



FALL 2006

News from the

Susan B. Anthony Project

SAFETY • HEALING • GROWTH

The ninth annual Tea for Two Hundred to benefit Susan B. Anthony Project and the Northwestern CT Aids Project was held on July 29th. Over 700 guests attended and \$102,000 was raised at the event to be shared by the two organizations.



Hosts Gary Goodwin and Gael Hammer with Michael & Luciana Nidjam of Winvian



The Hat Contest

Teen Dating Violence... It Can Happen to Anyone

The following article is an edited version of the October 2005 Teen Dating Violence Winning Essay written by Jessica Shine who was a senior at Gilbert High School in Winsted, CT. Jessica is now in her freshman year at Southern Connecticut State University.

My name is Jessica, and I was a victim of dating violence and abuse. It has not been an easy journey for me. I had been with my boyfriend for four months. I will call him "Sam" while I tell my story. Sam was my first love. It seemed too perfect to be true, and I was right.

I can still remember the first time Sam ever called me a name. We were having a slight argument over nothing, and he called me a wench. It really hurt me. I guess I just let it go and assumed it wouldn't happen again. Boy was I wrong. The names continued. I was a slut, a wench, a whore, a bitch.

School was very tough for me. If I was ever talking to Sam and my eyes wandered, he would get very upset and accuse me of horrible things. I was not allowed to smile while walking down the hallways. He on the other hand, was able to have friends, and have a life of his own.

The controlling got worse. There were certain clothes I was not allowed to wear and certain friends I was not allowed to talk to. I had no guy friends because he hated every one of them. I couldn't even go out with the girls if there were going to be any guys around.

One night, I was at a soccer game with Sam when we got into an argument. He took my arm behind my back and twisted it up. I swear he nearly broke it. I walked away from him, crying. I was back in his arms five minutes later. He apologized, and I fell for it and forgave him.

One day, Sam and I were fighting like usual, and he made me cry. As he yelled at me, he grabbed me by the neck and slammed me to the bed. With his hand grasped around my neck, I saw a look in his eyes that I will never forget. I immediately stopped crying. I don't think I even dared to breathe. I was in a state of shock, terrified of him. I began shaking and hyperventilating. Why would somebody, who supposedly loved me so much, do such horrible things to me?

I told him that if this EVER happened again then it would be over. It happened again. As much as I wanted to leave him, I just couldn't do it. He was in control of me. He had taken over my life. I felt like I needed him.

The abuse and harassment continued. He would even try to make me feel bad for him. He resorted to cutting himself. He talked of suicide. It terrified me. I feared for his life. The pain he put me through when he said he was going to kill himself was unbearable. I had to do something.

I went to my guidance counselor at school, and told him of Sam's suicide threats and his cutting. They took over from there and got him help and counseling. I took another step — a really big one. I broke up with him. It was definitely one of the hardest things I have ever done. I was lucky enough to have a friend and a teacher who supported me. Most of all, I had my mom who talked to me and kept my hopes

(continued on page 2)

October is Domestic Violence Awareness Month



An Empty Place At The Table is a visual display designed to allow the observer to view a table set for mealtime with one space left empty as visual testimony of the absence of the domestic violence within the family setting. The displays will be in downtown store front windows on Main Street.

The Clothesline Project at Susan B. Anthony Project, Torrington, CT displays t-shirt artwork of survivors of domestic violence who have taken time, in their work toward healing, to display messages of hope.

September 19 Writing Workshop from 6:30 – 8:30 p.m. at Susan B. Anthony Project in Torrington. The writing workshop will be facilitated by Sharon Charde, an award winning poet and family therapist. The workshop will be co-facilitated by Barbara Parsons winner of the First Amendment PEN Award.

September 20 Children's Quilt putting together squares and having an official kid's night with snacks and a story.

September 27 DVAM Wreath Hanging at 11:00 a.m. at Town Hall in Torrington.

October 2 Day of Unity & Purple Ribbon Campaign marks the kick-off for all Domestic Violence Activities throughout the State of Connecticut. Participants and the general public are asked to wear purple ribbons on this day and for each day during the month of October to raise awareness of domestic violence in our community, to honor the survivors and memorialize those who have died.

October 2 The agency will provide outreach and information table at Stop & Shop in Torrington for the Day of Unity.

October 5 The agency will provide outreach and information table at Wal-Mart in Torrington.

October 11 Susan B. Anthony Project Candlelight Vigil at 6:30 p.m. at Coe Park in Torrington, features activities to promote awareness of domestic violence, honor survivors and remember those who have lost their lives. The vigil provides an opportunity to give a voice to survivors and their families in a portion of the program known as "Speak Out." Call 489-3798 to participate in the "Speak Out."

October 13 Walk in Our Footsteps sponsored by CCADV is held in Hartford at Bushnell Park is a display of children's shoes, to bring awareness to children affected by domestic violence. (Rain date October 16)

October 14 Northwest CT Women's Wellness Expo. The Silent Witness Exhibit will be on display. It includes 13 life-size figures painted in red. Eleven figures represent Connecticut women who were killed by their abusers in 1996. The 12th figure represents the uncounted number of women whose deaths were not accurately recognized as being caused by domestic violence. The 13th figure represents battered women whose lives remain at risk.

