

NO MORE

TOGETHER WE
CAN END
DOMESTIC AND
SEXUAL
VIOLENCE



The Voice

FALL 2015

ISSUE 22

INSIDE THIS ISSUE:

<i>Our Community Partners</i>	2
<i>Spotlight on Community Partners</i>	2
<i>Wish List</i>	2
<i>Vaudeville On Main</i>	3
<i>Dancing With The Community Stars</i>	3
<i>Going Green</i>	3

October is Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM), is a time to raise awareness of the prevalence of domestic violence throughout our communities, acknowledge the amazing efforts of advocates and volunteers that work to put an end to this type of abuse, and applaud the survivors who find a way to thrive in the face of such adversity!

In just the last fiscal year,

July 1, 2014-June 30, 2015 Voices Against Violence worked with **396 individuals** who were impacted by Domestic Violence. Of these victims there were **52 with disabilities, 56 males, 17 elders, and 35 children.**

Domestic Violence, the pattern of power and control one person exerts over another, can be psychologically, physically, and financially debilitating.

However, we see the resourcefulness and strength that victims display on their journey to becoming survivors. Voices staff and volunteers work diligently to help assess for safety and break down barriers to change, while empowering victims to take back control of their lives.

Look for upcoming DVAM events and take part in our efforts to end Domestic Violence!

UPCOMING EVENTS

★ ★ ★

- **Fall Volunteer Training**
Call Tina E 536-5999 for information
- **6th Annual "Run Your Buns Off"** hosted by the Newfound Area Charitable Fund **September 5th**
- **Ladies Night and Bare Minerals** at The Flying Monkey **September 17th**
- **October is Domestic Violence Awareness Month** Watch for local Dine Out events!
- **The Clothesline Project** Plymouth Town Common, **October 8th**, All day
- **Candlelight Vigil** Plymouth Town Common, **October 8th** at 7:00 pm

Why Volunteer for Voices Against Violence?

A definition of volunteerism, "the practice of giving one's time for charitable, educational, or other worthwhile activities," falls short of what volunteerism truly means to us an agency, you as an individual, and to the survivors whose lives are forever changed for the better by the support of our volunteers.

As an agency, our work would be impossible without community involvement. We rely on volunteers for a variety of services from covering our crisis line, serving on our board, making repairs to our shelter, and

providing transportation for to help meet the needs of our clients.

As an individual, your personal well-being improves when you help those around you. Research shows that giving to others activates our brain's reward circuit as if we were the recipient of the good deed, not the giver. Doing volunteer work is also associated with high levels of overall life satisfaction!

For our clients, there is not enough that can be said about the benefit of an empathetic voice on the other end of the line or the simple act of giving someone a ride to the

doctors, while they take back control of their own lives.

The truth is anyone can become a victim of domestic violence. As a result, we serve a diverse group of clientele. To better serve all of our clients we also strive to provide diversity in our volunteer pool. Just as anyone can be abused, anyone can play a role in ending the cycle of violence in our community.

If you would like to learn more about volunteering for Voices Against Violence, please call **536-5999** to speak with our Volunteer Coordinator, **Tina E.**

Wish List

- Laundry Detergent
- 1 Booster seat for an older child
- Pots and Pans
- Metal baking sheets
- Queen sheet sets
- Gas Cards
- Movies DVD (not blu-ray)
- Queen comforters and blankets
- 30 gallon Trash bags
- Children Snow pants (sizes 5T – teen)
- Mittens, gloves, and winter hats
- Prepaid laundry cards

TO DONATE ANY
OF THESE ITEMS,
PLEASE CALL
536-5999

Community Partners

Our **Community Partnerships** are gaining momentum! At this time there are **17 businesses** and **community agencies** who have chosen to enter into this mutually beneficial relationship.

