

eliminating racism empowering women

august 2009 ywca sonoma county

ywca

Thank you, donors & volunteers!

From the Executive Director

The YWCA Sonoma County's fiscal year ended on June 30th. As I look back at this last year, I am overwhelmed by the level of support from our community. Even though we experienced a dramatic cut in funding from the State and County, we ended the year "in the black" and have just approved a budget that projects the same for this coming year. We could not have done this without the financial support of people like you.

The reality is that when the economy is in crisis, as it has been and will continue to be for some time to come, reports of domestic violence skyrocket. This means that while funding for our services is decreasing, the need for our services is increasing... a horrible dilemma, and one that you help us face with your support.

So this letter is a thank you letter. Thank you for helping the YWCA Sonoma County continue to provide the life saving and life changing services it does. Domestic violence is a problem that impacts our entire community and the YWCA Sonoma County is proud to be the "go-to" agency for law enforcement, schools, churches and businesses when they need to know what to do. As I recently told a community group, "Domestic violence is not something that people want to talk about and they certainly don't want to deal with it. Fortunately, the YWCA is there to fill that need." As supporters of the YWCA, you stand next to us in those trenches... and for that we're very grateful.

Denise Frey, Executive Director and CEO

Acknowledgments

Thank you, Junior League of Napa/Sonoma for your support of our preschool.

Thank you, Soroptomist Groups of Santa Rosa, Healdsburg and Windsor, for your work on our Safe House.

Thank you, Dutcher Crossing Winery, for your support of our Women, Wine & Cheese event.

Thank you, G&G Supermarkets, for your support of our Women, Wine & Cheese event.

Thank you, Fairmont Sonoma Mission Inn for your support and passion for our Women, Wine & Cheese event.

Thank you, Robert Mondavi Winery, Franciscan Estate, Simi Winery, Clos du Bois Winery, Ravenswood Winery, Wild Horse Winery & Vineyards, and Estancia, for your support of Women, Wine & Cheese.



As part of Medtronic's Project 6, a company-wide day of volunteerism, a few dozen employees gave of their time and energy to make our Preschool shine. The Medtronic employees arrived with smiles and energy to rake leaves, pull weeds, mow the lawn, and paint the shed and fences! They even brought their Happy Heart mascot to the school to promote healthy eating habits. The kids had a ball—thank you, Medtronic!

Electronic newsletters

Our next 3 newsletters will be e-newsletters! To ensure you receive them, please email Kristi at ywca-evt@sonic.net with your email address, or call her at 303-8413. We want you to stay involved and aware of what we're doing to impact our community.

You can make a difference!

- Make a donation
- Ask your business to sponsor an event
- Underwrite materials and supplies that we need to put on our events, like ribbon pins for October's Domestic Violence Awareness Month, or the tables, tents, chairs and signs for our Walk on October 24
- Join a committee: we have 3 events that need leadership and volunteers in order to be successful and raise much needed funds
- Volunteer: tasks include prep, service and clean up of the meals at the preschool, facility, lawn and garden care, too.

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ywca programs

The YWCA provides a secure environment in which women and children who have experienced abuse and/or domestic violence can heal, become self-sufficient and return productively to the community.

Carrie's Story of Success

I have been married for 7 years. During this marriage I have been emotionally and financially abused. A family member told me about the YWCA Safe House. I called and completed an intake over the phone for the shelter. I wasn't sure if this was something that I wanted to participate in but I really had no where else to go. I decided to give the shelter program a try. I believe this was the best decision I have made.

I have learned to not minimize the verbal and financial abuse that I have endured, and I am striving to be even more sensitive to my daughter's feelings and behaviors. I appreciate my Advocate's input and experience, her compassion, gentleness and sincerity of caring has helped me move forward.

I am looking forward to start my life over. I do have an Associates Degree and I am going to return to college to earn a degree. I believe with the continue support from the YWCA, by participating in the Adobe After Care Program I will be able to accomplish my goals and be self-sufficient.

Volunteer Training

Get involved! Volunteers needed:

- 40-hour training & Certificate
- Domestic Violence Education
- Cultural Awareness/Sensitivity
- Victim Advocacy
- Domestic violence and Children
- Legal Issues

September 15—October 29, 2009
Tuesdays and Thursdays, 5-9pm

For more information contact Donata Bohanec, Volunteer Coordinator at 707-303-8401, or email her at ywca-vol@sonic.net.

