank you for all you do to ensure that our students are assured there is someone safe in their corner who will not settle for less than the best they can be.

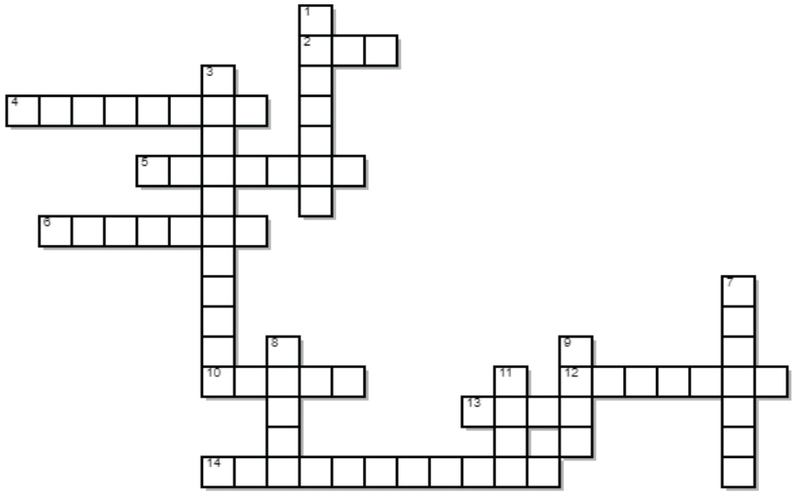
- Tina Pero, Vice Principal, Marshall School

ENTERTAINMENT

Weather

Fri 12/14	Sat 12/15	Sun 12/16	Mon 12/17
-7°	-8°	-7°	-9°
60 %	10 %	60 %	30 %
-13°	-10°	-14°	-12°
20 %	30 %	30 %	30 %

LSAS Crossword



ACROSS

2 Tapping
4 Not a victim but a _____
5 Sober, enthusiastic yes
6 I believe you
10 1 in 6 _____ experience a form of sexual violence
12 To help someone when they are having a difficult time
13 A physical, mental and spiritual practice
14 State of being conscious or aware

DOWN

1 Restoration of self
3 A form of therapy
7 It's about the _____, not the destination
8 Coordinating center of thought, memory, and emotion
9 Celebrating 35 years
11 1 in 3 _____ experience a form of sexual violence

Answers: ***Across*** 2. EFT 4. Survivor 5. Consent 6. Empower 10. Boys 12. Support 13. Yoga 14. Mindfulness
Down 1. Healing 3. Counselling 7. Journey 8. Brain 9. LSAS 11. Girls

Fruit Salsa with Baked Cinnamon Chips
An LSAS Christmas Luncheon Favourite

Ingredients
2 kiwis, peeled and diced
2 Golden Delicious apples - peeled, cored and diced
8 ounces raspberries
1 (16 oz) carton of strawberries, diced
2 tablespoons white sugar
1 tablespoon brown sugar
3 tablespoons fruit preserves, any flavor
10 (10 inch) flour tortillas
Melted butter or butter flavored cooking spray
Cinnamon sugar - 1 cup white sugar + 2 tbsp cinnamon

Fruit Mixture:
In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar, and fruit preserves. Cover and chill in the refrigerator at least 15 minutes. This is best made the same day and not too far ahead of time so your apples don't start browning and the fruit gives off so too much juice and it gets runny.

Cinnamon Chips:
Preheat oven to 350 degrees.Coat one side of each flour tortilla with melted butter or butter flavored cooking spray. Sprinkle tortillas with desired amount of cinnamon sugar. Cut into wedges and arrange in a single layer on a large baking sheet. Spray again with cooking spray (not necessary if using melted butter). Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow cooling for 15 minutes. Serve with chilled fruit mixture.

Grateful for our Funders

"LSAS has been an amazing resource for your school. Every single one of the ladies has gone above and beyond to help our students in any way possible. The presentations are very educational and we will continue to make them a part of our wellness program!"
- Danelle Covey, Wellness Coordinator, Lashburn High School

Donna Burke, with Haute cuisine, has done our Christmas luncheon for three years now. She has always been great in making sure we provide the best meal to our guests. If you are looking for the best-catered food around, look no further because Donna is the best!
She does large and small events. Her food is talked about by everyone, and it's always delicious. We advertise a light lunch, but everyone always leaves completely full!
Thank you for your services, Donna!

Walk A Mile in Her Shoes

In September 2019, we will celebrate the fourth biennial Walk A Mile in Her Shoes event. In September 2013, LSAS with support from businesses, organizations, and the community, hosted the first Walk a Mile in Her Shoes Lloydminster. This event is an International March to support those affected by sexual violence and to bring awareness to this issue. Men and women were encouraged to literally "walk a mile in her shoes" by putting on bright red high heels and walking a mile. The community has shown tremendous support to the cause by rallying together to make the event a success. The support shown towards this event is inspiring. Lloydminster businesses and organizations take a stand against sexual violence by registering teams, collecting donations, and contributing goods and services. The feedback from the community demonstrates that Lloydminster is a city that values and recognizes the need for education and awareness about this human issue.