



# The Voice

A publication by Voices Against Violence



Issue 17

Quarterly Newsletter

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## Words from a Survivor...

Voices Against Violence held our Clothesline Project display on Plymouth's Town Common as part of Domestic Violence Awareness Month. Following the Clothesline Project, we held our annual Candlelight Vigil to remember those who lost their lives in the past year due to domestic violence. During the vigil an advocate read a letter a previous client wished to share. She spoke about when she was first introduced to domestic violence at the age of 15 and how she knew of no resources since domestic violence is most commonly kept as a secret. She continues to say...

"Before I was abused, like most people un-effected by abuse, I didn't understand how someone abused could stay in a relationship and continue to be abused. What most people don't understand is that domestic violence feeds off of fear and emotions caused by an imbalance of power. Loving your abuser and hoping and praying that he will change and the abuse will stop becomes part of your daily routine. Fearing him and the unknown is also something that keeps you in your situation. Leaving isn't easy!"

In New Hampshire one in three women are a victim of a physical assault by an intimate partner. Though domestic violence is prevalent, even in our small rural community, across the country and the world, it stands as one of the most unreported crimes. There are many reasons why "just getting up and leaving" proves to be more challenging than most of our populations want to believe. Many victims fear no one will believe them,



*Shirt made by a local survivor for Voices Against Violence Clothesline Project*

there is no help for them, or they will be blamed for the abuse (even by family and friends). They fear they will lose their job, their family, their home, or even worse- their abuser will follow through with his or her threats to harm or even kill them, their kids, family member, friends or even their pets. People who are suffering through domestic violence face enough challenges, being believed should not be one of them. In her story, the survivor wrote about how the community can have an impact on a victim reaching out for help.

"Every time a blind eye is turned to a black eye, we make it easier for the abuser to get away with it. The beginning of the end to domestic violence is education to the community that domestic violence is a serious crime and should be treated as such and educating victims that there is support out here and they don't have to stay. Reaching out for help is scary to those who don't know that support is just

a phone call away."

You do not need to be a trained domestic violence advocate to offer support and a listening ear to people who are reaching out.

"I didn't know that there would be this much support for me when I left. Victims need to know people will listen, believe them, and offer whatever they can do to help. It is only with strong community support that we are able to help the many victims in our area and end the cycle of violence."

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## Grafton County Help Us Say:



Join Voices Against Violence, as well as The New Hampshire Coalition Against Domestic and Sexual Violence, as we stand behind the new No More Campaign. The No More Campaign is the first nationwide symbol to shine the spotlight on this devastating national issue.

NO MORE was created by 50 individuals from many different backgrounds who were frustrated by the fact that even though domestic violence and sexual assault are devastatingly pervasive and widespread— impacting rich, poor, young, old, male, female, white, brown, black, from every region and religion— they aren't a priority in this country. This campaign, as well as VAV and The Coalition, ask that we all stand up and say No More.

To find out more about this national effort visit their website at [www.nomore.org](http://www.nomore.org) and like them on Facebook at [NoMore.org](https://www.facebook.com/NoMore.org).

## NH Coalition Celebrates 35 Years of Advocacy!

We would like to take time to recognize the milestone New Hampshire has reached in the goal to end domestic and sexual violence. 35 years ago, in June of 1977, a group of women from across NH gathered together to address the issue of abuse that was affecting so many members of their families and communities. This determined group of women formed the New Hampshire Coalition on Battered Women, which later became The New Hampshire Coalition Against Domestic and Sexual Violence.

Now made up of a 14 independent, statewide network of crisis centers, with trained staff and shelters, The Coalition still keeps their grassroots goal. The Coalition continues in ongoing work to educate and promote social change by holding societal systems accountable for their responses to domestic and sexual violence and stalking.

Just goes to show how a group of compassionate and dedicated people can change a community, a state, a nation, and the world. We still have a ways to go to reach our goal of ending domestic and sexual violence as well as stalking, but we will keep moving forward, with our progress as a reminder.

