

## WHITE RIBBON DAY

### Be a man and sign up as an ambassador

SOUTH West men are needed as White Ribbon Day ambassadors, to take a stand against violence against women and urge others to do the same.

White Ribbon Day committee chairman Robin Shine said the list of ambassadors already contained many prestigious and powerful men and she invited South West men to also nominate themselves or others as potential ambassadors.

Ambassadors would work to promote the campaign's message of making violence against women a thing of the past through public speaking engagements, work conversations and signing the White Ribbon pledge not to commit, condone or remain silent about domestic violence.

White Ribbon Day events in Bunbury on Tuesday include a breakfast at the Graham Bricknell Memorial Music Shell from 7.30am, followed by a ceremony at the Pioneer Park memorial at 10.30am in honour of those who have died as a result of domestic violence.

"We encourage men to come along to the breakfast before work and show their stance against violence towards women, and all are welcome at the memorial ceremony," Ms Shine said.

For more information about White Ribbon Day or to nominate as an ambassador, visit [www.whiteribbonday.org.au](http://www.whiteribbonday.org.au)



White Ribbon Day committee chairman Robin Shine urges men to publicly take a stand against violence towards women on Tuesday.

## Get help to turn your life around

JAIME SHURMER

A BUNBURY man is a living testament to the power of the human will to change when coupled with therapy.

His wife of 30 years left him in January because the emotional abuse he inflicted became too much and her departure was a wake-up call for Cliff (not his real name).

"The next day on the Saturday I woke up at 6am, grabbed a phonebook and went to look for help," he said.

He found a domestic violence helpline and was referred to Centrecare in Bunbury where he underwent one-on-one counselling then group therapy with other men.

"I was prepared to do anything at that time," he said.

Cliff said he learnt through his therapy that emotional abuse was one of several forms of domestic violence.

"It was not physical violence — it was the way I spoke to her, putting her down and trying to isolate her from her other friends, and if I initiated sex and she didn't want it, it was too bad," he said.

Cliff said he realised there was something wrong in their relationship before his wife left him but he couldn't identify the problem and his behaviour deteriorated gradually over their 30 years of marriage.

Now he is very aware of the consequences of emotional abuse and has turned his life around and restored his relationship with his wife.

"It's not OK to be abusive and don't be ashamed to ask for help," Cliff said.

"I learnt to respect myself to start with, respect my partner and my kids, and I learnt to understand my feelings, like if I started to get wound up to step back and take five."

Cliff said when he first started to change his ways and reconnect with his wife, she didn't know how to take it because he was so different.

They reunited in May on a holiday to Bali after several months in separate towns communicating mainly by phone.

"According to the wife and kids I'm a different person," he said.

"I'm outgoing. I look forward to coming home at night-time to the house, to the wife and the youngest boy. I enjoy socialising a lot more and I enjoy work and I'm happy.

"I'm also not ashamed of admitting that I was the cause of domestic violence in our house."

Cliff said he now makes a point of organising spontaneous "dates" and buying his wife flowers to show his love, and has become quite the romantic.

"We actually sit down and discuss things and we make time to talk and there's no distrust anymore," he said.

But the guilt of the years of abuse he inflicted on his family has had a far more lasting impact.

"I feel guilty all the time," Cliff said. "It was guilt that made me ring up for help in the first place.

"Seek help because there are people who can help you with your problems," he said.

♦ Editorial page 12

## Survivor tells women domestic violence not their fault

A BUNBURY woman is urging women in abusive relationships to seek help before it is too late after she suffered horrific injuries as a result of domestic violence.

Shirley, who does not want her surname used, was set upon by a former partner with an axe and was left unconscious for four days and unable to walk because both her legs had been broken.

Shirley, who was in her 30s at the time, also sustained a fractured skull and broken arm and rib, and had to spend three months in hospital then another nine weeks in a rehabilitation centre to get back on her feet.

Her former partner was sentenced to more than four years in jail but Shirley said the emotional toll of the abuse was immense.

"I had to worry about where my children were because they had to be placed in welfare and I was wondering if I was going to walk again," she said.

It was her second experience of domestic abuse, the first happened when she was quite young, but it was by far the most devastating and she urged women to seek help rather than put up with abuse.

"The main thing with domestic violence is that women need to know it's not their fault and there are places to go, even for a short time," Shirley said.

"The ones who give abuse are the ones at fault. This while saying, 'It won't happen again' — believe me, it does.

"It could cost you your life."

She urged women in violent relationships to not accept that the violence was their fault, even when told so by their abusive partner.

"Women often stay in domestic violence situations because they think there's nowhere to go and they think they are the ones at fault because they've been told so and begin to believe it," she said.



### Notice to Mariners

#### Closure of Navigable Waters

Glen Mervyn Dam

The boating public is hereby informed that an aquatic marathon event will take place on Glen Mervyn Dam on Saturday 22 November 2008 between 11.00am and 2.00pm. All waters of the dam will be closed to all vessels for the duration of the event. Your cooperation would be most appreciated.

Barbara O'Dowd  
Acting General Manager, Marine Safety  
Department for Planning and Infrastructure

### GOOD RATES We Buy Jewellery

BROKEN PIECESTOO



Cash paid today

cashconverters  
PB1001/1002

Homemaker Centre  
Blair Street Bunbury  
Ph 9791 1793

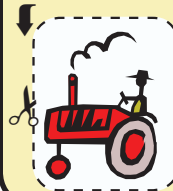
### Do you like it fresh?

Boyanup and Districts Farmers Market Offers

- ☑ Free Entry
- ☑ Fresh food straight from the farmer
- ☑ In season produce
- ☑ Relaxed pleasant country atmosphere
- ☑ Coffee van
- ☑ Fruit trees, roses & plants on sale
- ☑ Up to 30 local stalls to wander through
- ☑ Starts with the cowbell ring at 8am
- ☑ Sausage sizzle

\$100 product basket up for grabs!

Cut out our logo and bring it to the market and enter the draw for a basket of goods up to \$100



[www.boyanupfarmersmarket.com.au](http://www.boyanupfarmersmarket.com.au)

Call Anne 0448 806 833

Proudly supported by the Shire of Capel, South West Development Commission, Iluka & Elders

Join us for our 6th Birthday

Sunday

23rd Nov 2008

8am to 12noon

Boyanup Memorial Park

South Western Highway, Boyanup

Get fresh with us

DEMONSTRATION: 10.30  
Massage techniques from Rayona's Massage

Want to know more about apprenticeships?

[apprenticeship.wa.gov.au](http://apprenticeship.wa.gov.au)



Download all the details from people who have done apprenticeships and traineeships.

APPRENTICESHIP  
making apprenticeships work