I am a 57 year old survivor of childhood sexual abuse and domestic violence and have found myself in the loving and validating hands of the greatest group of women I have ever encountered at Susan B. Anthony Project. Thankful for the validation that I was never alone, I have been able to find a way to heal and most of all survive in this “don’t ask, don’t tell” society.

When I was asked to write this piece for the newsletter, I was elated. I drove down the road yelling at the top of my lungs, “I get to tell, I get to tell my story.” I wish I could open up the eyes and hearts of all those who will listen. This is my third time back for healing and counseling, only to be more aware that my work is never done. I thank Susan B. for never giving up on me.

I knew at the age of 3 that this was not my destiny. Riding on my tricycle all alone, I was running away from home. I am so little. They tell me I am pretty, and I have to be a good girl. But I feel bad and ugly. Bad things are being done to me. I am only three. How can this be? My mother laughed at me when I came home. Not the reaction I had hoped for. But I was home.

Under my blankets of protection, behind the corner chair, I was safe there but for how long. Will anyone care? “Be a good little girl,” I would say again and again, and it will feel good. If I say no, or tell, then it will hurt like hell. I was told to always do what you are told to do within these family walls. It is what you are here for. You are everyone’s pretty little toy. This is your role. Mommy’s mad at me all of the time. I do what I am told. Why do her hands scold?

Between the beatings and the mind control and the painful nightly visits in the dark under my covers, I was dazed and confused. The nights were the worst. I am trying to sleep, please stop. I don’t want to do these things anymore. Who are you? Why don’t you answer me? I would close my eyes, grab my pillow, and fly out the window into the safety of the white fluffy clouds.

I would wake up in the morning to find my pillow lying under the open window. My memory of saving other children during my nightly flights was all I was left with. As a young child, I believed I could fly and help others.

As an adult, my only hope is that I can help others survive by telling my story and reminding everyone to never give up. I am here to speak out to those who label and judge those of us who have survived. We are not going away. We are survivors standing up, proud and strong, healing with every lesson along the way. Most of all knowing it was not my fault!

Part of my healing, the hardest part, has been forgiveness. Yes, forgiving those who... (continued on page 2)

Register Citizen Names
Barbara Spiegel 2013 Person of the Year

CONGRATULATIONS!

Join us in congratulating our Executive Director, Barbara Spiegel, 2013 Register Citizen Person of the Year! For nearly 20 years, Barbara has been leading Susan B. Anthony Project.

In 2013, as media attention focused on the response to a rape case in Torrington involving young girls, Barbara became a positive voice locally and nationally. She drew attention to the insensitivity of blaming victims and social media’s role in revictimizing these young survivors.

When interviewed by the Register Citizen, Barbara discussed her hope that the public attention would educate people on the issues and inspire survivors to get help for themselves. Thank you to Barbara for being a strong community and organizational leader and a strong voice for the rights of survivors of domestic and sexual violence.
I am a Survivor (continued)

have hurt us seems impossible at times, but the most important person to forgive is yourself. I have come to understand those who have hurt me must have endured past pains from their own personal abusive experiences. The difference being, they swept it under the rug, never to deal with their dysfunctions. I knew that was wrong. I did ask. I did tell, and I never forgot.

As the youngest and only 3 years old, I did not know how to stop the abuse. My sister and I talked lots. We were strong together. We knew our family was infected and that no one would ever hurt our children in such a way. Not on our watch. I did the best I knew how in raising a family, still not totally realizing what a normal family was. The obvious was all I knew how to deal with. Keep molesters away from my kids. Keep them safe, happy, and warm.

Without proper “tools” — counselor of survivors of incest and domestic violence — I was lost. Understanding PTSD, learning to control it, and recognizing the triggers has been imperative to my healing. I will never give up. I continue to move forward with courage. I survive with strength, understanding, and love. Awareness is the key. Spread the word. We are survivors that won’t give up!

