

New Beginnings



Christine Ann

DOMESTIC ABUSE SERVICES, INC.

HELP IS HERE

FROM THE DIRECTOR'S DESK

"This client surpasses my skill set." This was a comment made to me by one of Christine Ann's advocates whose job is to help victims of abuse overcome a variety of issues in addition to domestic abuse. Many victims served by Christine Ann face a host of barriers on the road to healing from abuse and self-sufficiency; mental health issues, substance abuse issues, medical concerns, barriers to education and employment, and much more - all of which need to be tackled to truly break free from the cycle of violence. Advocates are challenged each and every day with an array of issues that they are called upon to address. As a result, they often grow and learn right along with the client.

Christine Ann advocates are the heart and soul of the agency. It is their compassion, caring, problem solving, listening skills, and even sometimes "cheerleading" that makes Christine Ann a special place. Victims of abuse face multiple issues and the burden they carry is heavy. Advocates are called upon to find solutions for victims when others have told them they cannot help. Advocates are called upon to listen when others have stopped listening. To never give up on victims when others in their lives have told them there is nothing they can do to help. And, to give victims a place to sleep even if it's just for one night, when they have no where else to go.

October is Domestic Violence Awareness Month. This is a time of year when we increase awareness of domestic abuse and its affect on our community and discover how we can all be part of the solution.

This is a time when I want to increase awareness for the complex role that Christine Ann advocates play in the lives of victims, and to thank them for their commitment to helping women and children not just end abuse in their lives but also transform their lives into one filled with hope for themselves and their children.

"It takes two people to speak the truth: One to speak and another to hear." – Henry David Thoreau

Julie Fevola

Julie Fevola
Executive Director



RACE FOR THE LIGHT 2007

Get Your Team Ready Now for a Fun Holiday Experience

Looking for a great way to get in the holiday spirit? You won't want to miss out on the 5th Annual Race for the Light 5K Benefit Walk/Run on Saturday, December 1. Presented again by ThedaCare Physicians, this year's event not only has a fresh new look but it also holds new opportunities for participants to show their team spirit, creativity and competitiveness. The event challenges all individuals, families, civic organizations and corporations to put together a team - the event now has two new exciting award categories: Creativity and Top Fundraiser. There will also be pledge incentives that include chances to win great prizes.

Also new this year: The event registration, starting point and a first-time post event party and celebration will be held at the Oshkosh Boys and Girls Club. The race will still take participants through Oshkosh's breathtaking Celebration of Lights in Menominee Park.

"Race for the Light" is truly a fun and healthy way to raise awareness and funds for a tremendous cause: To help end domestic violence in our communities; and, a great way to kick-off the holiday season with family, friends and co-workers. Individual and team registration and pledge information will be available at the end of October. Sponsorship opportunities are still available. For more details, please call (920) 729-5727 or email info@christineann.net.

NEW FOX CITIES LOCATION

Move In A Success

In early August, Christine Ann's Neenah office moved to a great new location in Menasha in order to better serve the agency's Fox Cities clients.

Our new address is:

1488 Kenwood Center, Menasha

This is off of 441 and Midway Road

The phone number remains the same:

920-729-5727.

We hope that this more accessible location will allow us to better serve all those who rely on our services in the Fox Cities.

Christine Ann would like to thank those who helped make it a "smooth transition" by donating their time and/or supported the move with in-kind donations:

Michael Waite, Menasha Packaging

Scott McQuillan, Menasha Packaging

Target (Oshkosh) Employees

Drug Abuse Correctional Center (DACC)

Penske Truck Leasing

Newly Launched

www.christineann.net

24-Hour Helpline

920-235-5998

920-729-6395

800-261-5998

AUTUMN 2007

Volume 32

INDEX

- A Story of Hope
- Community Support
- DV and the Workplace
- Funding Highlights
- Green Lake County
- Help Is Here Fund Update
- Help Spread the Cheer
- Innovative Programming
- Men Who Cook
- Take Back the Night

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Standing Strong: A Story of Hope

“...I don’t think he ever thought I would find the courage to leave him. I don’t know where it came from, to be honest with you. Finally, the “volcano” began its sputter toward its final explosion and when it exploded I fled to the Christine Ann Center because there were serious concerns for my safety and my children’s safety and our very lives. And, thus began the journey that would transform my life. There are many barriers that exist to someone that uproots her life to free herself from the chains of abuse. First and foremost, the abuse doesn’t go away just because she leaves. As I experienced, there was a heightened threat of further abuse, just of a different kind – more physical, more threats, much more verbal. She suddenly becomes not only a single mother, but also the breadwinner all the while trying to heal from the past.

