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New Hope for Women

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Fall 2009 Newsletter



NEW HOPE *for* **WOMEN**

New Hope for Women offers support to people in Lincoln, Knox, and Waldo counties affected by domestic and dating violence and provides resources to assist our communities in creating a safer and healthier future.



Kathleen Morgan
Executive Director

The Challenge

There is a wonderful song in *My Fair Lady* that Eliza sings toward the end of the show. It is called *Show Me*, and some of the lyrics go *Words! Words! Words!* I'm so sick of words! I get words all day through, first from him, now from you. Is that all you blighters can do?

I have to say I'm not sick of words. I love them. I love how they look and how they sound. I have favorite ones, such as *awkward* and *savannah*, which look their meaning, and *Mephistophelean*, which rolls around in my mind and mouth before spoken, and comes out slightly dark and sinister no matter how innocent my usage. I love word puzzles, and adore puns. I am, however, tired of words that hurt- hurt directly as when people are called names, or hurt covertly by discarding or disguising the truth. Phrases like "soldier boy" which demeans the commitment, training and experience of those in the military, and apropos this musing, "war of words." Bumper stickers such as "I still miss my ex, but my aim is getting better," which isn't funny when you think of the thousands that die each year at the hands of their intimate partners. Common expressions that degrade those we share the earth with such as "kill two birds with one stone," and "more than one way to skin a cat." I started thinking about how imbedded violence is in our ordinary speech, and then I started to pay attention to what was being said around me:

"Let me take a stab at that."

"She needs a swift kick."

"I was struck by..." and "Then it hit me..."

"Someone ought to knock some sense into him."

"You're just trying to twist my arm."

"Well, just kill them with kindness, then."

"Hit them where it hurts."

"Let's beat them to the punch."

"That's a killer idea."

I'm sure that in a few minutes any group of people could generate a magnificent list of words, phrases and expressions to add to the examples above. It invites an obvious question, though, about how we change this.

So here's the challenge, to me and to you: Show me. Show your partner, your children, friends, grandchildren, neighbors, colleagues, and strangers. Through your own choice of words, show us that it is possible to erase violence from our every day speech. Show your concern by having a conversation with a friend about this kind of language. I recently did, and I was asked why it matters, as violence is everywhere. Yes it is, but so what? We can choose not to participate. We can choose to offset it just a bit. We can choose to use our abundant and astonishing language, rich with the diversity of the earth, not to hurt, but to support, nurture, uphold, uplift, encourage, celebrate, comfort, and teach one another instead.

FY 2008 Stats

Clients Served

Men: XX
Women: XX
Children: XX

Shelter

XX nights of shelter for XX women
and XX children

Time for Change

XX clients served
XXXX hours of service

Hours

XXX Total hours including
XXX hours of legal service

Hotline

XXXX hours of volunteer hotline
coverage

Community Ed

XXXX hours of community
education



Poet and New Hope supporter Jeff Roberts has collaborated with artist Doug Heinlein to offer a signed, limited edition print of "Black Hole". This edition is limited to 55 prints including five artists' proofs and was produced exclusively for the benefit of New Hope for Women. The poem and drawing are printed on Hahnmuehler Albrecht Duerer 210 gsm digital fine art watercolor paper using Epson Durabrite Ultra pigment-based inks, and mounted using archival mats, back board and rice paper tape. Matted size is 8" by 10".

Jeff Roberts lives in North Andover, Massachusetts with his wife, Barbara Hyle. His poetry has appeared in a number of periodicals and journals. Doug Heinlein is Academic Director for the Graphic Design and Interactive Media Design Departments at the Art Institute of Seattle and is an award-winning artist and designer with many years of experience in interactive media, multimedia and traditional design practices.

The poem and drawing first appeared in Chatter in the Canopy published by BookSurge, Charleston, S.C., a volume described by Midwest Book Review as "an exquisite blend of art and verse."

To obtain a print – for \$25.00 to benefit New Hope – contact Jeff at: jeffrobertspoetry@gmail.com, by phone at (978) 257-0898, or by writing him at 618 Chickering Road, North Andover, MA 01845.

Our thanks to Jeff and Doug for this contribution of talent and support.

Text of poem:

*The absence of color has a name.
What name is the color of absence?*

*One can know something, as women do,
Or one can prove it, as some men do –
Viciously – carelessly –
Blaming the namers of colors
For compressing a world of matter
Into the size of a fist.*

*The infinite blackboard's equation of
stars
Can name the color of missing teeth.*

*Then – with a name –
We can call it what it is.*

Fundraising updates and thank you's

This year's fund-raisers illustrate the scope and significance of volunteer support for New Hope. Volunteers have originated events, performed in them, staffed them, baked or cooked for them, sold tickets to them, photographed them, attended them. The total contribution of time can be measured in thousands of hours.

