



In Touch

Nebraska Domestic Violence Sexual Assault Coalition

November/December 2010

You may never know what results come of your action, but if you do nothing there will be no result.

-Mahatma Gandhi

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**Special Insert:
New Resources
at the Coalition!**

Peace Begins at Home

For many, the winter months are filled with various celebrations, family gatherings, festive meals, and reflecting on the year that has past. It is a time for connecting with family friends, sharing beliefs and traditions.

For some, however, the holidays are not a joyous time. Domestic violence, sexual assault and stalking do not stop during the holiday season. Victims and survivors continue to be emotionally, physically and sexually abused. Many are in shelters across the state and although this is a safe location, it is not their own home for the holiday season.

During this busy season, take time to remember others in your community that may need your assistance. Possibilities include:

- ✂ Contact your local domestic violence/sexual assault program to see if they have a "wish list" for the people with whom they work and/or the families in shelter.
- ✂ Purchase gifts that are also fundraising items. Some local programs sell items, as do some national corporations (i.e. The AVON Foundation, The Body Shop).
- ✂ Instead of a gift, give a donation in someone's name to the local program.
- ✂ Help promote awareness and prevention of domestic and sexual violence by displaying materials. For free "Holidays Shouldn't Hurt" posters, contact the Coalition (402-476-6256 or mzinke@ndvsac.org). Although the text is the same on each poster, there are a variety of graphics. The posters are available in English and Spanish. See below for examples.

Holidays Shouldn't Hurt



"All I want for the holidays is to feel safe in my home."

The holidays are supposed to be a safe and enjoyable time to connect with friends and family. If you're feeling scared in your home or relationships - you are not alone, and help is available.

Nebraska's coalition of domestic violence and sexual assault agencies provide access to safety and shelter across our entire state.

To locate the program nearest you visit:
www.ndvsac.org

National Domestic Violence Hotline
1-800-799-SAFE (7233)

Rape Abuse Incest National Hotline
1-800-656-3070 (RAIN)

Nebraska Domestic Violence Sexual Assault Coalition
Coalition of the prevention and elimination of domestic and sexual violence

Línea de Crisis en Nebraska
1-877-225-0827 (en Español)

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Días festivos no deben doler



"Todo lo que quiero para los días festivos, es sentirme seguro en mi casa."

Los días festivos se supone que son tiempos seguros y agradables para conectarse con amigos y familiares. Si usted siente miedo en su casa o relaciones - no está solo, y hay ayuda disponible.

Coalición de Nebraska de la violencia doméstica y los organismos de apoyo sexual proporcionan acceso a la seguridad y la vivienda a través de nuestro estado entero.

Para localizar el programa más cercano a usted, visite:
www.ndvsac.org

Línea Nacional de Violencia Doméstica
1-800-799-SAFE (7233)

La Línea Nacional de Violencia, Abuso, Incesto
1-800-656-3070 (RAIN)

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Step Up! Speak Out! - Prevention Efforts in Nebraska

In April 2007, the Sexual Violence Prevention Advisory Committee was formed to create a state plan that addressed primary prevention in Nebraska. Over the last three years this committee has sought to create a plan that could fit the needs of our state. A Prevention Summit was held November 18th in Lincoln to launch the Sexual Violence Prevention State Plan and to begin looking at how each community could implement the plan.

The Prevention Summit brought together 50 people from local domestic violence/sexual assault programs and key stakeholders. Throughout the day participants were asked to participate in activities that looked at social norms, collaborations, strengths and action steps.



Raessa, an UN-O student at registration.

Since much of the day required the participants to focus on collaboration within their communities, the Coalition incorporated that into the planning of the Prevention Summit. The Coalition partnered with the University of Nebraska at Omaha -School of Social Work department and students from an undergraduate class about policy and research. Five students from that class created a pre-summit survey that looked at the knowledge, attitudes and beliefs of the participants of the summit. Those findings were used as a snapshot of where we stand as a state, to begin the conversations about why those beliefs are held, and possible next steps. The students also attended the Prevention Summit to assist with registration and to participate in the group discussions.

The Coalition also partnered with The Angels Theatre Company (based in Lincoln) and the BRAVO youth acting troupe (based in O'Neill). The Angels Theatre Company performed three readings from their recent play "In My Daughter's Name," a play based on the true story of Amanda Thomas, a young woman murdered by a former boyfriend. The BRAVO youth performed a skit and aired their new PSA about bullying.



Members of the Angels Theatre Company perform three readings from *In My Daughter's Name*.

The Prevention Summit marked the beginning of a lengthy conversation about how our state can work together across disciplines and county lines to prevent violence within our communities. Overall, the day provided everyone with an overwhelming viewpoint that we still have a long way to go.



Left: Attendees at the Prevention Summit join in a skit led by the BRAVO acting troupe.



Members of the BRAVO youth acting troupe.