Digging through all of the hardened lava-rock scars in order to create fertile soil again is a full time job in and of itself. The emotional impact of abuse is deep and painful. At first I believed that P.O.W.E.R. [Christine Ann’s and ADVOCAP’s employment and training program] wasn’t for me. I didn’t need it. I could handle this on my own. Finally, I admitted that I needed some help and learned all that the program had to offer me. P.O.W.E.R. gave me the opportunity to look at my future with hope and a means to become self-sufficient. ...am I still healing? Yes, and I will be for a long time. Am I free? Yes, I am free. Am I an abuse victim? Yes, I am a victim. But I am much more than that. I am a survivor.”

— Christine Ann Domestic Abuse Services Survivor

TAKE BACK THE NIGHT

The Power of Speaking Out

On Wednesday, September 26th, an impressive crowd of over 300 women, men, and children from the Fox Valley rallied at UW-Oshosh to raise awareness of the devastating impact of domestic violence in our community.

A collaborative effort by Christine Ann, Harbor House, Reach Counseling and UW-Oshkosh, the 17th annual Take Back the Night March and Rally was dedicated to those who lost their lives due to domestic abuse and sexual assault.

The rally was followed by a march through Oshkosh ending at Opera House Square. The program included heartwrenching stories from survivors, two daughters who lost their mother to domestic violence, and the personal experiences of a sexual assault nurse examiner.

The power of speaking out is at the heart of Take Back the Night. Each year, Fox Valley community members rally together to increase awareness of violence against women and are committed to ending sexual assault and domestic violence in the Fox Valley. The event is held in conjunction with the nationally recognized Domestic Violence Awareness Month in October.

Below is an excerpt from a speech given by Abby Ellison, facilitator of Christine Ann’s Alternative Choices for Teens program and the event’s emcee:

“When a victim is silenced by violence, they sit alone with their pain. Empowerment is the remedy. In simple terms, empowerment means to heal, to learn, to grow, to be a survivor, to sit silent no more.

We see empowerment present itself in many different capacities. To some it means getting out of bed in the morning. To some, it means finding a job. To some, it means talking to a friend, family member or seeking help from a professional. To some, empowerment means getting out of their car, putting one foot in front of the other, and making their way here, to join us today.

In whatever capacity empowerment presents itself, it is strength.”



FUNDING HIGHLIGHTS

Christine Ann Domestic Abuse Services is proud to acknowledge the following grantors for grants received from May 1, 2007 to August 31, 2007:

- Bemis Foundation
- Gannett Foundation;
- Jeweler’s Mutual Giving Fund;
- State of Wisconsin, Department of Commerce, Bureau of Supportive Housing

NOTES FROM GREEN LAKE COUNTY

By Lorri Bohn, Green Lake County Coordinator

Each summer, Green Lake State Bank holds their annual Customer Appreciation Golf Outing in Green Lake. And, for the fifth year in a row, Christine Ann’s Rural Outreach Program has been the beneficiary of “a treasure of mulligans” accumulated throughout the days event. This year, \$1,200 was raised in mulligans. States Helcia Bierman, Vice President of Consumer Product Management, “Green Lake State Bank really values Christine Ann’s service to our rural community. This is one way to help support their work.”

What is a “mulligan”? According to Golf Digest, a mulligan is simply a “gimmie” or “do-over”. For example, if you are on a par three and shoot a five, by purchasing 2 mulligans you still make par.

Customers at the event enjoyed food, raffles, a friendly game of golf, while at the same time donating to their community to keep families healthy and safe. This year, Green Lake State Bank donated its largest pot of mulligans ever! Says Bierman, “we’re really excited over the increase, and look forward to next year’s outing.”

Christine Ann would like to take this opportunity to thank Green Lake State Bank and their customers for their continuous support of its outreach program in Green Lake County.

And, we are growing...

Christine Ann hopes this inspires you to create a fun way to raise support for services that bring education, safety and empowerment to your rural community. The agency’s numbers are growing every year in Green Lake County. In 2004, it served over 50 families and to date in 2007, the rural outreach program has served 78 victims. Christine Ann encourages you to get involved - you never know when someone you care about or yourself may be in need of advocacy.