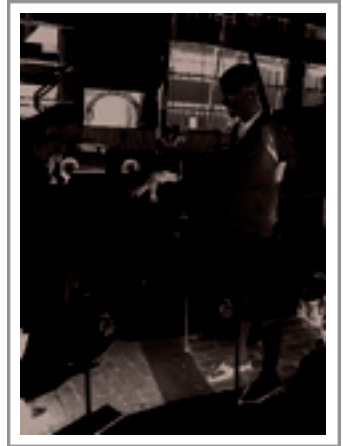
The events were varied indeed: Ova Dreams at the Unity Centre for the Performing Arts; A Woman's Heart at the Waldo Theater Extension; We Are One concert at Camden Hills Regional High School in collaboration with Midcoast Community Chorus; Cruise for Hope out of Boothbay Harbor in collaboration with the Boothbay Region Domestic Abuse Prevention Council; The Art of Hope auction at Rockport's Carver Hill Gallery; Volleys Against Violence tennis tournament at Mid-Coast Recreation Center; craft show and luncheon in collaboration with Designing Women.

The events brought us opportunities to reach a variety of audiences with information about New Hope's services and programs. The community education aspect of these contacts is crucial. I also want to note that at every event we heard thanks from attendees for past services we had provided to them, to friends, or to members of their families.

Volunteers, thank you. I appreciate you and thoroughly enjoy working with you. This year you helped us to raise awareness of domestic and dating violence and also to raise over \$21,000 of needed support.

High school senior works to bring aide to victims of sex slave trade

Simon Thompson (*pictured right*) is a high school Senior this fall at Portland High School. He serves as a mentor to elementary school children, works with an organization to prevent underage drinking, interns at a local civil rights organization and volunteered many mornings this summer at a local soup kitchen. He is the Vice President of the Key Club at his school, and is working to start an Amnesty International chapter at his school. Through this work, he learned about the sex slave trade. "I recently learned of the startling and horrifying truth behind an issue that receives less attention than do others: the sex slave trade in America. Statistics document that roughly 17,500 foreign nationals are trafficked annually in the United States alone, and that a devastating 200,000 American children are at risk for trafficking into the sex industry each year."



He contacted the Polaris Project, and decided to run a donation drive during August for clothes, gift cards, and hygiene items. He held a donation drive in Portland on August 20th, and raised over \$270 to be donated to trafficking victims, and collected four large bags of brand new and sealed hygiene items.

"I officially raised over \$600, which includes \$200 from a Maine church. I will probably bring the total up to around \$700 with personal donations, and send the items to the Polaris Project in DC early next week."

New Hope for Women salutes the commitment and moral conviction of this young man, and his efforts to improve the lives of oppressed groups of persons.

Domestic Violence in the workplace

Dealing with day-to-day challenges is a routine expectation for most of us in the Maine workforce. For some, however, those challenges are not routine.

A 2004 Maine Department of Labor study, conducted in collaboration with Family Crisis Services, revealed the scope of barriers facing individuals who were experiencing domestic abuse while employed in workplaces across the state. Statistics were gathered from 120 survivors, and the results are sobering:

- 78% reported being late for work because of abuse; 47% reported that it was an assault that made them late.
- 46% reported being stalked at work by their abusers.
- 87% were harassed over the phone, some reporting as many as 50 -100 calls each week.
- 78% reported that their abusers showed up at work; 13% of these reported being assaulted at work.

It is not surprising that 98% of the respondents reported that they had difficulty concentrating at work. What does seem surprising and disturbing is that 45% reported being afraid that they would be fired if they disclosed the abuse to their employers. Unfortunately the fears of many were justified; 60% lost their jobs (43% of these were fired, 57% quit).

We know that domestic violence does not stay at home when victims report to work.

Workplaces become a target for abusers because victims gain three things abusers do not want them to have: a support system, money and self-esteem.

Realizing how vital the workplace is for those experiencing abuse, and at the same time how dangerous it can be for victims and their co-workers, Governor Baldacci created an executive order in the fall of 2004, ordering domestic violence training for all state offices and employees. Training protocols used in that process have been modified, and are being used to educate employers and employees in businesses, agencies, professional practices, and hospitals all over the state.

Employees learn how to identify the signs of abuse and reach out appropriately to co-workers who may be experiencing it. Employees who receive unwanted calls from an abuser during the day may be allowed to screen their incoming calls.

If an abuser is likely to show up at work, the receptionist can be waiting to prevent him from making contact, and can be ready to contact security if necessary. If an abuser waits in the parking lot day after day for a victim to emerge, the police can be notified; the employee can use various exits and take alternate routes home. If she normally sits near a window or door, her desk can be moved to minimize exposure from outside. All of these safety measures are included in the training that workplaces can receive from community educators at New Hope for Women.

