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Remembering the Council on Sexual Assault and Domestic Violence in your estate plans is a simple way to continue your support of CSADV's mission after your lifetime. Your commitment is a reflection of your values, and ultimately, your legacy. To find out more about how you can help victims of violence for years to come contact CSADV at 712-277-0131.

Summer Roundup

With summer in full swing, CSADV is looking for your help to "roundup" items that can be used for families in shelter during the summer months

-  Movie theater passes
-  Pool passes
-  Miniature golf passes
-  Pizza certificates/Chuckie Cheese Certificates



2010-2011 CSADV Board of Directors

- Ellen Dickey—President
- Harrison Fisher—Immediate Past President
- Dale Tigges—Vice President
- Laurie Mills—Secretary
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Margaret Sanders, Executive Director

July

Council On Sexual Assault & Domestic Violence

2010

Seven Sisters; One Room

My name is Ann Jones, and I am part of "Seven Sisters & Company" (SSC). What is the SSC you ask? Well, we are sisters, 7 of us to be exact, & the 'company' is whoever tags along with us. That's important to know, because it determined how the design process unfolded & also how we got involved with the Room Sponsorship program.

Mary, one of the sisters, is involved in the fundraising committee at the CSADV & was aware of the program. She proposed the idea to us & we loved it! When we were kids, our Mom extended charity to people whenever she had the opportunity. We had people that needed a place to stay in our home often & this seemed like we were carrying on her legacy by offering our services to women & children in need.

Our shared vision & purpose for the room makeover was to create a mood & an atmosphere that would be restful, restorative, and timeless all at once. Pam, another sister, is a gifted artist & she had a vision for the room immediately. She found the 2 beds in a bag and they became our inspiration pieces. Every color choice, design style, & decision had to coordinate with the comforters.

We selected a weekend to do the room & spent the week leading up to that day preparing by procuring all the needed supplies. In order to fully decide the supply list & exactly what needed to be done, we all looked at the room as if WE would be staying there & how would we want it to look if it were in our own homes.

We started at the top of the room & went all the way down. We did lighting, window treatments, window trim & baseboards, paint, & carpet. We made the closet more functional with shelving, a drape to cover the opening, & also put a coat rack on the wall. We also scrubbed the bathroom, did some caulking around the shower, painted it & hung a new shower curtain. We put completely new bedding on both beds including a nice foam topper, mattress pads, sheets, pillows, & comforters.

Pam painted the quote on the wall at the end of the project. Mary sewed the quilt square which is called the 'Seven Sisters' square, in the center of the wall hanging. The carpet was donated from Mozak's & installed by Vicky, a friend of Diann's who is another sister. Diann did a great share of the painting. Lindsey, Pam's daughter spent an evening helping with painting as well. I did the carpentry work.

Did it all go seamlessly? No it did not. We discovered mold behind the old baseboards & behind the vanity. The vanity had to be pulled & replaced so that delayed the completion of the project. There were slight miscommunications that happened along the way, but we worked through them.

To the right is a picture of the 4 of us that were the major on site work team. "The Company" behind the scenes for this particular project involved all of our families. We gave the better part of a weekend to this project & could not have done that without their support.

Dates to Remember

Margaritas, Manicures & Massages:
August 5th (If you are interested in participating or volunteering for these fundraisers, call 277-0131)

October is Domestic Violence Awareness Month.



Looking for ways to help CSADV? Turn to page 2 to learn about how you can become involved with helping those we serve!



Shelter Needs List:

June 21st, 2010

Today we have 18 women and 31 children at the CSADV shelter. During high census our resources are depleted very quickly. Just imagine 49 guests. That's 49 towels, washcloths, pillows. Probably 25 bottles of shampoo and tubes of toothpaste, 20 bars of soap, deodorant, razors. Forty-nine women and children will need to eat here today. They will need milk, bread, eggs and milk. We will need to provide laundry soap for 49. Today some of those women and children will leave, others will come. Please think of this number as you review the needs list:

Bath Towels		Pillows
Toothpaste		Shampoo & Conditioner
Diapers Size 5 & 6		Deodorant
African American Hair Products		Laundry Soap
Walmart & Hy-Vee Gift Cards		Laundry Baskets

Now consider our human resources:

Many of you are familiar with our agency and know that much of the time there is only one staff person available to meet the needs of the shelter clients. Imagine yourself needing to provide emotional and practical support to 49 individuals in crisis. You are handing out supplies, mediating disputes, listening to stories of trauma and abuse, and in general just making sure that everyone's needs-and those of the agency-are being met. That one worker is also answering the crisis line and meeting with individuals who come to the door. And, she is documenting everything that she is doing.

