April is Sexual Assault Awareness Month

Did you know?
• 93% of juvenile sexual assault victims know their attacker.
• 15% of sexual assault and rape victims are under age 12.
• 60% of sexual assaults are not reported to the police.
• Help a friend, let them know we are here to listen. Our 24-hour crisis line is (860)482-7133.

Clothesline Project
The project is comprised of t-shirts designed by survivors and will be on display in our office throughout the month. They will also be available for viewing on our website.

White Ribbon Campaign
Are you a male who supports Susan B. Anthony Project and our efforts to end violence against women? Take the White Ribbon Campaign Pledge…

“From this day forward, I promise never to commit, condone or remain silent about violence against women.”

The pledge is available on our website www.sbaproject.org for you to sign and be viewed.

Last year Susan B. Anthony Project counselors and court advocates helped 253 adult and 33 children who were victims of sexual assault.

From VICTIM to SURVIVOR…
Two Personal Stories.

Susan B. Anthony Project has given me an opportunity to create an inner strength. In all of my life, I had never met anyone like me. As a young child, I was a victim of sexual abuse. It was an ongoing, physical and mental abuse that I endured and kept secret to protect my family and my abuser. I didn’t understand it. I didn’t want it. I just endured it. My abuser was an alcoholic who was controlling, manipulative, and violent. The abuse lasted for years. I became an expert at hiding my emotions. As an adult, I buried it for almost 40 years. Then it began showing up outside of me in the forms of anxiety, flashbacks, stress, and sleep disorders.

I knew I needed help.

I found a therapist, but the words didn’t find their way out easily. One day while reading a novel of a young girl who had been brutally raped, I read how she was helped by finding

“Eventually, I found Susan B. Anthony Project. I am now healing…With help, I am no longer a victim. I AM a SURVIVOR!”

First I would like to say that I am honored to be able to share my story. As a man I feel as though society looks down upon men coming out and admitting that they have been sexually abused and I want to help other men understand that there is nothing to be ashamed of.

As far back as I can remember I was mentally and physically abused by my father for things I did or didn’t do. It seemed as though no matter how hard I tried I could never live up to his expectations. He constantly told me that I would never amount to anything, and that I was useless. After you hear this over and over again, you start to believe it to be true.

The bond of being able to communicate with either of my parents was not there and because of that I was not able to talk to them about my feelings.

As a boy I was taught that I had to be strong and have no emotions.

When I was eight years old I was sexually molested by my mother’s brother. I felt as though I had nobody to rely on. I was scared that I would get a beating because my mother wouldn’t believe me, and I didn’t want to hurt my mother.
News from Susan B. Anthony Project
SPRING 2009

Victim to Survivor CONTINUED

I felt when this was happening that it was wrong and for a long time I was unsure of my sexuality. I shut down and started to isolate. I went from being a straight A student to barely passing my classes. I stopped hanging out with my friends and isolated in my room. My only outlet was drawing.

Over the next few years I slowly came out of my shell and started to get involved in sports. Sports helped me gain some self confidence and because of this I slowly began to feel better about myself. Even though I had gained some confidence, I was still haunted by my past and thought that I would never overcome it.

My family would gather on every holiday and because of this I would have to see my uncle. I always acted as if everything was okay. When in reality I was dying inside. The thoughts of being violated by my uncle and holding onto this secret created such anger inside me.

Not being able to deal with what had happened to me during my childhood, and other traumatic events that unfolded in my life, I turned to drugs and alcohol to suppress my thoughts and emotions. At the time I didn't know that I was suffering from post traumatic stress disorder.

My addiction helped me to cope with reality, but also lead to places and bottoms that I never thought I would ever see. I tried many times before to stay clean but was unsuccessful because I never opened up about my sexual abuse, and other traumatic events. The fear of being rejected by others, and judged by others forced me to keep my mouth closed.

Finally in the summer of 2005, I found myself in a long term treatment program. I was finally willing to open up and share everything about me in order to get the help that I truly needed. Through this treatment program I was introduced to a counselor from the Susan B. Anthony Project. The first time I met with the counselor I was unsure of what to say but she made me feel comfortable enough to place my trust in her.

