



SPRING
2010

News from the

Susan B. Anthony Project

SAFETY • HEALING • GROWTH

The Courage to Start Over

ONE TEENAGER'S STORY

Growing up, I had no real concept of domestic violence or sexual assault. I knew that the issues existed, but I assumed that my friends and family were immune from them. In particular, I thought that relationship and family violence was only prevalent in poor, clearly troubled neighborhoods. As a kid I would not have believed how personally impacted I would be by both domestic violence and sexual assault by the age of sixteen.

When I was fifteen years old, I started dating a guy about a year older than me. At first, things were perfect. He was sweet, considerate and respectful of me. However, about six months into the relationship, he became extremely controlling. He also became increasingly violent. When I would say or do the wrong thing, he would lash out at me by shaking, kicking or hitting me. He also became sexually aggressive, physically forcing me to engage in sexual acts I did not want to engage in. After each and every time he was violent, he would break down crying and tell me how sorry he was and how much he needed me. What I did not realize at the time was that my relationship was a prime example of mental, emotional, sexual and physical abuse.

It was not until I confided in my friends and family about what I was experiencing that I started to realize how badly I needed to get out of the relationship. Eventually, my mom referred me to Susan B. Anthony Project, where I began going to counseling. While it sounds cliché, Susan B. Anthony Project made me realize that I was not alone, not even close to being alone, in my situation. My SBAP counselor Alisha helped me understand that staying in an abusive relationship did not make me a weak or stupid



Laura Davis

"My SBAP counselor Alisha... served as a truly unbiased and non-judgmental listener."

person. She served as a truly unbiased and non-judgmental listener. Finally, I was able to end the relationship. He went to jail, and I moved on with my life.

My experience taught me how

important it is to be vocal and open about issues of domestic violence and sexual assault. Maybe if I had been more informed of these issues, I would not have stayed involved with my ex-boyfriend as long as I did. Moreover, through the past few years, I learned that it truly is possible to derive positive consequences from something negative. For example, I have had the opportunity to volunteer for the Susan B. Anthony Project for the past few years, which has been extremely rewarding. While attending college in Virginia, I have also been deeply touched by my time volunteering with the Sexual Assault Response Program — a non-profit organization that works directly with victims of sexual assault.

Next year, I plan to continue my education at Boston University Law School. I am particularly interested in becoming an attorney to advocate on behalf of women and children escaping from abusive circumstances who may not be able to speak for themselves.



April is Sexual Assault Awareness Month

CLOTHESLINE PROJECT

A compilation of t-shirts designed by survivors will be on display at our office and online at www.sbaproject.org

WHITE RIBBON CAMPAIGN

A pledge for men to sign "to never commit, condone, or remain silent about violence against women."

Go and sign it at www.sbaproject.org

TAKE BACK THE NIGHT

Walk in support of victims of sexual violence.

Thursday, April 29, 2010 – 7:00 p.m.
Northwest CT Community College,
Winsted, CT.

To find out more about Sexual Assault Awareness Month or other outreach activities, contact SBAP's community educators or go to www.sbaproject.org



Honoring Community Supporters at Candlelight Vigil

In October 2009, during Domestic Violence Awareness Month, the SBAP Candlelight Vigil celebrated survivors of domestic violence and honored community members who collaborated with and supported the organization.

Award Recipients were:

Burns, Brooks & McNeil, Litchfield Bancorp, and Northwest Community Bank (BNL)'s Golf for Good Causes tournament named Susan B. Anthony Project as one of the event beneficiaries for the past nine years and raised over \$63,000 for Susan B. Anthony Project.

Assistant State's Attorneys Maggie Campos and Mary Saunders, and Heather DeLeon of AIC and Julie Fabro of Family Services work closely with Susan B. Anthony Project Court Advocates and help clients navigate the court system.

Captain Schaller, Patrol Commander at Torrington Police Department, helped re-establish working protocols with the police department that are instrumental in keeping clients safe.

Amy and Pamela Polderman, Pauline Manley, and Christina Infanti babysat so moms could attend support groups.

