



Council on Sexual Assault & Domestic Violence Inc.
P.O. Box 1565
Sioux City, IA 51102

Crisis Line 258-7233
1-800-982-7233
LeMars (712)546-6764
www.safefromabuse.com

Council on Sexual Assault & Domestic Violence



2010 Newsletter

Season Of Giving Thanks

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.

Help CSADV provide holiday gifts for victims

Where are you celebrating the holidays this year? There are women and children who will be celebrating in shelter at the Council on Sexual Assault and Domestic Violence. Every year CSADV gathers gifts for our clients. Last year we provided 57 families with Christmas gifts. In addition to gifts, several food baskets were also distributed during the holiday season. If you wish to donate gifts, wrapping paper or tape, adopt a family for Christmas or bring in food for the food baskets you can call 258-7233.

Gifts can be for anyone—infants, toddlers, and school aged kids. And don't forget the teenagers and Mom. They are often the hardest to find the right gift.



Food baskets can contain canned vegetables, canned meats, canned fruit, 1-box meals, hot/cold cereal, juice, powdered milk and other non-perishable food items.

In Plymouth County, in addition to the gift and food basket needs, volunteers are needed the first week of December to help wrap and distribute gifts. Please contact Cathy at 712-546-6764 if you can help in Plymouth County.

Whether it is with time, gifts or food, CSADV appreciates your help in providing happier holidays for the families we serve.

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Margaret Sanders, Executive Director

What are you thankful for? Are you thankful that you have a roof over your head, your health, good relationships with family and friends?

At the Council on Sexual Assault and Domestic Violence we are thankful for you. We are thankful that over the past year you helped us provide a safe place for 328 women and 331 children. We are thankful that you helped us be able to answer over 3200 crisis calls. We are thankful that you volunteered over 6,000 hours to helping victims in need.

Wondering how you helped? If you and/or your organization made any monetary donations

this past year, you helped us keep our doors open to provide safe shelter; you helped us give many presentations throughout our service area including 550 presentations to 5,280 students; your dollars allowed us to provide over 9,167 nights of shelter to women and children who would otherwise be on the streets or remain in their unsafe situation.

If you volunteered your time, you helped answer crisis calls and pager calls; you may have helped organize information packets that are distributed to each client—helping her greatly along her journey to self-sufficiency. You may have

helped organize a fundraiser which raised dollars and awareness of CSADV throughout the community.

CSADV could not do the much needed work in the community without you! We thank you for your monetary donations, we thank you for donations of basic household items, toiletries, clothing, etc.; we thank you for donating your time by volunteering. We know we could not accomplish these great works without YOU.

Thank you for your time, talent and treasure. We greatly appreciate your continued support and involvement in CSADV. You truly do help us accomplish our goals in the community.

Agency Wish List

- *Hy-Vee/Walmart/Fareway Gift & Gas Cards
- *Canned food & Coffee
- *Bleach
- *Diapers (size 5&6)
- *Sanitizing wipes
- *Alarm Clocks



- *Holiday gift wrap & tape
- *Holiday presents for clients
- *Conditioner
- *Paper Products
- *Sponsors of Nights of Shelter
- *Orders for Poinsettias

HAVE YOU ORDERED YOUR POINSETTIA?

PLACE YOUR ORDER SOON! TO ENSURE THE COLOR & SIZE YOU WANT IS AVAILABLE.

**Call: 712-277-0131 or order from our website
www.safefromabuse.com**



The Holiday season is fast approaching and due to lack of space, CSADV will not be able to accept used donations from November 1, 2010 through January 14, 2011. CSADV appreciates that you think of us but, we will only be able to give new items to our clients as holiday gifts. Food donations are always welcome as well as wrapping paper and tape. We appreciate your understanding and continued support.

Help provide a night of shelter this holiday season

As you know, in the past year CSADV provided safe shelter to 328 women and 333 children. That is 9,167 nights of shelter! For an estimated \$12.50 per night, we provided not only a safe and comfortable place to sleep, but much more than that. At the CSADV shelter, we provide everything an individual may need during their stay. Clients are able to do their laundry, make phone calls and connect with other women sharing their same concerns. Depending on our census, shelter residents either prepare meals individually for their family or oftentimes the whole group will sit down for a meal together, as our dining room seats forty. We have been a little bit over that number at times, especially this past summer, but we have always accommodated everyone.

CSADV has a spacious and comfortable living area, where residents relax to watch tv, visit and have evening group. Our children's room has its own TV so kids can play or watch their own shows. They even have a Wii to check out, along with plenty of age-appropriate games, thanks to a donation from a group of youth from East High School in Sioux City and a Ronald McDonald grant.