I am truly grateful for The Susan B. Anthony Project, and the Men’s Trauma Group. I can honestly say that without them I don’t know where I would be today.

Phil

Debbie Mitchell McCormack

Board News
Carissa Keepin joined the Susan B. Anthony Project Board of Directors in 2004. She has served as Board Vice-President, a member of the Executive Committee, was Chair of the 2007-08 Long-Range Planning Committee and Chair of the annual Holiday Wreath Sale.

Ms. Keepin was elected Board President in November 2008. She succeeds Marlene Smith who served as President for seven years and led the Board through the successful Rebuilding Lives Capital Campaign.

Ms. Keepin and her husband David live in Harwinton. She is the Principal of Pomperaug Elementary School in Southbury. Upon her election, Ms. Keepin said, “It is a privilege to work with the talented and energized Board of Directors of the Susan B. Anthony Project! I greatly admire the outstanding work of Executive Director Barbara Spiegel and her dedicated staff who tirelessly assist victims of domestic violence and sexual assault. I am honored to be a part of this vital organization. Through the strategic leadership of its Board of Directors and the persistence and commitment of a dedicated staff, we will ensure that the Susan B. Anthony Project continue its mission to promote safety, healing, and growth for survivors, as well as serving as an advocate for women's autonomy and striving to end interpersonal violence.”

Susan B. Anthony Project welcomes new Board member: Scott Ragaglia, Esq.
Vice President, Genworth Financial, Harwinton, CT.
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 Trauma Survivors’ Group
An on-going group for survivors of trauma. Focuses on coping skills for dealing with past trauma. Thursday evenings 6:00-7:30 p.m. Interested individuals must call to speak to a facilitator prior to attending.

Men’s Trauma Survivors’ Group
An on-going group for male survivors of trauma. Thursday evenings 6:30-8:00 p.m.
Interested individuals must call to speak to a facilitator prior to attending.

The following workshops will be forming soon. Call Lois at 489-3798 for more information.

- Self-Esteem Support Group
- Latina Self-Esteem Group – “La Autoestima de la Mujer”
- Latina Self-Esteem Group for Teen Girls

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

Domestic Violence Resource Kit

The Domestic Violence Resource Kit is a collection of educational materials and information for victims and community providers.

Over 60 Resource Kits have been distributed to local libraries, churches, and service providers where they can be viewed in a safe and confidential venue. Materials are in English and Spanish and include:

- Dating Violence: Teens Talk a twelve minute DVD
- Creando Familias Saludables: Rompiendo el Ciclo de la Violencia Doméstica (Creating Healthy Families: Breaking the Cycle of Domestic Violence) a sixteen minute DVD
- Susan B. Anthony Project a twelve minute DVD about the organization where clients tell their stories
- Printed materials on domestic violence
- A community resource guide for services

The creation of the Domestic Violence Resource Kit was possible by a grant from the Department of Justice, Office of Violence Against Women No. 2006-WR-AX-0037.

Resource Kit training will be held on Thursday, April 23, 8:30-9:30 a.m.
To attend training or for more information contact Lois Shelley 860.489.3798 ext. 326 or lshelley@sbaproject.org.

Wish List

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

OUR CLIENTS’ MOST PRESSING NEEDS
Gas gift cards
Grocery Store gift cards
Clothing Store gift cards

CASH DONATIONS
For client assistance

DIAPERS
Sizes 3 & 4
Pull-ups
Diaper wipes
Diaper cream

BEDDING
Pillows
Twin blankets
Washable pillow covers
Kitchen towels

PERSONAL HYGIENE
Shampoo
Deodorant
Conditioner
Body lotion
Tylenol/Advil
Thermometers
Children’s Tylenol

SHELTER SUPPLIES
Laundry detergent
Dryer sheets
Laundry baskets
Hampers
Dishwasher liquid
Sponges
All purpose cleaners
Ziploc storage bags
Food storage containers

MISCELLANEOUS
DVDs
Wii games
Backpacks
Food storage containers
Ziploc storage bags