Laura Davis was featured in our video "Dating Violence: Teens Talk", met with teen groups and helped with summer camp education programs.

Torrington High School's English as a Second Language teacher **Elizabeth Bible** helped implement a new Self-Esteem group for teens and invited SBAP staff to speak to her classes.

Doreen Deary, La Via Latina's executive director, has been a long time partner in outreach efforts to the Latino community.

We've Been Busy...

HELPING CLIENTS, UPDATING FACILITIES & PROVIDING EDUCATION PROGRAMS

Dramatic Increase in Helping Clients from July – December 2009

- 1,375 calls for HELP to the 24 Hour Crisis Line. A 131% increase over last year
- Domestic Violence and Sexual Assault Counseling Sessions for 4,416 clients. A 26% increase over last year.
- SBAP Bantam Court Advocates helped 624 victims of domestic violence following abuser arrests.

A Home of Their Own

- SBAP helped 11 families move from homeless to their own apartments through our transitional living programs. An additional 5 families moved to permanent housing and no longer need to receive financial assistance from SBAP

Building Renovations

- 4 newly renovated kitchens in Sojourner Truth Transitional House
- Upgraded Sojourner Truth Transitional House heating system to be more energy efficient

School Presentations

- 204 educational programs for 3,857 school children. Programs included Safe Touch Puppet Show, Conflict Resolution, Feelings & Bullying, Healthy Relationships, and Sexual Assault.



SUPPORT GROUPS AND WORKSHOPS

HEART Group: (Help End Abusive Relationship Tendencies)

An on-going, peer support group for women who have experienced any form of family violence, meets Tuesday and Wednesday evenings 6:30-8:00 p.m. Childcare is available. Please call to speak with a facilitator prior to attending your first group.

Women's TREM Group for Trauma Survivors

A new group for survivors of trauma. Focuses on awareness and self-discovery for healing from past trauma. For more information about joining this group, please call Mary or Michelle at 860-489-3798.

Un Grupo del Apoyo para la Violencia Domestica

Un grupo en español para los clientes de la violencia domestica. El propósito del grupo es para tener una atmósfera del apoyo y de la ayuda para las victimas de la violencia domestica, y para compartir los pensamientos, los sentimientos, y los recursos de la comunidad. El programa corre en el lunes, por la mañana. Los clientes pueden llamar a Katie a (860)489-3798, extensión 323 para más información y para registrar, o pueden llamar a Joselyn, a (860) 489-3798, extensión 402.

Self-Esteem Support Group

A new group will be forming soon. Call Linda at 860-489-3798 for more information and to join the waiting list.

Authors' Luncheon

Over 180 guests attended the Authors' Luncheon held in November 2009 at the Torrington Country Club. The event, sponsored by the Hickory Stick Bookshop, raised \$8,000 in support of Susan B. Anthony Project programs and services.

SAVE THE DATE
2010 Author's Luncheon
November 13, 2010
Moderator: Anne Garrels
NPR Senior Foreign Correspondent

PHOTO: JAY SOTTOLANO



Authors Nancy Goldstone and Nancy Bachrach, SBAP Executive Director Barbara Spiegel, moderator Regina Barreca and author Todd Johnson.

PHOTO: JAY SOTTOLANO



Authors' Luncheon at Torrington Country Club.

The Kitchen

THE HEART OF THE HOME

Twenty years ago, Susan B. Anthony Project purchased a four-family house in Torrington and opened Sojourner Truth Transitional House. Since that time more than 60 families have lived there as they began to rebuild their lives that had been shattered by domestic violence.

When SBAP bought the building, the kitchens were in desperate need of updating, but there wasn't enough money to do the upgrading. Now twenty years later, thanks to the contributions of some very generous people, the kitchens have all been renovated. Each one is attractive, durable, and provides a warm place for a family to gather.

The driving force behind the renovation project was Cathy Oneglia, SBAP Board member. Cathy heard about the need and offered O&G Industries to be the project's general contractor. Gail Olsen of Ducci Kitchens designed the kitchens, and several local companies donated work. Cathy also led the fundraising efforts and was successful in raising funds dedicated to this project.