Assurances that abuse will not be tolerated, that victims will be supported, that safety measures will be taken to protect them, and that the employer will do everything possible to preserve the victim's job can be written into a Domestic Violence Workplace Policy and adopted by the company as permanent policy change.

Knowing that her job is secure, that she has a support system in place and an income to facilitate the changes she may need to make in her life, can make the difference between remaining a victim or becoming a survivor.

If your workplace would like to support this kind of change, please contact New Hope for Women at 1-800-522-3304 for workplace training information.

Tips for achieving healthy resolution to conflict

Rules of Engagement

The following are suggestions that can help support healthy conflict resolution. It is healthy to disagree. The key is to do so respectfully.

1. No name calling or physical violence.
2. Do not interrupt.
3. Engage in active listening. Let the other person know that you are listening by responding to what they are saying without interrupting (uh-huh, oh, I see). If you are unsure if you understand, seek clarification.
4. Agree to solve the problem.
5. Try to form a team against the problem. i.e. attack the problem not the person.
6. Take responsibility for your role in the problem.
7. Using "I messages" can be less threatening to a listener. For example, "When you interrupt me, I feel disrespected."

5 Steps to Healthy Conflict Resolution

1. **Get together.** Begin the process by explaining that you have a concern, and remember the Rules of Engagement.
2. **Take turns talking and listening.** Share your concern, listen to the response, restate what you think the other person said, and offer a chance for that person to clarify whether or not you understood correctly.
3. **Brainstorm a solution.** The requirements are only that nobody is harmed, the solution is plausible, and the solution will help prevent the problem in the future.
4. **Chose a plan, and commit to it.**
5. **Bring closure to the problem.** Find a way to genuinely apologize, thank, forgive or affirm.

Point Lookout Resort and Conference Center in Northport has generously donated use of classroom space in their Education Center to host the next 40 hour training for our 24-hour crisis hotline staff. Their commitment to community support has enabled us to offer convenience and comfort to a large group of volunteers from Waldo County.



Actors from All Starz, an anti-bullying production performed by Deana's Educational Theater at 6 schools in Knox County in September.

ACE Behavior

Accountability. Collaboration. Equality.

There is general public knowledge locally that New Hope for Women offers direct service to victims of domestic and dating violence, but there is less awareness of the fact that much of our effort involves trying to prevent violence in the first place. The Youth Educators at NHFW are available to all 88 schools in our service area to meet individually with students, provide presentations to faculty, or present information in the classroom on topics such as teen dating violence, and healthy versus unhealthy relationships. The Community Educators give presentations and training in workplaces, places of worship, and throughout our community, and provide information to support our community in efforts to create a consistent and helpful response to domestic and dating violence.

What I would like each reader to consider, however, is where the real education of our youth and other community members takes place. That is in the day-to-day interaction we have with each other. This is the classroom with the most credibility.

If every child in our society learned and internalized the following three attitudes and abilities, there would not be domestic violence, as we know it. Each of us has the power to model this behavior, to grow personally, and to be community educators and youth educators every day.

Accountability. As adults we can choose to be personally accountable for our words and deeds. If I behave in a disrespectful manner, I can commit not to minimize, deny or

blame. I will accept responsibility for what I did, identify how to make it different next time, and then follow through with action. That is modeling personal growth.

Personal accountability also involves understanding that I can only control my own actions and reactions. If I have not met my goals, have failed at something, or am "having a bad day," I can look inward at what I can do to change the situation, rather than looking for people to blame or taking my bad mood out on someone else.

Collaboration. I will model win-win outcomes in my interaction with others, and seek justice rather than ego-driven victory. I can demonstrate that conflict is not violence. It is a healthy part of human interaction that, when handled properly, leaves everyone involved feeling better, not worse, than before. If we each give a little, we all gain a lot.

Equality, not entitlement. There is no place in a healthy relationship for a sense of entitlement. Chance circumstances of birth, such as gender, race, able-bodiedness, wealth, or intelligence, do not entitle one to expect privilege or rank. In a healthy relationship each member has equal power and control, and decisions are reached through mutual respect and collaboration.

The Bully

By Haley LaRochelle
Monroe Elementary School

It was September 1st and school started today. My best friend Sara was at school already and the bully Bob was there too. He is mean to everyone.

I was at school and looking for Sara..."Sue!" Sara called my name.

"Sara" I hollered.

"The bell already rang" she told me.

"Oh, no!" I said.

"Well, let's go."

"O.K."

We skipped threw (sic) the halls until Mrs. Parnal caught us and said, "Are you lost?"

"Yes," we said scardly (sic).

"Well, I will bring you to your class."