PHONE CARDS

24-HOUR CRISIS LINE:
860-482-7133

STATEWIDE TOLL FREE HOTLINES:
Domestic Violence: 1-888-774-2900
Sexual Assault: 1-888-999-5545
En Español: 1-888-568-8332
recent grants

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

- **American Savings Foundation** — $25,000 for shelter, counseling and advocacy
- **Anthem Blue Cross Blue Shield of CT** — $5,000 for shelter, counseling and advocacy
- **Apple Lane Foundation** — $1,500 for program support
- **Bank of America Foundation** — $7,500 for shelter, counseling and advocacy
- **Berkshire Taconic Foundation** — $5,000 client services and education in northwestern Connecticut
- **Betty & Leo Balzereit Foundation** — $2,000 for client services
- **BLN (Burns Brooks & McNeil, Litchfield Bancorp & Northwest Community Bank annual golf fundraiser)** — $7,750 for program support
- **Community Foundation of Northwest Connecticut** — $4,000 for emergency food and fuel for clients
- **Crane Fund for Widows and Children** — $2,000 for program support
- **Diebold Foundation** — $10,000 for shelter, counseling and advocacy
- **Ellen Knowles Harcourt Foundation, Inc.** — $3,000 for shelter, counseling and advocacy
- **Foundation for Community Health** — $10,000 for community education and outreach in Warren and Goshen
- **Foundation Jewish Communities of Western CT, Inc.** — $5,000 for community education
- **Grace Jones Richardson Trust** — $1,000 for program support
- **Hartley Corporation** — $1,000 for program support
- **HCC Global Financial Products** — $2,000 for program support
- **Lena Benas Memorial Fund, Bank of America, Trustee** — $15,000 for shelter, counseling and advocacy
- **Lilac Foundation** — $5,000 for client emergency assistance and shelter program
- **Macy’s Foundation** — $5,000 for shelter, counseling and advocacy
- **Marion Isabell Coe Fund, Bank of America, Trustee** — $8,000 for client services in Litchfield, Warren, Morris & Goshen
- **Michael Bolton Charities** — $10,000 for client legal services and emergency assistance
- **Olga Sipolin Children’s Fund** — $2,500 for shelter, counseling and advocacy
- **Rene Bloch Foundation** — $1,500 for program support
- **Target** — $2,500 for shelter, counseling and advocacy
- **Thomaston Savings Bank Foundation** — $2,000 for educational materials
- **TJX Foundation** — $5,000 for emergency shelter and crisis services
- **Union Savings Bank Foundation** — $5,000 for community education
- **Verizon Wireless HopeLine** — $1,000 for program support
- **Wal-Mart Foundation** — $1,000 for program support
- **Webster Bank** — $5,500 for program support

Candlelight Vigil of witnesses against violence. 
Inset: Mayor Ryan Bingham and Congressman Chris Murphy at the Vigil.
Leave a Legacy…

Litchfield resident Regina Duffy served as president of Northwestern Connecticut Community College in Winsted for 17 years. When she was appointed in 1968, she was the only woman president of a public community college in New England. She received her B.A. in biology from the College of New Rochelle, an M.S. in biology from Fordham University, and a Ph.D. in botany from Columbia University.

Susan B. Anthony Project Executive Director Barbara Spiegel said, “Dr. Duffy was a long-time donor to Susan B. Anthony Project. We are grateful for this bequest that will go toward helping the women and children whose lives have been affected by domestic and sexual violence in our community.”

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 or make a secure online gift 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.

Celebrate Your Mom this Mother’s Day

Celebrate your mom this Mother’s Day by making a donation in her honor that will help to make this a special Mother’s Day for one of our clients.

To make a gift please use the enclosed envelope, visit our webpage www.sbaproject.org, or call Christine at 860-489-3798.

Here’s a suggested message you could include with your Mother’s Day card this year:

**Throughout a child’s life, a mother plays a vital role. I have made a gift in your honor to help the mothers and their children who seek safety and support at Susan B. Anthony Project.**
The Blue Diamonds, a chapter of the Blue Thong Society, have adopted SBAP survivors by providing holiday gift bags and refreshments for support group meetings.