Technology and Safety: Email

E-mail is a very important means of communication. Unfortunately it can also offer the opportunity for an abuser to monitor a survivor's communication. In this article we will discuss a few ways to assist with e-mail safety for survivors. Please share this information with survivors to help them improve their margin of safety.

Safety tips for using e-mail

- ☞ Assume the abuser has access to the survivor's e-mail account. Create a second e-mail account, one which the abuser is not aware of and does not have access. Do not 'close' the initial account. Use the second account for 'sensitive' communication. Use a different password.
- ☞ If the original account is 'hotmail', newly added 'history' for 'G-mail' will divulge a second account. Use a different computer for the new account.
- ☞ Change account password frequently. When changing password try not to write the password down. If you must write it down, use a code, or make it look like something other than a password. Example: A list of numbers with a dollar sign does not look suspicious. \$23.44, \$22.34, \$25.78. It looks like some kind of running tally, yet it is a very easy way to record a password. Entries on calendars are usually cryptic and also make good 'reminders' for passwords.
- ☞ Use a 'safe computer'. Use a public computer, one that the abuser is not aware of such as computers at the library, or school. Another option can include computers the abuser does not have access to, such as computers at a place of employment, or shelter.
- ☞ Always make sure to protect your passwords, and never leave a session 'logged on'. Always 'log off' when done with e-mail.

Other things to remember about using e-mail

- ☞ When 'replying', make sure to delete the previous message. There is the risk of the entire conversation being intercepted by the abuser. The entire conversation does not need to be repeated (or documented for later discovery).
- ☞ E-mail can be traceable. General location information can be contained in the e-mail header. This is another reason to delete the previous message content when 'reply' and 'forward' is used.
- ☞ Do not print out paper copies unless necessary. If printed, make certain they are kept in a secure location. Be very aware of where printed documents are left! Do not save email unless absolutely necessary. Delete e-mail whenever possible; do not leave anything for the abuser to 'discover'.
- ☞ Remember that you do not have control of e-mail after you send it. Make sure you send sensitive e-mail only to trusted recipients. You cannot stop someone from 'forwarding' e-mail to unwanted parties, (potentially to the abuser), nor do you have control over who sees the e-mail after it is sent.
- ☞ Never open unknown attachments, or e-mails from people you do not know. Often they can contain a virus or spyware. Potentially they can contain spyware which could enable the abuser access to your computer. If you do not know the sender or you are suspicious, delete the e-mail.

These are some suggestions and recommendations to assist with survivor safety planning. If you have other safety options or ideas you would like to share, please send them to jimi@ndvsac.org.

Local Program Director Receives Award



Jeanie Gilbert, Executive Director of Rape/Domestic Abuse Program in North Platte, was recently awarded the “Women of Achievement in Social Services” award. Nominated by Sandra Meyer, who stated that Jeanie “is a lifeline for many women in our community. She changes their title from victim to women of achievement in their own right.” Jeanie has been with R/DAP for approximately 14 years in a variety of capacities.

Jeanie works collaboratively with several local agencies, including the Community Domestic Violence Intervention Program, Bridges of Hope Child Advocacy Center, the Child Well-Bring Initiative, and Leadership Lincoln County. She is very involved in her community, especially through the Bethel Church.

Congratulations, Jeanie!

Source: The North Platte Telegraph, Women of Achievement Portion, October 26, 2010.

National Resource Center on Workplace Responses



On October 27 President Barack Obama and Vice President Joe Biden launched *Workplaces Respond to Domestic and Sexual Violence: A National Resource Center*, an unprecedented new resource that makes it simple for employers to adopt vitally important policies to protect employees from domestic and sexual violence.

The new Center was formed by a partnership of seven national organizations led by the Family Violence Prevention Fund (FVPF), and funded by the Justice Department’s Office on Violence Against Women (OVW). It includes a new website for employers with information and a set of powerful resources that have never before been available.

At the October 27 White House event, President Obama said, “The bottom line is this: Nobody in America should live in fear because they are unsafe in their own home – no adult, no child. And no one who is the victim of abuse should ever feel that they have no way to get out. We need to make sure every victim of domestic violence knows that they are not alone; that there are resources available to them in their moment of greatest need. And as a society, we need to ensure that if a victim of abuse reaches out for help, we are there to lend a hand.”

The event marked Domestic Violence Awareness Month. It also featured Council on Women and Girls Chair Valerie Jarrett, Major League Baseball’s Joe Torre and White House Advisor on Violence Against Women Lynn Rosenthal.

On average, there are 1,300 attacks and four to five murders of women due to domestic violence each day in this country. Every day hundreds of women are sexually assaulted. The violence often follows victims to work. A 2006 study from the Bureau of Labor Statistics found that 70% of U.S. workplaces do not have domestic and sexual violence policies in place.

Source: The Family Violence Prevention Fund, www.endabuse.org.

NATIVE AMERICAN HERITAGE MONTH



What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kansas, formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for the recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.