OFFICE SPACE NEEDED

Currently our most urgent need in Green Lake County is a permanent office space. If there is something you can do to assist the Christine Ann mission in this search please contact us.

MEN WHO COOK

A Culinary Success

For the 7th year, men from around the Fox Valley proved once again that they CAN cook! On June 23rd at the University of Wisconsin-Oshkosh's Reeve Memorial Union, 55 "chefs" came together to share not only their love of cooking, but also their common goal of helping victims of domestic abuse break free from the cycle of violence.



Using exquisite culinary skills, the men shared samples of their favorite appetizers, entrees, side dishes and desserts to over 400 guests amidst soft jazz entertainment, silent and live auctions, and more. Thanks to the support of these amazing chefs along with the generosity of the event sponsors, donors and volunteers, Christine Ann raised over \$90,000! "Men Who Cook" is a key fundraising event for Christine Ann; it is also part of the agency's efforts to more actively engage men in the work to end violence against women. We look forward to dishing up another enjoyable event next year – please mark your calendar now for Saturday, June 22, 2008 – you won't want to miss it!

HELP IS HERE FUND UPDATE

In the last edition, Christine Ann announced that it had established the Help Is Here Fund, created to help those women whose needs the agency cannot anticipate but can mean the difference between a life of abuse or a path to healing and a life of safety.

Your response to this fund has been overwhelming. Christine Ann received a number of gifts to help meet a variety of needs, which included:

- Paying for a victim to store belongings while in shelter
- Helping a victim get her nursing license
- Helping a victim get her State ID in order to get employment
- Helping a victim acquire her birth certificate so that she could get a job
- Helping a victim who recently left a long-term abusive marriage to get her beloved pet out of shelter.

The agency is grateful for your outpouring of compassion and generosity.

Of special note, however is a gift that Christine Ann received to the fund in August. The gift came from Janet and Brooke, who came into the agency to give a very important donation in memory of their daughter and mother, Jodee Thompson. Jodee faced the ultimate form of violence when she was murdered a year ago by her boyfriend. In the face of this tragedy, Janet and Brooke wanted to help ensure that other victims could be given the help that Jodee unfortunately never received. They wanted to help other women reach safety. It was with a grateful but heavy heart that Christine Ann accepted their donation. No one should have to memorialize a daughter and a mother lost to the senseless act of domestic violence. But because of their strength and courage, other victims will have a chance to reach safety.

DV AND THE WORKPLACE

By Chad Weston Gardner, Community Outreach and Education Coordinator

When we think of domestic violence, many picture a victim being isolated behind the closed doors of their home. In fact, the phrase *domestic violence* suggests to many people that this is abuse specific to

the home. While abuse is certainly present in many homes, no longer is it limited to only that location. The workplace has become another avenue with which abusers are able to exert control over their victims.

Workplace violence refers to those relationships in which the abuser utilizes their victim's place of employment to gain power and control over their victim. For example, many abusive individuals are threatened by their partner's employment for a variety of reasons, but often times it is because of what it represents - independence, support and self-sufficiency. The perception of "independence" and "support" can be threatening to the abuser's sense of control, hence, they make the workplace a target for their controlling actions. For instance, an abuser may attempt to sabotage their partner's ability to work by different means, including disabling a car so their partner is late or cannot attend work. They may also call their partner's workplace repeatedly to threaten and harass. Additionally, abusers may wait outside their partner's workplace, stalking them or engaging in face-to-face confrontations. Often times, victims believe that their only recourse is to quit their job, which is exactly what many abusers are seeking.

The unfortunate reality about this scenario is that many of you reading this may have co-workers or people who work for you who are currently experiencing this exact situation. So how can you help?

Christine Ann Domestic Abuse Services is now offering a Domestic Violence and the Workplace training program, which is an interactive, power-point based model that explores issues of abuse and how it has infiltrated our workplaces. The presentation offers the basics about an abusive relationship, as well as suggestions for how to help a co-worker or employee who you suspect may need support. The agency is also able to customize the training to meet your exact needs and help your business to put policies in place to protect all victims of abuse at your business. Christine Ann invites anyone who feels their workplace could benefit from a training to contact the agency at 920-729-5727.