Susan B. Anthony Project

Our Mission

Susan B. Anthony Project promotes safety, healing and growth for all survivors of domestic and sexual abuse and advocates for the autonomy of women and the end of interpersonal violence.

STAFF SPOTLIGHT

Gail Manna

Gail began her journey with Susan B. Anthony Project in 2003 as an intern while earning her MSW at the UCONN School of Social Work. Although her internship ended the following April, Gail stayed on with SBAP as a volunteer, continuing to answer the crisis line and facilitate a Trauma Survivors Group for survivors of sexual assault.

In October, 2004, Susan B. Anthony Project was fortunate enough to welcome Gail as a permanent staff member in the role of Family Violence Victim’s Advocate (FVVA). Spending most of her time at the courthouse, Gail assisted clients by explaining the legal process, providing emotional support and acting as their voice both in and out of the courtroom.

In 2006, Gail began her new role as a Domestic Violence Consultant, offering her expertise to the Department of Children and Families (DCF) child protection workers in cases involving domestic violence. This program was a partnership between Susan B. Anthony Project and the Department of Children and Families.

Currently, Gail is SBAP’s Manager of Community Outreach and Social Projects. A multifaceted position, Gail supervises our Community Educators, Family Violence Victim’s Advocate, and Transitional Housing Case Manager.

After 11 years with Susan B. Anthony Project, Gail remains as committed to the work as ever. “SBAP values have always been in line with my own,” says Gail. No matter what role she has played through the years, Gail maintains something of profound importance in her choosing to remain with the agency. “SBAP treats employees with the same great respect with which it treats its clients. I am proud to work for Susan B. Anthony Project.”
Verizon Hopeline’s $1,000 “Kids in Need” Holiday donation. Pictured above are SBAP Community Educator Courtney Szigetvari and Shelter Manager Shelly Ouellette.

Matt Szymanski and his sister, Anna, collected wish list items in their Harwinton neighborhood. Pictured above is Matt with SBAP Director of Development, Gina Devaux.

BLN Charity Golf Tournament check presented by Stephen Todd of Burns, Brooks & McNiel to Barbara Spiegel, SBAP Executive Director. Also pictured are Paul McLaughlin of Litchfield Bancorp and Steve Zarella of Northwest Community Bank.

The O’Connell siblings, Thomas (7), Mary (4) & Colleen (2), from Harwinton deliver toys, books and wish list items collected in memory of the victims of Sandy Hook.

DJ Murphy presents Gina Devaux, SBAP Director of Development, with a check for $500 from Litchfield County Business Professionals.

Dymax Corporation check for $10,000 presented by Lisa Bachmann to Barbara Spiegel, SBAP Executive Director. Also pictured is Aaron Mambrino, SBAP Board of Directors and Director of Finance at Dymax Corporation.
Wreath Sellers & Helpers

A heartfelt thanks to our many wreath friends who sold, counted, carried, delivered and bought 1,388 wreaths. We raised more than $15,000 to support our client services.

Altek Company – Sabrina Beck
Claudette Baril
Marge Beary
Taylor Beeman
Carol Bellavance
Bob Benson & Barbara Putnam
Charlotte Hungerford Hospital – Suzanne Fox
Church of Christ, Goshen – Janet Hooper
Manny Clark
Community Health & Wellness Center – Mary Wheeler
Patience Deacon
Helen Donaher
Louis Donna
Dymax Corporation, Aaron Mambrino
Saun Ellis
Josie English
Mark & Nancy Famiglietti
First Congregational Church, Canton Center – Sarah Legeyt
First Congregational Church, Litchfield – Aletha Abbott
First Congregational Church, Washington – Marilyn Roze

Fuel Cell Energy, Mary Stempien
Pat Garahan
Martha Guidolin
Doreen Hampton
Harwinton Women’s Club – Tina Hasapis
Paul Holtman
Carol Iannuzzi
Debra Sue Klingerman
Litchfield High School – Tammy Knox
Eileen Litwin
Marie Malloy
Beth McCabe
Jacqueline Miller
Colleen & Joe Motusick
Maureen Murphy
Jessica Nardine
New Preston Congregational Church – Clarinda Deitz
Norfolk Church of Christ – Eileen Fitzgibbons
Northwestern CT Community College – Sharon Guskys
Barbara & Ralph Paternostro
Joe Proude

Debra Sue Klingerman, one of our top wreath sellers, picking up her wreaths to deliver to her customers. Debra sold 80 wreaths this year!