Har-Bur Middle School Sewing Club presenting fleece hats they made for SBAP clients to Community Educator Jessie Marini.

Fuel Cell Energy employees Barb Porlides and Sandi Mauro with some of the donated holiday gifts they collected.

2008 Holiday Donors for Adopt a Family

Jennifer Almeida & neighbors
Judy Armstrong
Friends at Bakerville School
Barbara Ashley
“Bad Girls”
Sabrina Beck
Beth El Synagogue
Barrie Birge
Gaile Binzer
Blue Thong Society
Diane Budin
Joan Burgess
Burns, Brooks, McNeil
Jeff Crothers
Brian & Jennifer Cuddeback
Curves of Bethlehem
Beth Daley
Davita Dialysis Clinic, Torrington
Doreen Deary
Louisa DeCastro
Delta Kappa Gamma
Roseann Dennerlein
Tom Donahue
Michael Driscoll
Drohojowski Family
Louise Dunn and Diana Greene
Doris Duvall
Dymax Corporation

Pat Elroy
Mary English
Nancy & Mark Famigletti
Penny & Walt Fisher & family
Jeanne FitzGerald
Fuel Cell Energy
Linda Fusco
Genre New England
Sanita Gingras
Hair by Design
Jean Handler
Helga Hershey
Cindy Hewitt
Jack Hillman Jr.
Immaculate Heart of Mary Church
Pamela Kennedy
Kathy Kinane
Klebe Fuel
Wendy Kroll
Judy Labrecque
Mary Linsley
Litchfield County Medical Assistants
Litchfield Hills Family Dental
Mark & Kathy Loomis
Reggie Lynch
Linda Marconi
Darcie Martineau

Jean Mehan
Angela Monaco
Randy & Sandy Motasky
Congressman Chris Murphy’s Office, New Britain
Maryann Musselman
Naugatuck Savings Bank
Northwest Community College
Ann O’Reilly
Sue Pastorello
Linda Rachelles
Gloria Riberdy & neighbors
Diane Rivard “Gourmet Group”
Riverton Congregational Church

Cathy Roscello
Saint Francis of Assisi Church
Beverly Schott
Pat Starr
Beth Stoppani
Peggy Tagliarino
Sharon Té
Torrington Fire Department
Torrington Women’s Club
Friends at UCONN Torrington
Victoria’s Secret
Nancy Wadhams
White Flower Farm
Don Whitley
Volunteers do amazing things for SBAP

Wreath Sellers & Helpers

Alcoa Howmet — Kathleen Blessing & Amanda Parziale
Lisa & Greg Bachmann
Marge Beary
Bob Berson
Scott Blackmon
Ann & Tom Bott
Susan Carroll
Manny Clark
Janice Crovo
Patty & Ken Cupp
Gene Daponte
Patience Deacon
Mike Delay
Helen Donaher
Louis Donne
Saun Ellis
First Congregation Church, Canton Center
Robyn Galitello
Sara & Jerry Gault
Harwinton Women’s Club
Suzanne Hinman
Janet Hooper
Jake Horne
Carissa & David Keepin
Debra Sue Klingerman
Eileen Litwin
Damian Marone
Beth McCabe
Jennifer McLellan
Bobbie Miller
Jackie Miller
Maureen Murphy
Jessica Nardine
New Preston Congregational Church
Northwest Community College
Cathy Oneglia
Curt Pillsbury
MaryAnn Poinelli
Turi Rostad
Marilyn Roze
Diana Savory
Marlene & Chris Smith
Cheryl Tedesco
Anita Torrizzo
Elena Twombly
Winsted & New Hartford American Legion Baseball Team
Carol Wright

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 wreath pick-ups
~ 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.
SAVE THE DATE

Saturday, July 25, 2009
63 River Road
Washington, CT
4:00 – 7:00 p.m.

12th Annual
Tea for Two Hundred
A COTTAGE GARDEN TEA

Tickets are $50 at www.teafortwohundred.org

To benefit Susan B. Anthony Project and Interfaith AIDS Ministry Greater Danbury

White attire requested

Hat Contest
Silent Auction

PHOTOS: JAY SOTTOLANO