Thank you to these generous donors.

Martha & Robert Bernstein
 Michele & Tom Bouchard
 Mae Casali Bonvicini
 Charitable Foundation
 Barry Cone's Heating &
 Air Conditioning, Inc.
 Sandy & David Dolinsky
 Ducci Kitchens – Gail &
 Charles Olsen
 Earthproducts Showcase –
 Kara Oneglia &
 Bob Oneglia
 Susan & Dick Ebersol

Louisa Oneglia
 Carol & Ray Gibney
 Lori & Joseph Greco
 Emily Dalton & Matt Karpas
 Lowe's Home Centers, Inc.
 Jane McMahon &
 Steven Zaleta
 Betty & Ken Merz
 Gina Mortara
 O & G Industries, Inc.
 Cathy & Greg Oneglia
 Wendy & Fred Parkin
 Cynthia & Stuart Rabinowitz

Rosemary Ripley
 Mary Risley
 Dale & Quentin Ryan
 Saint Anthony of Padua
 Church
 Torrington Rotary Club
 Turri, Inc. – Heather
 & Ray Turri
 Weigold Floor
 Covering – Richard
 Weigold



One of the new kitchens. Cathy Oneglia, member of SBAP Board of Directors, with John Beyus and Bill Genovese from O&G Industries.



Making a Difference



Jeanne Fusco, SBAP Associate Director with Scott Roberts and Barb Porlides from Fuel Cell Energy delivering holiday gifts for clients.



Rebecca Perreault collected items for SBAP clients as a Mitzvah Project, part of her Bat Mitzvah

2009 Holiday Donors for Adopt a Family

A Healing Trail & Francis
Tartaglino
Advanced Therapy Associates
Joan Altschuler
Judi Armstrong
Bakerville School
Lisa Bankoff
Martha Bernstein
Beth El Synagogue Religious
School & Hadassah
Michele Bouchard
Brass City Cyclers
Burns, Brooks & McNeil
Marylyn Castellano
Center Congregational Church
David & Suzanne Charello
Church of Jesus Christ of Latter
Day Saints
Marcia Cianciolo
Barbara Cowan
Victoria Cowan
Janice Crovo
Brian & Jennifer Cuddeback
Janice Cyr
Patience Deacon
Diane Domonell
Delta Kappa Gamma Tau
Julie DeMichiel

Mary Donaldson
Alisha & Brian Donovan
Doris Duvall
Josie English
Mary English
Nanette Falkenberg
Dorothy Famiglietti
Mark & Nancy Famiglietti
Pat Farrell
Walt & Penny Fisher
Linda Frankl
Launa Friedman
Fuel Cell Energy
Michael Fusco
Gable Basket Brigade
Polly Gangloff
Marsha Goldstein
Lawrence & Nancy Goldstone
Martha Green & Alan Cohen
Stephanie Growick
Jean Handler
Barbara Hart
Bob & Cindy Hewitt
Anita Holmes
Immaculate Heart of Mary,
Harwinton
Interdonato Family
Lynn Janco

Carissa Keepin
Pamela Kennedy
Klebe Fuel
Sandi Kofsky
Litchfield County Medical
Assistants
Litchfield Hills Family Dental
Regina Lynch
Ellen Mandell
Marvelwood School
Donna Marvin
Lynne Nathan
Lauralee McKiernan
Mary McVerry
Meaney Family
Angela Monaco
Congressman Chris Murphy,
New Britain Office Staff
Naugatuck Savings Bank
Ann O'Reilly & Alan Murphy
Sharon Ober
Olmstead-Bruno Family
Katherine Oneglia
Anna Orbin
Phyllis Peters
Mary Jean Piorowski
Gloria Riberdy
Judy Rifken

Carol Robbin
Adelaide C. Roberts
Rona Rosenkranz
Saint Anthony of Padua,
Litchfield
Saint Francis of Assisi,
Torrington
Ralph & Sandra Sandemeyer
Sathya Sai Baba Organization
Elaine Savarese
Evie Simons
Martha Soliday
Sons of Italy Concordia
Lodge #20
Edith Szabo
Joann Thiede
Torrington Water Company
Torrington Women's Club
UCONN Torrington
Amelia Vazquez
Verizon Wireless, Torrington &
Meriden
Victoria's Secret, Southbury
Nancy Wadhams
Anna Walton
Eva & Heros Wegscheider
Myra Weinbaum

Volunteers do amazing things for SBAP

Interested in Volunteering? SBAP NEEDS YOUR HELP!