Lynn & Bill Richmond
Turi Rostad
Rachel Sampson
Second Congregational Church of Winsted Youth Group
Marlene & Chris Smith
Nancy Smith
St. Bridget Church, Sharon – Louise Riley
St. Paul’s Parish, Bantam – Jean Grela

Senator Christopher Murphy
Naugatuck Savings Bank
Marc Neid
Nancy Newton
Sharon Ober
Ray O’Meara
Emily Orton Miller
Cathy Onglia
Kathy Onglia
Shelly Ouellette
Karina Presbie
Gloria Riberdy
Turi Rostad & Ashley Rowe
Paul Sapiro
Sara Savage
St. Anthony’s Church
St. Francis Church
Devin Stilson

Tina Stoeke
Jon & Joanne Thiede
Thomaston High School – Carol Wright
Mark Torson
Trinity Episcopal Church, Torrington – Faye Tway
Bibby Veerman
Nancy Wadhams
Washington Montessori School – Diana Savory
Barbara Zaharek

Adopt a Family for the Holidays

Thank you for helping to make this holiday season a bright one for our clients. Our generous donors helped provide gifts for 51 families with 130 children.

Our Generous Donors:

Altek Company
Altek Corporation
Bakerville School
Frank & Linda Bell
Pat & Nancy Boland
Susan Belding
Burns, Brooks & McNeil
William & Sarah Butler
Hope Childs
Christian Counseling Connection
Chip & Anne Collins
Brian & Jen Cuddeback
Vicki Cowan
Janice Crovo
Doreen Deary
Roger & Irene Dietlin
Ed & Anne Dodge
Frank & Susan Dooley
Doris DuVall
Jessica Dunn
Gil Eisner & Kate Wenner
Elevator Service Company
Josie English
Mary English
Angie Engle
Howard & Sally Estock
Mark & Nancy Famiglietti
Emily FitzHugh
Larry & Rita Freedman
Michael & Jeanne Fusco
Fuel Cell Energy
Catherine Gevers & John Fernandez
Gary Giordano & Sherie Power
Walter Godlewski & Chris Schatt
Gloria Gourley & Friends
Jean Handler
Harper, Grace & Hayes
Tracy Hewat & Susan Yund
Cindy Hewitt
Fraser & Nina Hunter
Pasquale & Carol Iannuzzi
Immaculate Heart of Mary Church
Brenda Kleinman
Michael & Doreen Kelly
Vint Lawrence
Litchfield County Women’s Network
Chris & Betsy Little
Marie Malloy
Ted & Sue Ann Marolda
Patty Marshall
McDonald’s Restaurant
Meredith McGregor & Kevin Flach
Monaco’s Restaurant
Lorraine Minor
Mike Monroe

Emily FitzHugh
Larry & Rita Freedman
Michael & Jeanne Fusco
Fuel Cell Energy
Catherine Gevers & John Fernandez
Gary Giordano & Sherie Power
Walter Godlewski & Chris Schatt
Gloria Gourley & Friends
Jean Handler
Harper, Grace & Hayes
Tracy Hewat & Susan Yund
Cindy Hewitt
Fraser & Nina Hunter
Pasquale & Carol Iannuzzi
Immaculate Heart of Mary Church
Brenda Kleinman
Michael & Doreen Kelly
Vint Lawrence
Litchfield County Women’s Network
Chris & Betsy Little
Marie Malloy
Ted & Sue Ann Marolda
Patty Marshall
McDonald’s Restaurant
Meredith McGregor & Kevin Flach
Monaco’s Restaurant
Lorraine Minor
Mike Monroe

Nancy and Mark Famiglietti, SBAP Board member, with their donation of a bike for our Adopt a Family program.
Honoring Community Supporters at Candlelight Vigil

October is Domestic Violence Awareness Month. Each year, SBAP celebrates survivors of domestic violence and honors community members who collaborate and support our work at our annual candlelight vigil.