"O.k." Sue and I said.

When we got to class we learned about monkeys and their habitat. Our second class was about multipleing (sic) and dividing fractions and our last class before lunch was library.

At lunch Sue and I got a good table and we had a good lunch until Bob came over and hollered at Sue and me. "You suck!" "You're the worst!" Everyone laughed. We cried but Bob kept calling us names. "Cry babies! Whiners! Tattle tales!"

We ran through the halls to the library. They wouldn't find us here!

When we got home we told my Mom. She asked, "Did you tell someone?"

"No," we said.

We had this talk about what to do when you get bullied. We figured out we would say, "Stop," "that's not okay," or just walk away.

So the next day when it was lunch Sue and I sat down, and when Bob started calling us names we both said "Stop. That's not ok," and from then on out he has never bullied us again!

The End

The Correlation Between Childhood Bullying and Domestic Violence

On a playground, an eight year old torments a classmate while bystanders are paralyzed, afraid to intervene, for fear of becoming the next target. At home a child witnesses verbal or physical abuse and walks on eggshells to avoid becoming a victim. What is the connection? Is there one?

Here at New Hope we understand there are similarities between the child bully on the playground and the adult bully in the home, but might there be a correlation between the two? It is an accepted fact that bullying is about power and control. It is behavior that is repeated over time. It intentionally inflicts injury or discomfort on its victim either through physical contact, through words, or in other less obvious ways. Sound familiar? It should. Domestic violence by definition is itself a pattern of behaviors used to gain and retain power and control of ones intimate partner or family member.

Studies have shown that bullies who are left unchecked will go on to experience legal or criminal troubles as an adult. One study by renowned child psychologist and researcher Dan Olweus and documented in his book *Bullying at school: What we know and what we can do*, indicated that 60% of those who identified as bullies in grades 6-9 had at least one criminal conviction by age 24. It is not difficult to imagine that a child who seeks to gain power and control over his/her peers may grow to think this is acceptable behavior and continue with it into adulthood and using it against his/her relationship partners.

The flip side to all of this of course is the question of why bullying occurs. Could it be in response to what a child is experiencing at home? A child who walks on eggshells at home feeling powerless and ignored trying to remedy that at school by controlling others with behaviors he/she has witnessed? There seems to be no easy answer. Studies have been done with varying results. The most recent, and only U.S. research study on children who witness domestic violence and their involvement in bullying behavior was done by the University of Washington in Seattle and was published in August 2006. In it, researchers found that child witnesses of domestic violence were more likely than their peers to display physically aggressive bullying behaviors. They were also more at risk for depression and anxiety. Interestingly, the study also found that child witnesses were not at greater risk of becoming victimized by their peers. This reinforces the belief that children learn what they see, and in these cases, they were identifying with the bully in their home.

Memorial

One of the ways in which Domestic Violence Awareness Month is being recognized is with a memorial tree lighting in each of the three counties in our service area.

Remember my name

Christopher Spampinato

Age 39 / Wells, Maine

Died January 17, 2009, from burn injuries sustained January 8, 2009.

He was doused with gasoline while he slept in his apartment, and then he and the apartment were set on fire.

His wife, Kimberly Spampinato, is charged with murder and arson.

Joselyn Jones

Age 3 months / Limestone, Maine

Died from head injuries on April 23, 2009.

Her father, Nicklas Jones, 17, is charged with manslaughter.

Robert Morrill

Age 55 / Acton, Maine

Shot to death in front of his house on April 25, 2009.

His 22 year old son, Ross Morrill, is charged with murder.

Belinda Taylor

Age 43 / Westbrook, Maine

Stabbed to death inside her home on April 28, 2009 by her husband, Kenneth Taylor, 45, who then stabbed and killed himself.

Zoe Sarnacki

Age 18 / Portland, Maine

Strangled inside her apartment then set afire on May 12, 2009.

Chad Gurney, 27, is charged with murder and arson.

Michael Devine

Age 12 / Gorham, Maine

Killed by his mother Karen Devine, 41, when she set their vehicle on fire in a gravel pit on August 19, 2009.

Janice McDonald

Age 80 / Monmouth, Maine

Stabbed to death inside her home on August 24, 2009.

Her son, Kenneth McDonald, 43, is charged with murder.

Of the 17 homicides so far in 2009, seven are domestic.

Domestic violence is a crime.

24 hour crisis hotline | 1-800-522-3304

Belfast
111 Church St.

Rockland
93 Park St.

Damariscotta
17 Water St.

Boothbay Harbor
115 Townsend Ave



New Hope for Women is a non-profit organization funded by the Maine State Department of Health and Human Services, United Way of Midcoast Maine, United Way of Eastern Maine, United Mid-Coast Charities, and local donations.

Return Service Requested

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