There are many ways to volunteer at Susan B. Anthony Project.

Direct Service Volunteer — a 40 hour training program prepares you to:

- ~ Answer the crisis hotline
- ~ Co-facilitate a support group
- ~ Help with school presentations

Special Event, Programs & Fundraising

- ~ Sell holiday wreaths
- ~ Help with special events
- ~ Help with mailings

General Volunteer

- ~ Childcare for evening support groups
- ~ Bilingual volunteer
- ~ Receptionist

For more information, go to www.sbaproject.org and click on volunteer opportunity link or call volunteer coordinator at (860) 489-3798.



Wreath Sellers & Helpers

Alcoa Howmet, Amanda
Parziale

Greg Bachmann

Claudette Baril

Marge Beary

Bob Berson

Scott Blackmon

Ann & Tom Bott

Susan Carroll

Manny Clark

Janice Crovo

Gene Daponte

Patience Deacon

Helen Donaher

Louis Donne

Saun Ellis

First Congregation Church,
Canton Center, Sara Legeyt

Forman School

Jerry Gault

Harwinton Women's Club,

Sally Johnson

Suzanne Hinman

Janet Hooper

Lisa & Jake Horne

Carissa Keepin

Debra Sue Klingerman

Kirsten Knutson

Litchfield Congregational
Church, Aletha Abbott,
Mickey Pratt & Shirley
LaPrise

Eileen Litwin

Beth McCabe

Tracy McKeon

Bobbie Miller

Jackie & Phil Miller

Maureen Murphy

Jessica Nardine

New Preston Congregational
Church, Clarinda Deitz

Northwest Community
College, Sharon Gusk

Susan Payne

MaryAnn Poinelli

Barbara Putnam

Scott Ragaglia

Turi Rostad

Marilyn Roze

Diana Savory

Julith Sink

Marlene & Chris Smith

St. Bridget Church,

Louise Riley

Thomaston High School,

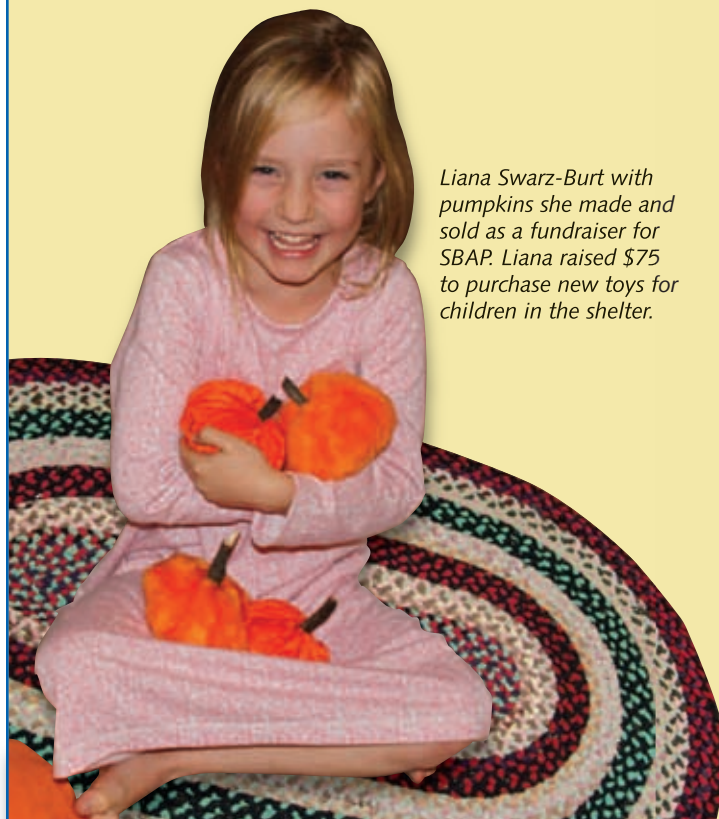
Carol Wright

Elena Twombly

Winsted & New Hartford

American Legion Baseball
Team, Ed Macia

Sally Woodroffe

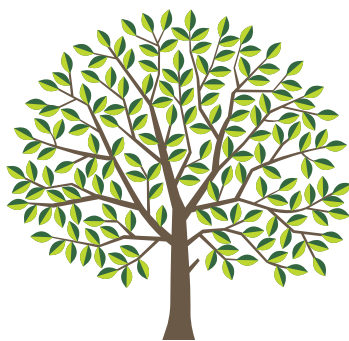


Liana Swarz-Burt with pumpkins she made and sold as a fundraiser for SBAP. Liana raised \$75 to purchase new toys for children in the shelter.

Building for the Future

SBAP ENDOWMENT GROWS

Susan B. Anthony Project was awarded a \$14,827 matching grant from the Edwards Community Endowment Project at The Community Foundation of Northwest Connecticut. We are grateful to our generous donors who contributed over \$44,000 and to The Community Foundation of Northwest Connecticut for the matching grant. To make a gift contact Nancy Rogers, Director of Development, at 860-489-3798 or nrogers@sbaproject.org