## *A Special Thanks To...*

- **Our local restaurants who participated in our Dine Out Fundraiser:**

Annie's Overflow	Main St. Station
Common Man Inn	Thai Smile
Fugaky	Plain Jane's Dinner
George's Seafood	The Homestead
Hong Kong Garden	Kathleen's Cottage
Italian Farmhouse	Sunset Grille
Lucky Dog	Squam Lake Inn
- **Manny's Downtown Pizza and Plymouth House of Pizza for participating in our Pizza Night fundraisers!**
- **Plymouth State University's S.A.G.E. Center & Wellness Center for putting on the annual March Against Violence!**
- **True Colors for their generous donation and designing our new outreach display!**
- **Everyone who took the time to vote during the Grappone Cares Contest!**

## Attention!

### *The Voice is Going Viral!*

Due to Voices Against Violence's efforts to become more green and cost efficient we will be moving our quarterly newsletter to our website: [www.voicesagainstviolence.net](http://www.voicesagainstviolence.net), as well as posting it on our Facebook page: **Voices Against Violence** starting with our next issue. Due to recent budget cuts we have needed to make some adjustments and since our newsletter demands an extraordinary amount of paper and ink, we decided to start here. Not only will this help our budget, but it will be yet another step for our agency in becoming more environmentally friendly. We would be more than happy to personally email you our newsletter if you desire. Simply email us at the email address below to let us know and we will put you on our newsletter emailing list. We can continue to mail a hard copy of the newsletter to you if you wish. Thank you for your cooperation and please feel free to call our main office at 536-5999 if you have any questions or concerns.

To tell us you'd prefer an email newsletter, email us at: [voicesagainstviolence@gmail.com](mailto:voicesagainstviolence@gmail.com)

### Thank You to Our Recent Donors

David & Widge Kent	David Lockwood
Angela Uhlman	Rockyworld Deephaven
Jeannene Rawlsky	Camps
Nancy Aldrich	Thoman Garesche
Veronica Barton	Jeannette Bilodeau & Liz Ahl
Common Man Inn & Spa	Matthew Cheney
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Plymouth United Methodist	Mark W. Richardson
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Noyes Insurance	David Brody
	Robert Naser
	Arline Bowens
	Kathleen Mackay & Cameron Sanders
	Ray Dutton

## Antiques = Assistance

Proceeds Benefit Voices Against Violence



Donating your old coins, jewelry, ephemera, antiques and collectibles is one more way that you can assist us in our mission and our continual work to one day end domestic violence.



Please call us at 536-5999  
We will pick up your donations!



### Shelter and Client Needs

#### Wish List

- Winter items: sleds, snow shoes, and ice skates
- Furniture for recent residents moving out
- Kitchen washcloths
- Printer paper
- Microwave stand
- Table lamps
- Large and medium throw rugs
- Full length mirrors
- Garment rack for hanging clothes
- Step stools (for children)
- 2 new infant car seats
- All baby products: diapers (size 4), wet wipes, baby shampoos, baby lotions, baby powder, diaper rash ointment, infant formula
- Gift certificates to Staples (office supplies are something we need to pay for, and that is money we would rather spend on clients than on paper and ink cartridges)
- Gift Certificates to Hannaford's, WalMart, and other local stores
- Hygiene products: deodorant, razors, 12oz (or more) shampoo, conditioner, and lotion.
- Passes for local events, outing, activities....
  - \* Jazzercise
  - \* Clark's Trading Post
  - \* Whales Tale
  - \* Lost River
  - \* Polar Caves
  - \* Silver Center For The Arts- Productions
  - \* Passes to movies (The Flying Monkey)

To donate any of these items, please call 536-5999

To make a monetary gift to Voices Against Violence, please visit: [www.voicesagainstviolence.net](http://www.voicesagainstviolence.net)

All donations are tax deductible

# Voices Against Violence

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[www.voicesagainstviolence.net](http://www.voicesagainstviolence.net)

[www.facebook.com/](http://www.facebook.com/)



Reaching Out  
Speaking Out

Since 1981 Voices Against Violence has been reaching out to and supporting victims and survivors of domestic violence, sexual violence, and stalking. Our advocates provide understanding, information, and support to victims, survivors, and non-offending family and friends. Our services include a 24-hour Crisis Line, Court Advocacy, Police and Hospital Accompaniment, Systems Advocacy, Emergency Shelter, Support Groups, and Education and Outreach. Domestic and sexual violence can take many forms including physical abuse, mental abuse, sexual assault, verbal threatening, and name calling. It can affect anyone at any time: friends, co-workers, relatives, children, teens, men, and women. By acknowledging the existence of domestic and sexual violence and stalking in our communities, we can raise awareness of the problem and enable both victims and witnesses to take action and break the cycle of violence.

Free and Confidential

24 hours a day, 7 days a week