2013 Honorees:
Mayor Ryan Bingham, outgoing Mayor of Torrington
Tina Hasapis, Friendly Hands Food Bank
James Kennedy, landlord for SBAP clients
Paula LaChance, Social Worker at Forbes School in Torrington
Matthew Southard, Torrington Police Department
Jeannine M. Talbot, Torrington divorce attorney
Pat Ursaki, Social Worker at Batcheller School in Winsted
Lisa Vincent, Attorney for domestic violence victims
Webster Bank

Webster Bank Branch Manager, VP, Maria Salomone accepts a Community Partnership Award at the 2013 Candlelight Vigil.

SBAP Executive Director Barbara Spiegel presents a Community Partnership Award to Tina Hasapis from Friendly Hands Food Bank at the 2013 Candlelight Vigil.

To purchase tickets visit our website at www.sbaproject.org

SAVE THE DATE
The 10th Annual Authors’ Luncheon
BENEFITING SUSAN B. ANTHONY PROJECT
Saturday, April 26th
12:00 noon
Torrington Country Club

More than 100 people gather in Torrington’s Coe Park for the 25th Annual Domestic Violence Awareness Month Candlelight Vigil held in October.

VIGIL PHOTOS BY JILL DAVENPORT
Wish List

For questions about an item listed, please call 860-489-3798 and ask for Siobhain or visit www.sbabproject.org

OUR CLIENTS’ MOST PRESSING NEEDS:

GIFT CARDS
Stop & Shop, Price Rite • Gas Cards
McDonald’s, Burger King • Target, Wal-Mart & Kmart
MasterCard or Visa • Movies or Haircuts

CASH DONATIONS
For client assistance

PERSONAL HYGIENE
Shampoo & conditioner
Razors & shaving cream
Tampons & pads
Deodorant
Toothpaste & toothbrushes
Soaps & lotions
Diapers – all sizes & diaper cream
Tissues & Q-tips
Baby shampoo

OVER THE COUNTER MEDICINES
Tylenol / Advil
Baby / Children’s Tylenol
Cold medicine
Tums
Allergy Medicines
Thermometers

NEW BED & BATH
Twin, full & crib sheets
Pillows
Bath towels & wash cloths
Dish towels & pot holders

SHELTER SUPPLIES
Bathroom & kitchen cleaners
HE (Energy Efficient) Laundry detergent – unscented
Dryer sheets – unscented
Bleach
Fabric softener – unscented
Ziploc bags, foil & plastic wrap
Toilet paper, paper towels
Coffee & coffee filters
Canned, boxed or dry food items

MISCELLANEOUS
School supplies
Flashlights & batteries, all sizes
Craft supplies
Sleeping bags
Movies – family DVDs
Wii Games – family orientated
Playdough
Daily calendars
Colored pencils
Stickers
New toys

An Act of Kindness collection was held at Stop & Shop, Litchfield in remembrance of the victims of Sandy Hook. Pictured above are Ian Sideris, Isobella Sideris, Madeliene Andrulis, Joshua De Lello, Colin Ferrer, Jack Dotson, Nathan Sideris, Alexander Sideris, Steven Longi, Keegan Andrulis, and Ryan De Lello with SBAP Child Advocate Karina Presbie. They collected $1,500 in cash and gift cards for SBAP along with food and cleaning supplies.