recent grants

Susan B. Anthony Project is proud to announce the following grants:

AKC Fund, Inc. — \$10,000 for shelter, counseling and advocacy
American Savings Foundation — \$25,000 for shelter, counseling and advocacy
Anthem Blue Cross Blue Shield of CT — \$2,500 for shelter, counseling and advocacy
Apple Lane Foundation — \$1,500 for program support
Bank of America Foundation — \$7,500 for shelter, counseling and advocacy
Betty & Leo Balzereit Foundation — \$2,000 for client services
BLN, (Burns Brooks & McNeil, Litchfield Bancorp & Northwest Community Bark annual golf fundraiser) — \$7,250 for program support
Diebold Foundation — \$20,000 for program support
Dymax Corporation — \$3,100 for program support
Foundation Jewish Communities of Western CT, Inc. — \$3,000 for Rebuilding Lives program
Grace Jones Richardson Trust — \$1,000 for program support
HCC Global Financial Products — \$2,000 for program support
Hedge Funds Care, Inc. — \$20,000 for Safe Touch puppet shows
Lena Benas Memorial Fund, Bank of America, Trustee — \$12,000 for shelter, counseling and advocacy
Lilac Foundation — \$5,000 for client emergency assistance and shelter program
M. & H. Sommer Foundation — \$1,000 for program support
Macy's Foundation — \$3,500 for shelter, counseling and advocacy
Marion Isabell Coe Fund, Bank of America, Trustee — \$6,000 for client services in Litchfield, Warren, Morris and Goshen
Mary Kay Ash Charitable Foundation — \$20,000 for Rebuilding Lives and emergency shelter
Maximilian E. Marion O. Hoffman Foundation, Inc. — \$10,000 Rebuilding Lives and Client Assistance Program
Michael Bolton Charities — \$10,000 for client emergency assistance
Olga Sipolin Children's Fund, Bank of America, Trustee — \$2,000 for shelter, counseling and advocacy
Rene Bloch Foundation — \$1,500 for program support
Target — \$4,500 for shelter, counseling and advocacy
The Community Foundation of Northwest Connecticut, Women's & Girl's Fund — \$6,000 for Rebuilding Lives – Empowering Women
Thomaston Savings Bank Foundation — \$2,000 for crisis line, counseling and shelter
TJX Foundation — \$10,000 for shelter & crisis services
Verizon Foundation — \$5,000 for Rebuilding Lives and Empowerment Programs
Verizon Wireless HopeLine — \$2,000 for program support
Wal-Mart Foundation — \$1,000 for program support
Webster Bank — \$9,500 for client emergency assistance