Safe House/Adobe Program

The YWCA's Safe House provides refuge to abused women and their children. The Safe House is an eight-week program in a secure environment designed to assure women that there are people who care about their well-being, and agencies and resources that will assist them in changing their lives.

Our two-year Adobe Program helps women to become and remain self-reliant. Over a 24-month period, YWCA counselors meet with and provide ongoing support for clients by partnering with community agencies and businesses to help them with housing, jobs, financial planning, child care, school re-entry, and parenting issues.

A Special Place Therapeutic Preschool

A Special Place is the only therapeutic preschool in Sonoma County. We serve families referred to us by Child Protective Services (CPS) or otherwise identified as "at-risk" of abuse, neglect, or exploitation.

In addition to the art/play therapy portion of our program, we offer a full preschool program that helps children learn the skills necessary for kindergarten readiness. We recognize that parents/guardians are a child's primary teacher, and understand that children cannot reach their full potential if they don't have a healthy home. To help parents provide the best possible environment for their family, we provide various support services, resources and referrals, parent/teacher conferences, parent education meetings/support group, and opportunities to "practice" healthy parenting in our classroom alongside our highly skilled teachers.

Volunteer opportunities at the Preschool include yardwork, garden maintenance, building bookshelves, painting and general clean up. Can you help? Call 303-8401.

Community Outreach

Support Groups

These groups are designed for women who have left abusive environments but have their own housing arrangements, as well as for women who have not left. Participants receive support, education and confidence that enable them to break the cycle of violence.

Individual Therapy

Women and children who are experiencing abuse in their relationships can work with our therapists for short-term crisis counseling.

YWCA Advocates

These specially trained helpers work onsite with law enforcement agencies throughout Sonoma County and with social service programs. The advocates then contact each victim or applicant to advise her/him of the available resources.

24-Hour Hotline

This telephone service provides education about the range of available services, counseling and emergency transportation to a safe location.

Legal Assistance

The YWCA helps those in crisis by providing free legal support to victims of domestic violence and their families. A legal services coordinator is available to provide assistance, guidance and navigation through the complex legal system.

Education and Outreach

YWCA staff and volunteers visit schools to educate students about healthy dating and abuse issues. We talk with health care providers about our services, so they know how and where to refer patients. We give presentations for civic organizations, social clubs, and churches to let community members know about the seriousness of the domestic violence problem in Sonoma County.

feature article

We are constantly reminded about the need for domestic violence services. The reminders come in the stories of abuse and death, and in the success of breaking the cycle of violence.

in memory

In memory of Robin Jenkins

Having spent most of her life in Santa Rosa, Robin was a 1982 graduate of Montgomery High School. Robin loved to sing, and her spirit and voice were an inspiration to many people. If there was a dull moment in any gathering, Robin could be counted on to liven it up. "Rockin' Robin" was a familiar part of the Sonoma County music scene for many years. She had moved to Las Vegas last year and was establishing herself there. The grief caused by her tragic death, yet another instance in the domestic violence epidemic, is softened by knowing that she had lived every minute to the hilt.

Robin Lesley Jenkins was found stabbed to death by her boyfriend in her home on May 10 in Las Vegas.

Her father, Vic Jenkins, a former Montgomery High School teacher, shared with the YWCA that domestic violence is particularly personal to him. While at the high school, he coordinated the peer counseling program, which emphasized non-violent communication, a key to preventing domestic violence.

Robin's celebration of life was June 6 in Vacaville, where her father and his wife now live. The family requested donations be made to the YWCA Sonoma County in lieu of flowers, to help us promote our message of non-violence and provide support services for those in abusive relationships.



Robin Jenkins

Together we can change tomorrow's statistics.

You can make a difference!

You can support the YWCA in a variety of ways. We have many ongoing volunteer projects in need of bodies and time.

- **Make a donation**—monetary donations are the best way to insure that we are able to support our programs. We also accept goods & services.
- **Human Race**—adopt us as your charity!
- **Corporate donation**—we will hang your banner at an upcoming event or use your company logo in marketing and collateral materials.
- **Sponsor an event**—what a great way to get involved and show the community how your business supports Sonoma County residents. Be a part of this relationship as we let everyone know of the services available to women and their children who are threatened by domestic violence.
- **Join a committee**—we need your leadership for our fundraising events!