East Main Street McDonalds held its 4th annual holiday fundraiser to benefit SBAP, F.I.S.H., Torrington Fire Department’s Christmas for Children, and the AMVETS of Connecticut Post 24. Pictured above are McDonald’s crew member James Mele, SBAP Director of Finance Cheryl Wallace, Torrington Mayor Elinor Carbone, SBAP Director of Development Gina Devaux and McDonald’s owner James McGarry.

Interests in Volunteering? SBAP Needs Your Help!

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

• Client Services
• Special Events
• General Office
• Childcare

For more information, visit www.sbabproject.org and click the community involvement link or call a volunteer coordinator at (860) 489-3798.
SBAP Grant from the Office on Violence Against Women to continue Transitional Housing Program

In October 2013, Susan B. Anthony Project received a grant from the U.S. Department of Justice, Office on Violence Against Women to continue our scattered site transitional housing program for survivors of domestic violence, sexual assault, and stalking.

We started this program in 2007 and secured funding to continue it in 2010 and 2013.

We couldn’t meet our clients’ needs without the partnerships we’ve had with Greenwoods Counseling Referrals, Charlotte Hungerford Behavioral Health, Hands of Grace, Connecticut Legal Services, Northwestern Community College, and Torrington Child Care Center.

For more information about this program, contact Danielle at 860-489-3798.

Ways to Give... It All Begins With You

Susan B. Anthony Project receives more than 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 Gift**: Make a secure gift online at www.sbaproject.org
- **Stock Gift**: A gift of stock can provide considerable tax benefits.
- **Endowment Gift**: A gift to the Susan B. Anthony Project Endowment Fund will help secure our future.
- **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 Gina Devaux at 860-489-3798 or gdevaux@sbaproject.org

Susan B. Anthony Project is a 501(c)(3) nonprofit organization

Thank you for helping us help others.

Join the Susan B. Anthony Project Giving Circle with a gift of $1,000 or more.

Giving Circle members will be recognized for their extraordinary generosity in our Annual Report.

To make a gift, call Gina Devaux at 860-489-3798 or go to www.sbaproject.org and click the Donate Now button on the home page.

Give Local 2014 is coming!

Thank you to everyone who contributed to Susan B. Anthony Project through Give Local 2013. As a result of the 36-hour online giving challenge, we raised a total of $7,060 — all because of you!

**Give Local Greater Waterbury & Litchfield Hills** is being offered again in May by the Connecticut Community Foundation. We will be joining community foundations across the country in a 24-hour nationwide online giving challenge called Give Local America.

Every dollar raised for SBAP during the 24-hour campaign will be amplified by matching funds and prizes secured by Connecticut Community Foundation. Please visit our website at www.sbaproject.org for more details.
Free and confidential services for survivors of domestic violence and sexual assault include:
• Counseling for adults and children
• Support Groups.
• Medical and Court Advocacy

24-Hour Crisis Line: 860-482-7133
Statewide Toll Free Hotlines:
Domestic Violence: 1-888-744-2900
Sexual Assault: 1-888-999-5545
En Espanol: 1-888-568-8332

Time to Get Involved! April is Sexual Awareness Month

SEXUAL ASSAULT AWARENESS MONTH VIGIL
Join us in support of victims of sexual violence on Thursday, April 24th, 6:30 p.m. in the Arts & Science Building at the Northwestern CT Community College campus in Winsted.

CLOTHESLINE PROJECT
A compilation of t-shirts designed by survivors will be on display at our office and online at www.sbaproject.org. They can also be viewed at UConn Library throughout the month of April.

FACES OF SURVIVAL
A photo exhibition of victims/survivors of sexual violence who have chosen to “break the silence” and tell the story of their journey as a survivor. The exhibition will be on display from April 21st – 25th at the Northwestern CT Community College Library.

WHERE DO YOU STAND?
The Where Do You Stand? campaign positively portrays young men as vital allies and invites all men to consider their own stance on preventing sexism and sexual assault. Sign our pledge online at www.sbaproject.org.

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