INNOVATIVE PROGRAMMING

"Journeying Inward"

This year, in its continuing efforts to meet the diverse needs of domestic abuse victims, Christine Ann Domestic Abuse Services implemented an exciting new women's support group called "Journeying Inward". The program focuses on how to recognize and set personal boundaries to prevent abusive situations in relationships.

Based on established group programs such as Journeying Forward, Choices and Consequences and others, as well as through meeting with clients in an individual setting at the Christine Ann Center, staff identified the need for women to recognize and set physical, emotional, and sexual boundaries, which are imperative in the formation and maintenance of healthy relationships. Staff also identified boundary crossing in relationships as central to the behavior of controlling or abusive individuals.

"Journeying Inward" empowers participants by providing them with the tools necessary to form healthy relationships and to recognize abusive behaviors, thus improving the overall health and safety of women in our community. Program topics include:

What is a boundary?; How do my boundaries define me?; Experiential Activities that Reinforce Boundaries/Sense of Self (Yoga, art, community drum circle, etc.); Boundaries in Relationships (healthy vs. unhealthy relationships; relationship rights); Setting Boundaries in Relationships (assertive communication; establishing and reinforcing boundaries).

This educational group setting provides participants with necessary information that allows them to participate in experiential activities to integrate this information as well as practice the program concepts such as setting boundaries in a safe environment. Finally, the program connects participants with other women to facilitate a sense of strength in community, reducing vulnerability and encouraging a healthy support system.

If you are interested in more information on "Journeying Inward", please call 235-5998.

The program was made possible by a grant from the Women's Fund of the Oshkosh Area Community Foundation.



P.O. Box 99
Neenah, WI 54957-0099

Oshkosh:
206 Algoma Blvd.
Oshkosh, WI 54901
920.235.5998

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COMMUNITY SUPPORT

Making a Difference

The work of Christine Ann is made possible because of the generosity of the communities in which it serves. At this time, we want to recognize two very special groups for their support.

Oshkosh Half Marathon

A crisp, bright spring day in April was the setting for the first annual Oshkosh Half Marathon. Over 2,500 enthusiastic participants descended on downtown Oshkosh for the event, which also featured a 5K Run/Walk and Lionhearted Kid's Race. Thanks to the efforts of hundreds of volunteers, the generosity of event sponsors, and the tremendous support of the community, as well as the thousands of participants of all ages, the Marathon was a great success. A very special thanks also goes to the event organizers. Christine Ann Domestic Abuse Services was honored to be chosen as one of three area agencies to receive proceeds from the Marathon.

Oshkosh Jaycees—Brews and Blues

On a beautiful summer day in July, over 800 people gathered to taste local microbrews, listen to music and support Christine Ann Domestic Abuse Services at the 12th annual Oshkosh Jaycees charitable microbrew festival. This is the 4th year that a portion of the proceeds from this festival has benefited Christine Ann. Through the hard work of the planning committee and amazing community support, this event raised \$5,000 to help individuals and families affected by abuse.

HELP SPREAD THE CHEER



2007 Holiday Program

Christine Ann Domestic Abuse Services' 2007 Holiday Program is already getting underway. For many families, the end of an abusive relationship can mean financial and emotional hardship that make the holiday season especially difficult. Christine Ann relies on the community to help relieve some of the strain placed on families who have worked so hard to escape violence in their homes. This is a wonderful opportunity for individuals, families and co-workers to come together to help a family in need this holiday season. In 2006, donors provided holiday gifts, food and household needs to over 60 families escaping domestic violence in Winnebago and Green Lake Counties. As in past years, Christine Ann offers donors several options for giving:

- Adopt-a-Family program allows donors to choose the size of the family they wish to assist. Donors will be given the family's "wish list" to help in their shopping.
- Adopt-a-Shelter allows donors to purchase items needed to operate the Christine Ann Center throughout the year.
- The Special Gifts ~ Moms & Teens option invites donors to purchase individual gifts for older children and moms.
- Through the Gift of Time, donors can give of their time during the holiday season and throughout the year by committing to regular volunteer hours or one-time projects at the Christine Ann Center.

If you have any questions about the Holiday Program or would like to participate, please call Stephanie at (920) 235-5998 or email info@christineann.net.

"Thank you again for all the wonderful gifts. It meant so much to have been able to see the excitement in the kids' eyes when they ran out and saw all the presents. This last year has been difficult for us but it's people like you that really make a difference."

—Holiday Program Participant