Also while women are in shelter they receive individual and group counseling, case management and 24-hour access to our staff. So, it is "shelter", it is community living, our clients would much rather be safe and secure in their own homes, but at least while they have to be here we are able to show them the dignity and respect they very much deserve.

We urge you as you consider your holiday blessings to consider helping to provide some nights of shelter. There are many in our community who have few blessings to count, those are the challenges from violence endured have overwhelmed them. Please help CSADV help others. Thank you! May holiday blessings be yours!

Margaret Sanders
Executive Director

CSADV Holds Vigil in Remembrance of Domestic Violence Victims

Domestic Violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return. It is estimated that approximately 3 million incidents of domestic violence are reported each year in the United States.

Since 1995, 216 Iowans have been murdered in acts of domestic violence. In the last year there have been 16.

Leaving can be the most dangerous time in an abusive relationship. Several of the victims this past year had ended the relationship. Two of the perpetrators had court orders barring them from contacting their victims.

Over 50 people attended this year's annual vigil on October 14th. The vigil is held each year during domestic violence awareness month to mourn the victims, celebrate the survivors and bring together those who work to end the violence. This year's event was held at the Wilbur Aalfs Library in the Gleeson Room. We were pleased to have members of the Sioux City Police Department, students and other community members hold candles in a ceremony honoring the 16 Iowans killed in domestic abuse homicides in this past year.

This year's vigil also featured a survivor's story, and the CSADV "Clothesline Project"—t-shirts designed by CSADV clients to bring awareness of the impact domestic violence has in our families and our communities. The Clothesline Project is available for public displays. To arrange a display, contact Deb at 277-0131.



Domestic violence is a deadly crime that creates a painful void – a permanent empty place at the table – for families whose loved ones were killed at the hands of abusers. A unique exhibit captures this reality and offers a reminder of the lethality of domestic violence. This year to recognize the damage that domestic violence causes, CSADV did the "Empty Place At The Table" display at Southern Hills Mall. This unique exhibit captures the reality and offers a reminder of the lethality of domestic violence.

LOCAL MEN SPORT RED PUMPS FOR DOMESTIC VIOLENCE AWARENESS

The 2nd Annual Walk a Mile in Her shoes was held at Mr. Ps Bar and Grill in LeMars on Thursday Oct. 14th. This event is sponsored by Beta Sigma Phi and Jan Wagner Real Estate. 16 Plymouth County men coming from "all walks of life" donned red high heeled shoes in recognition of the role of men in the work to end violence against women. It was a great time for all who attended. Some of the guests enjoyed a little tableside singing by several of the men. "This is a great opportunity for men to get involved to help end violence against women" said Randy Luschen of Merrill. Steve Schilmoeller commented "now I know how uncomfortable wearing these shoes can feel" as he squeezed his feet in to his red heels, a symbol of what women experience. Nearly \$400.00 was raised by attendees giving "tips" for CSADV. Funds will be used to maintain outreach services in Plymouth County. Joe Sitzmann, owner of Mr. Ps, joined in the wearing of the red shoes and commented he felt this was something he could do to help raise awareness and funds for CSADV. Prior to the event several of the men participated in the Homecoming parades and served coffee at the LeMars Kiwanis meeting. We had participants from bikers to bankers, farmers and business men, county and city government leaders What a fun event to raise awareness about a very serious issue. We are already looking forward to next year.

Below: Local community leaders trying on their red pumps stop for a smile.



It's someone you know.

I can help provide nights of shelter—

Name(s): _____ Phone # _____

Address: _____ (Using credit card? Provide physical address.)

Enclosed is my/our gift of...(Checks payable to CSADV)

_____ \$1000.00 to sponsor a family of 3 for 30 nights in shelter

_____ \$500.00 to sponsor a mother and child 20 nights in shelter

_____ \$350.00 to sponsor a mother and child 14 nights in shelter

_____ \$150.00 to sponsor one woman 12 nights in shelter

_____ \$50.00 to sponsor a mother and one child for 2 nights in shelter

_____ \$25.00 to sponsor a woman 2 nights in shelter

_____ I/We pledge \$ _____ per month. Please send an invoice.

_____ Donation of any amount is appreciated. Please charge my _____ MC _____ Visa _____ American Express

Please accept my gift in memory/honor of: _____

Send acknowledgement to the following address: Card #: _____ Exp. Date: _____

_____ Signature: _____

Mail to: CSADV, PO Box 1565, Sioux City, IA, 51102-1565 or Call 712-277-0131

