



# The Voice

A publication by Voices Against Violence



Issue 21

Newsletter

Spring 2015



## The History of Sexual Assault Awareness Month:

Sexual Assault Awareness Month began in the late 1970's by Women in England as a result of the violence they encountered as they walked the streets at night. These women started marches called "Take Back The Night" to raise awareness. In 1978 the first U.S. events were held in San Francisco and NYC. In the late 1980's the National Coalition Against Sexual Assault selected a week in April to be Sexual Assault Awareness Week. As the awareness grew, so did the events and by the late 1990's an entire month was dedicated to Sexual Assault Awareness. On April 1, 2001 the first nationally recognized Sexual Assault Awareness Month began. About this same time, teal was chosen as the official color and ribbons began to be used to help spread awareness. Throughout the years, S.A.A.M has had various campaign slogans and focuses. **The 2015 slogan is, "It's Time to Act".**

## Upcoming Events:

### April 9 & 10: T-shirt Making:

Thursday 10-2, Friday 10-12  
T-shirt making for the Clothesline Project in the HUB at PSU

### April 11: Clothesline Project

Plymouth Town Common  
10:00am-2:00pm

### April 17: Dancing With The Stars

Plymouth Regional High School Auditorium 7:00pm

### April 29: Denim Day

Businesses and community members are invited to wear jeans to raise awareness for sexual assault

[ddusa.peaceoverviolence.org/about/history](http://ddusa.peaceoverviolence.org/about/history)

## Dancing With The Stars:

Dancing with the Community Stars Plymouth 2015 is going to be a great show! It will be held on Friday, April 17 at 7:00 p.m. at the Plymouth Regional High School Auditorium. Tickets are on sale at M n M Scoops, the UPS Store, and Voices Against Violence and are \$12 per ticket. The audience will vote for their favorite dancers for just \$1 per vote! Come out and enjoy this wonderful event!

### Professionals:

Chris Dunstan  
Amanda Whitworth  
Ann McClellan  
Stephen Lathrop  
Kristen Jones  
Jake Pleadwell  
Evan Grande

### Stars:

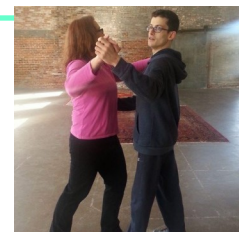
Kelly Legacy  
Sean Smarz  
Jeff Furlone  
Kayla Roper  
William VanBennekum  
Katelyn Albiston  
Judy Smith

### Judges:

Joe Dodge  
Jen Leonzi

### MC's:

Danee Morrison  
Maryann Barnsley



## Inside this Issue

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- S.A.A.M Events
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## ***A Day in the Life:***

*Imagine a life where you have to pack few belongings and flee because the person you were in love with hurt you and you knew if you didn't leave your life and the lives of your children were in danger. You know that he won't stop because he feels entitled to hurt you and has threatened to kill you, your children, and himself if you ever call for help. You know that he will call all your friends and family while searching for you, so you are unsure of what to do and where to go. You have limited resources available to you. The responding police officer has given you the phone number for the local crisis center and you call them. They help you find a safe place for you and your children to escape the danger- a confidential shelter.*

Voices Against Violence operates a confidential shelter for women and children domestic violence and sexual assault victims that are fleeing from abuse and seeking a temporary safe place. Not only does our shelter provide safety and security, Voices staff will work hard to help break down the barriers that stand in the way of a client's independence. An average length of stay is 9 months, during which time survivors are making community connections, securing resources, and helping their children succeed in a new school. Our shelter provides safety while transitioning to a violence free life. This allows time to recover and rebuild their lives. We offer support and referrals to local, state, and federal programs. While in our shelter, residents may attend support groups, counseling, receive housing assistance, employment assistance, access legal services, and receive education of the effects of trauma, how violence affects children, and healthy relationships.

Over the years, Voices has transitioned from being a rule-based shelter to an empowerment based program. We help women to identify goals and barriers, then support their choices while striving for success. The rules we do have are all based on safety, while assuring that they don't mirror an abuser's control. Additionally, we aim to provide safe housing that feels like a home environment. Over the last 5 years, we have made efforts to update the building through a variety of improvements. Some of these include conducting an energy audit, fencing and roof repairs, window replacements, painting all rooms, and installing new security cameras. Also, through generous donations we have received a new washing machine, refrigerator and new linoleum for the kitchen and laundry areas. Thank you to all who have helped us to accomplish these great enhancements!!

### ***Wish List***

- Laundry Detergent
- Toilet Paper
- Dish Soap
- Pots and Pans
- Metal Baking Sheets
- Cereal Bowls
- Gas Cards
- Diapers size 1-5
- Full Sized Coffee Machine
- 30 Gallon Trash Bags
- Office stationary/supplies
- Prepaid laundry cards to local Laundromats
- Gift Certificates: Hannafords/Walmart/Staples
- \*For health reasons we are no longer able to accept used stuffed toys or used kids toys

## Thank You to Our Donors & Partners:

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 John & Evelyn Larch  
 John Noyes & Rebecca Holm  
 Samuel & Barbara Lavarack  
 The Manor on Golden Pond  
 Board of Commissioners Plymouth Fugaky  
 Walter's Basin  
 Plymouth Congregational Church  
 Noyes Insurance Agency  
 The Country Cow Restaurant  
 Thai Smile  
 Lucky Dog Tavern & Grille

Verizon Wireless  
 Annie's Overflow  
 Woodstock Police Department  
 Town of Hebron  
 Sunset Grill  
 Stoppe Management  
 Town of Campton  
 Plymouth State University  
 Granite United Way  
 Plymouth Rotary Club  
 Angela's Cut Above  
 The Panther Pub  
 The Town of Bristol  
 HelloSwan, LLC  
 M N M Scoops  
 United Way of Rhode Island  
 Grafton County Human Services  
 The Inn on Newfound Lake  
 Uncle Steve Band  
 Quilters of the Church of the Holy Spirit  
 Poulous Insurance  
 Ragged Mountain Ski Area

Our list of business partners is growing and we can't thank businesses enough for helping to work toward a violence free community!

**KTM Auto** has been supportive of Voices quietly for years and we are happy to officially join forces with them as our newest visionary partner. Thank you KTM!

**The Lucky Dog** was our first visionary partner and remains an active supporter. Our other wonderful partners include: **Annie's Overflow, Abenaki Farm, M N M Scoops, and Melcher-Prescott Insurance.** Thank you all for your support!

**THANK YOU TO ALL WHO HELPED MAKE OUR 2015 'BOOGIE BUT NO BLUES' WINTER BALL A SUCCESS!**

**To donate any of the items on our wish list, please call:  
536-5999**

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

All donations are tax deductible

# Voices Against Violence

PO Box 53  
Plymouth, NH 03264

**Office Phone:**

**1(603) 536-5999**

**24 Hour Hotline:**

**1 (603) 536-1659**

**1 (877) 221-6176 (toll free)**

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

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



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, coworkers, 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

Voices Against Violence  
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