10 Tips for Expressing Healthy Anger

- 1—Feeling angry is good. Anger tells us something is wrong. Using violence or abusive language are never acceptable ways of coping with anger.
- 2—Instead of giving time outs, take one yourself.
- 3—Use this time to talk yourself down from hostile feelings and urges.
- 4—Don't blame others for the fact that you are feeling angry. Take 100% responsibility for your own thoughts, feelings and urges.
- 5—Play detective with yourself. Hurts, fears and vulnerability often hide beneath anger.
- 6—Consider the consequences, to you and others, for your choice of words and actions. Consequences come now or they come later, but they always show up!
- 7—Be specific and talk about the 'real' problem.
- 8—Avoid the tug of war—your way/their way. Instead use everyone's creativity to find a solution that will work.
- 9—Maintain your dignity; help others keep theirs.
- 10—Be fair. Be generous.

events & getting involved



Cara Peck of Wells Fargo bidding on a wine lot



The crowd joining auctioneer and winemaker Daryl Groom's Aussie chant (Groom Wines)

Bring the mission and the programs of the YWCA to the community by supporting one of our three events.

Women, Wine & Cheese—success!

Thank you to all who came out to support our fantastic Women, Wine & Cheese event on May 1, 2009. We couldn't have done this without you! We were hoping to raise \$70,000 and we were blown away when we raised over \$140,000! Thank you to the Fairmont Sonoma Mission Inn for the first-class treatment!

Thank you to our sponsors!

- Fairmont Sonoma Mission Inn & Spa
- Constellation Wines
- Sutter Medical Foundation North Bay
- La Tortilla Factory
- Clover Stornetta Farms
- First Community Bank
- North Coast Builders Exchange
- Wells Fargo Advisors

This amazing event featured women cheesemakers at the reception, and each luncheon table was hosted by a woman winemaker. Our award-winning video "Hope Lives" played after lunch and was followed by a wildly successful live auction. Thank you to all who supported the event and the YWCA.

A very special thank you to our engaging emcee, local personality Ziggy the Wine Gal, and to our lively auctioneer, Daryl Groom of Groom Wines.

Visit our blog at www.ywca.org/sonomacounty for more photos.

Save the date—May 14, 2010! We are busy planning next year's event already and can't wait to see you there.

Call now for sponsorship opportunities, table sales or ticket sales! 303-8413

You can support Women, Wine & Cheese!

- Have your business be a sponsor
- Buy a table of 10 for you and your friends
- Bid on a live auction lot
- Spread the word!

Bike Ride on August 30—it's not too late!

Due to extenuating circumstances, we will not be having our annual Break the Cycle Bike Ride this year. But a cycling and training group, Jill B Nimble, has heard of our plight and is offering to partner with us this year so our riders won't lose momentum. The YWCA will receive a portion of the proceeds any 100% of any online donations made on our website.

The event will be held on Sunday, August 30, at Pioneer Park in Calistoga. It is a 55-mile, non-competitive ride for intermediate riders. Please visit www.jillbnimble.com. If you're interested in asking people to sponsor you, please visit www.ywca.org/sonoma county to sign up. We hope to see you there!

October is Domestic Violence Awareness Month

Domestic Violence Awareness Month is a sweeping national movement that works to bring domestic violence and its prevention to the front of public debate.

Every October, hundreds of activities are planned across the country. National, state-wide and community-based domestic violence prevention and victim service organizations around the nation mark Domestic Violence Awareness Month with recognition ceremonies, memorial activities, public education campaigns, community outreach events, news conferences and much more.

Look for Week Without Violence to have its own local activities as well, October 19-24, ending with a Walk around Spring Lake on the 24th. Visit www.ywca.org/sonomacounty for more information.

You can support DVAM!

- Become a sponsor and help us cover costs related to putting on DVAM
- Volunteer at the Walk on Oct 24
- Make a donation in a loved one's name

Support our community partners in their events benefiting the YWCA!

Women's Equality Day, Aug 25

Tuesday, August 25 at Paradise Ridge Winery, 5-7pm. Celebrating the day women were given the right to vote! In partnership with the National Women's History Project; www.ywca.org/sonomacounty for info.

Martial Arts Workshops, Sept 18-

20 First annual in Santa Rosa! For men, women and children ages 13+. Come for interactive, specialized workshops by senior members of the martial arts community. Contact Dr. Dave Crouch, DC at 707.478.9870, or email him at santarosakenpo@yahoo.com; visit www.kenpo-ohana.com for more info.

Masquerade Ball, Oct. 31

The Showcase Gallery in Glen Ellen. Meet Linus Maurer, Charles Schulz's friend and character inspiration. Live auction proceeds benefit YWCA. Jeannie Fitzsimmons at 935-3513 or email her at showcasegallery@att.net.