Wish List

Questions about an item listed, please call 860-489-3798 and ask for Cindy. Or, visit our web page for more details www.sbaproject.org

OUR CLIENTS' MOST PRESSING NEEDS

Gas gift cards
Grocery store gift cards
Clothing store gift cards
Phone cards

CASH DONATIONS

For client assistance

NEW BEDDING

Twin, double & crib

PERSONAL HYGIENE

Items for women & babies

SHELTER SUPPLIES

Cleaning
Kitchen supplies

MISCELLANEOUS

Backpacks
Umbrellas
Wii Games
Flashlights & Batteries, all sizes
Sports Bras, all sizes
New sweatpants & t-shirts for women & children, all sizes
New underwear & socks for women & children, all sizes
Craft Supplies (beading & jewelry making)

Susan B. Anthony Project Welcomes New Board Members

Board of Directors members

Michele Bouchard, community volunteer, Litchfield, CT

Emily Dalton, co-founder Jack Black LLC, Litchfield, CT

Advisory Board members

Ann Bott, community volunteer, Harwinton, CT

Gail Olsen, owner Ducci Kitchens, Torrington, CT



Mike Murphy, public relations manager Verizon Wireless, presenting check for \$5,000 from Verizon Wireless to Kyla Fox, family violence victim advocate, and Katie Patnoe, adult domestic violence advocate at SBAP.



Ways to Give...

It All Begins With You

Susan B. Anthony Project receives over 40% of its budget from people like you.

- **Outright Gift:** The simplest method of giving by check or credit card. Please use the enclosed envelope.
- **Online:** Make a secure gift online at www.sbaproject.org
- **Appreciated Securities:** A gift of appreciated securities can provide considerable tax benefits
- **Gifts to Susan B. Anthony Project Endowment Fund:** Income from this fund provides program support
- **Wills and Bequests:** Your gift passes to the Susan B. Anthony Project after your death

To make a gift or to learn about these and other charitable giving programs, contact Nancy Rogers, Director of Development, at 860-489-3798 or nrogers@sbaproject.org. Susan B. Anthony Project is a 501(c)(3) nonprofit organization.



Barbara Spiegel, SBAP Executive Director and Melissa Clarke, Bank of America Torrington Branch Manager, presenting a check for \$7,500 from Bank of America Foundation.



Susan Smith, Mary Kay Independent Sales Director, presenting check for \$20,000 from the Mary Kay Ash Foundation to SBAP Executive Director, Barbara Spiegel.



Yoga class — Each month the Yoga & Wellness Center of New Preston is donating the proceeds from one of their classes to Susan B. Anthony Project. The class is usually on the first Sunday of each month at 4:00pm. Call to confirm 860-868-6707



Susan B. Anthony Project

179 Water St., Torrington, CT 06790

Office: 860-489-3798

www.sbaproject.org

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Give the ideal gift this Mother's Day

HONOR HER WITH A CONTRIBUTION TO SUSAN B. ANTHONY PROJECT

Mother's Day is May 9th. Show the inspiring women in your life — mothers, grandmothers, or daughters — how special they are with a priceless gift to Susan B. Anthony Project.

With a donation in any amount, the honoree will receive a gorgeous mother's day card inscribed with an inspirational quote and your personal message. The card will be sent to arrive just in time for Mother's Day!

Visit sbaproject.org to make your gift online, or complete the form at right and mail it, along with your contribution, to:

Susan B. Anthony Project

179 Water Street

Torrington, CT 06790

Mother's Day Contribution Recognition

Your Name: _____

Your Address: _____

City: _____ State: _____ Zip _____

Phone Number: _____ Email: _____

**I would like to make a donation to Susan B. Anthony Project
in honor of the following individual for Mother's Day.
Please attach information on additional recipients.**



Recipient's Name: _____

Recipient's Address: _____

City: _____ State: _____ Zip _____

Your personal message: _____