Sponsored by Susan B. Anthony Project and CT Coalition Against Domestic Violence

Teen Dating Violence *(continued from page 1)*

up. Without these wonderful people in my life, I might still be in that abusive relationship.

I am a free and independent young woman, who has her own choices and will do what is best for me. I now have the courage to stick up for myself. I will stay strong and keep my head up high. I will smile for all to see because I am a beautiful person, and nobody will take that away from me again.

Dating violence and abuse sees no race, religion, gender, nor does it see a specific type of person. It can happen to anyone. I am a perfect example of that. Even after Sam, I still find myself attracted to abusive guys. Now, I am able to recognize this abusive controlling behavior before it escalates, and I can quickly get out of that relationship.

There are several things that people should ask themselves when trying to figure out whether their significant other is controlling or abusive. You should ask these questions:

- Does he/she try to isolate you from your friends or family?
- Is he/she very possessive and act as if you are a belonging?
- Is he/she emotionally abusive to you, such as by calling you names, putting you down, trying to tell you that you are nothing without them?
- Is your significant other ever physically abusive to you, by shoving, hitting, etc?

These are the warning signs of abusive relationships. As much as you may not want to talk to someone, you have to. You need to let someone know what is going on. You need the support and love to help you through it. There are so many people who will always be willing to help. Always remember though, true love does not include abusive behavior. In a healthy relationship, both people respect each other. And...never let anyone take your freedom and your life away from you.

SUSAN B. ANTHONY PROJECT PROGRAMS AND SERVICES

HEART Group: (Help End Abusive Relationship Tendencies)

Tuesday and Wednesday evenings, 6:30–8:00 p.m.

Trauma Survivors' Group

Self-Esteem Support Group

Drug Facilitated Sexual Assault Support Group

Volunteer Training

For more information about exact dates, times and to pre-register, call 489-3798 and reference the title of interest.



**Susan B. Anthony Project
is a United Way Agency**

Engaging the Community in Sexual Assault Prevention!

Susan B. Anthony Project's Community Education and Outreach program received funding from Connecticut Sexual Assault Crisis Services to provide primary prevention programs to our community. Sexual assault is a societal issue that will not be stopped until we can challenge social norms, media messages and attitudes that support sexual violence. Please get involved by inviting a Susan B. Anthony Project community educator to present to your civic group, church, work or any group you belong to. Call Tanya Hague or Cathy Brunetti at (860) 489-3798 for more information or to schedule a presentation.



Community Educator Tanya Hague



HANDMADE IN MAINE

20" @ \$15

28" @ \$25

38" @ \$40

WREATHS ARE AVAILABLE FOR PICK UP THE WEEK OF NOVEMBER 27TH.

Authors' Luncheon

Saturday, November 4, 2006

On Saturday November 4, 2006 the third Author's Luncheon to benefit the Susan B. Anthony Project will be held at the Litchfield Inn at 12:00p.m. This year's event is again sponsored by the Hickory Stick Bookshop, Washington, CT. Luncheon tickets \$40 per person (\$25 as a donation to SBAP)

This year the Authors' Luncheon will feature the following writers:

Suzu Kline, award-winning children's author including the *Horrible Harry* series (www.suzukline.com)

Roxana Robinson, noted author of *Sweetwater* and *A Perfect Stranger* (www.roxanarobinson.com)

Carolyn Roehm, author, designer and entertainer (www.carolyneroehm.com/home.html)

Moderator – **Janet Peckinpaugh**, NBC 30 News Anchorwoman

Limited seating... call for reservations 860.489.3798 or for more information, e-mail Susan B. Anthony Project at cmotasky@sbaproject.org



Holiday Wreath Sale

NAME OF ORGANIZATION: _____

CONTACT PERSON/TITLE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE # _____ FAX # _____

Wreath Order:	Qty	Total
20" \$15	_____	_____
28" \$25	_____	_____
38" \$40	_____	_____
TOTAL	_____	_____

860-489-3798 phone orders

860-482-6268 fax orders

www.sbaproject.org order on-line

Order by mail

Susan B. Anthony Project

179 Water St., Torrington, CT 06790

SINCE 1983

Susan B. Anthony Project

SAFETY • HEALING • GROWTH

works to promote the autonomy of women and the safety of all victims of domestic abuse/sexual assault in northwest Connecticut, as well as to promote community action toward ending domestic violence and sexual abuse.

W I S H L I S T

If you have any questions about an item listed, please call 860-489-3798 and ask for Jeanne, Michelle or Danielle.

On-going Needs:

CASH DONATIONS — For client assistance

GIFT CARDS — Grocery stores • Pharmacies • Gas stations • Wal-Mart • Kmart • Phone Cards

DIAPERS — Size 4 & larger

Holiday Wish List:

ADOPT A FAMILY — Call for details about a family and ask for Jeanne.

GIFT CERTIFICATES — Wal-Mart • T.J. Maxx • Strawberries Music Stores • Olympia Sports • Haircuts • Small electronics

CASH — To purchase gifts for teenagers and adult women.

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Susan B. Anthony Project

179 Water Street

Torrington, CT 06790

24-hour Crisis Line: 860-482-7133

Office: 860-489-3798

www.sbaproject.org

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Torrington, CT

OCTOBER IS... Domestic Violence Awareness Month

Candlelight Vigil, October 11, 6:30 p.m.

Coe Park, Torrington