PARTNERS

These local businesses or organizations have established an on-going relationship with Voices. *Partners* support us in a variety of ways, such as:

- ◆ donating an item/gift certificate to our Annual Ball Auction
- ◆ one day a year, dedicating a portion of their proceeds to Voices
- ◆ posting our major events in their establishment and/or on their social media page
- ◆ potentially becoming a ticket sales location for our major events

VISIONARY PARTNERS

Our *Visionary Partners* agree to do the above plus two of the following:

- ◆ make an annual financial donation of \$500, \$1,000, \$2,000 or \$5,000
- ◆ donate a portion of their proceeds to Voices once a month
- ◆ become a sponsor for one of our major events
- ◆ donate services from their business

Voices provides these organizations with Partnership posters, as well as Voices outreach information, to be displayed in their establishment. We also post Community Partner information through our publications and social media to promote these contributing entities. For more information on how to join please contact our office.

Spotlight on Our Community Partners!

The Lucky Dog: Visionary Partner

Owned by Patty Buhrman, the Lucky Dog is a long time supporter of Voices. They were the first to join our Community Partnership Program and consistently go above and beyond to help Voices support our local community. The Lucky Dog supported the Dancing with the Stars 2015 annual fundraiser by providing delicious food for the dancers both at the kickoff and for the night of the show. All of us here at Voices Against Violence truly appreciate this type of support and highly values the relationship we have established with the Lucky Dog.

Thank You Patty!

Plymouth General Dentistry: Visionary Partner

Plymouth General Dentistry is a Visionary partner. Dr. Joan Kirschner moved to Plymouth in 2012, bringing a strong commitment to supporting local agencies. Dr. Kirschner recently donated a laser printer and ink cartridges that have reduced our publication printing costs. Prior to become a visionary partner, Dr. Kirschner and her team began their support of Voices by sponsoring and attending, the Annual Ball. We are very fortunate to include them in our circle.

Thank you Joan!

Vaudeville Fundraiser a Success!

On August 2, 2015, Voices held a “**Vaudeville On Main**” extravaganza. Our own New Hampshire vaudeville troupe provided an entertaining program of musical comedy as a fundraiser

for Voices Against Violence. Acts included impersonations of famous vaudevillians including George Burns and Gracie Allen, Groucho Marx and many others. Thanks to our supporter, Cheryl Kenney, the performers,

all those who contributed towards expenses, “Starring Role” and “Supporting Role” seat sponsors and dedicated and hardworking board members, this event raised nearly **\$15,000**. Thank you one and all!



Dancing With The Community Stars!!

The 4th Annual **Dancing with the Community Stars** hosted by Danee Morrison and Maryann Barnsley, was another huge success!! What started as a fun idea for a charity event has grown to become an incredible family night and fundraiser serving to increase awareness of the work of Voices Against Violence.

Participants work tirelessly to hone their dance moves, as well as to solicit “votes” in the form of donations. This has allowed community

members to play a valuable role in soliciting local support to help us meet the needs of our clients.

Thank you to:

Our Wise and Witty Judges

Trish Lindberg, Joe Dodge, and Jenny Leonzi

Our Talented Dancers

- Jeff Furlone & Ann McClellan
- Katelyn Albiston & Jake Pleadwell
- Sean Smarz & Amanda Whitworth

- Kayla Roper & Stephen Lathrop
- Judy Smith & Evan Grande
- William and Kaitlyn Van Bennekum & Kristin Jones



Amanda and Sean celebrate their win in style!



Many thanks to the 2015 Dancing with the Community Stars performers!!

Help Voices Go Green!!

In an effort to reduce our expenditures, while also being conscious of our impact on the environment, Voices is offering an electronic version of our newsletter. As we receive e-mail addresses, and an increased interest in using technology to our benefit, we will begin the shift. Our ultimate goal would be to have a large following of our on-line newsletter, with paper copies only going to those who do not use e-mail as a major source of communication.

If you are interested in receiving this publication through online correspondence, please contact us directly at voicesagainstviolence@gmail.com.

~PLEASE HELP US~

Save Resources!

Save Time!!

Save Money!!

Voices Against Violence

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1 (603) 536-1659

1 (877) 221-6176 (toll free)

www.voicesagainstviolence.net
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

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