During this time we are asking our volunteers to come in and assist in shelter. Unfortunately our volunteer resources are being taxed as well. Volunteerism began this agency has always been its strength. We are very much in need at this time of Certified Advocates.

A certified Domestic Violence Advocate works with victims of domestic violence by using the following guiding principles for intervention:

1. To increase the victim's and children's safety
2. To respect the authority and autonomy of the adult victim to direct her own life.
3. To hold the perpetrator; not the victim, responsible for the abusive behavior and for stopping the abuse.
4. To maintain confidentiality.

Four primary interventions with victims of Domestic Violence are:

1. Validate the victim's experiences.
2. Build on the victim's strengths.
3. Help the victim to regain control over her own life.
4. Explore the victim's options.

CSADV Certified volunteer advocates help us meet these goals in a variety of ways. They meet with victims at the hospitals to offer support and advocacy, go to court with victims to help obtain protection orders, offer support during divorce and custody hearings. Certified advocates can help facilitate groups with victims and/or the children of victims, answer our 24 hour crisis hot line, spend time in our shelter to help meet victims' needs. There are many areas that certified volunteer advocates can help us in our direct work with victims. By demonstrating their willingness to be with others in times of need, they allow victims the chance to discover that they are not alone.

Classes to become a certified volunteer are forming.

If you are interested in becoming a volunteer, please call 277-0131 and ask for the volunteer coordinator.

Dear Friends.....

This is the time of the year I wonder what can I say that will have an impact to those who read it. As I think about CSADV, I think of our mission. We exist to provide support, advocacy, a safe environment and to provide prevention information. CSADV staff concentrates on providing the best services possible each day for victims of domestic violence and sexual assault. There is no typical day or night.....we respond to who ever calls or comes at whatever time. We never know what they have just experienced.

We work as a team every day and night. But really it is the individual advocate that makes the overall difference to that person and her children who has contacted CSADV. That advocate makes the difference for and on behalf of the victim, the systems we work with as well as the community. With a total of nearly 2,000 unduplicated victims served and more that 12,480 safe shelter nights provided, and over 4,000 crises calls answered.....it does not take long to visualize the overall impact of our services.

However with the current economy and budget cuts I often think what would have happened if we had not been here? What would have happened to the woman who was nearly strangled to death if the shelter had been closed? What would have happened to her children: Who else would have responded to the rape victim at the hospital at 3am; providing emotional support and advocacy to her through the medical exam and police report? This Monday morning we have 15 women and 31 children in shelter, a survivor requesting advocacy at the courthouse, another caller in crisis and yet another comes to the agency because she has no baby formula. Every member of our staff could easily stand up right now and give a dozen examples of lives they have touched in just the last 30 days, a dozen examples of how they wished they could do more. We struggle to meet the increasing demand on our staff, and we wonder....what would have happened if we had not been here?

Lastly we must remember what goals we need to accomplish to assure our services remain available for the years to come. What must we put in motion to assure this is accomplished? Our staff and board work hard on this each year. Yet the struggle to financially maintain let alone enhance services becomes more difficult with declining federal, state and local revenue. We must continue to look and to find ways to replenish our resources. We struggle but we will not give up. It is not for ourselves that we do this work, but for the 2,000 individuals who will seek our services in the upcoming year. For those women and children who need us, we must come together and create a solution. I encourage you to remain with me determined to rise above the struggle and to generate financial resources.

Margaret Sanders

Executive Director

GOLF FUNDRAISER A SUCCESS!

The 25th Annual Terra/CF Industries Charity Golf Classic was held on June 7th, 2010. 262 golfers filled two of Siouxland's premier golf courses: the Sioux City Country Club and the Dakota Dunes Country Club. A banquet and awards ceremony at the Marina Inn completed the day's events.

The Golf Classic is a joint benefit for CSADV, Boys & Girls Home and the Ronald McDonald House. Proceeds from the golf Classic were split between the three agencies.



The money raised will go a long way in helping us achieve our mission of providing advocacy and services to all Siouxlanders who have experienced sexual assault and domestic violence.

Thank you Terra for including us in this event each year. You should be proud of what you have accomplished over the twenty five years.

A special thanks to all of our volunteers who gave of their time to make the tournament such a success, and to anyone who participated as a golfer or a sponsor.

4th Annual

Margaritas
Manicures
Massages

Thursday August 5th

5:00-8:30

New Location

Sioux City Convention Center!!!

Call 277-0131 for
ticket orders/information
Don't delay! We sell out every year!