The preceding information is from the Native American Heritage Month website, <http://nativeamericanheritagemonth.gov>, which is a collaborative project of the Library of Congress and the National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution, United States Holocaust Memorial Museum and U.S. National Archives and Records Administration. The information was originally provided to the website by the Bureau of Indian Affairs, U.S. Department of the Interior.

Stalking Awareness Month

Stalking Awareness Month is quickly approaching! If you would like materials related to stalking and/or stalking and technology, please contact Sarah (sarahk@ndvsac.org) or Jim (jimi@ndvsac.org). Additional resources include the National Stalking Resource Center, a program of the National Center for Victims of Crime. Brochures, posters, and other resources can be obtained on their website, www.ncvc.org/src. The Coalition also has copies of the stalking brochure. To request copies of the brochure, email Angela (arystrom@ndvsac.org).

What's New at the Coalition?

Former Coalition Executive Director Receives Award



Sarah O'Shea, receiving award.

Voices of Hope (Lincoln) recently celebrated their 35th anniversary. At the event they honored several individuals who have made a difference in ending domestic and sexual violence in Nebraska. One of these individuals was Sarah O'Shea, former Executive Director of the Coalition.

Sarah was instrumental in creating the Coalition and supporting local programs in their own development. She was the Coalition's Executive Director from 1987 until 2006. Prior to her work at the Coalition, Sarah worked at a local domestic violence/sexual assault program in Crete.

Listed below is what was read about Sarah during the Voices of Hope anniversary event.

The Voice of Empowerment Award is presented to an individual or group who has been a voice of change in our community to break the barriers of oppression and end violence against women by empowering others to take action.



Sarah O'Shea, center, pictured with Lynne Lange, the Coalition's Executive Director (right) and Michelle Zinke, the Coalition's Training and Resource Coordinator (left).

Perhaps no voice has been more consistent, more passionate or more impactful than that of Sarah O'Shea. Sarah devoted 30+ years within this state and community working to end violence against women and children. As the first Executive Director of the Nebraska Domestic Violence Sexual Assault Coalition, Sarah was involved in developing policies, securing funding and creating a statewide safety net for women served by Voices of Hope and similar programs throughout the state. She consistently kept her focus on the safety and empowerment of battered women and spoke out about the issue of domestic violence at a time when there was little support for this issue and few engaged collaborators. Without Sarah's dedication, work and vision, we would not have the strong network of domestic violence/sexual assault programs that exist around the state nor would we have the consistency of services that exists as a result of her efforts. There are few women in the country, let alone in this community, who have had such a profound effect on keeping women safe and working to end violence.

Celebrating Diverse Holiday Traditions

The winter months are a time of many holidays, celebrations and remembrances. The Coalition recognizes that advocates and those we serve are a diverse group with many different cultural and spiritual beliefs. That diversity enriches each of us individually in our personal interactions and enhances our ability to provide quality and sensitive services to those in need. The Coalition wishes each of you a safe and joyous holiday season as you celebrate your beliefs with friends and family!

What's New at the Coalition?

Board of Directors Update

The Coalition Staff would like to extend a heartfelt "thank you" to all of the dedicated individuals who continue to serve in a volunteer capacity on our Board of Directors. There are representatives whose term on the board have come to an end, and the Coalition gratefully thanks them for their years of service to our mission!

Nancy Cederlind, Ellen Freeman-Wakefield, Frances Hauptman and Daryl Wilcox have all dedicated countless hours and energy to the Coalition Board, and they will be missed at the meetings!



Above: Outgoing Chair of the Board, Nikki Gausman, with The SAFE Center (Kearney).

Below: Incoming Chair Linda Olson, with Bright Horizons (Norfolk/O'Neill).



The Coalition has also been very fortunate that **Nikki Gausman** has provided her knowledge and guidance as the Board Chair over the last two years. While Nikki remains on the board, the Coalition thanks her for the many hours that she devoted as the Chair!

Tricia Freeman has also served in an Executive Committee capacity for the last two years as the Secretary for the board. Tricia will remain an active board member, and the Coalition salutes her for the enthusiasm that she shared on the Executive Committee.

The Board of Directors recently held its annual membership meeting. A new executive committee was elected. Congratulation wishes go out to the new officers for the 2011 year:

- ⌘ **Linda Olson**, Chair
- ⌘ **Carmen Hinman**, Vice Chair
- ⌘ **Donna Goad**, Treasurer
- ⌘ **Andrea Rodriguez**, Secretary
- ⌘ **Karly Oehlerking**, Parliamentarian

The NDVSAC Board of Directors meets four to six times a year, with additional committee meetings, executive meetings, and electronic communications throughout the year. The Board membership is comprised of regional representatives from the local domestic violence/sexual assault programs, at-large members and community representatives.

Primary responsibilities of Board members include providing support to the Executive Director, leadership for the organization, fundraising activities and overseeing fiduciary matters.

For more information about the Board of Directors, contact Lynne at the Coalition, executivedirector@ndvsac.org or 402-476-6256.

Nebraska Domestic Violence
Sexual Assault Coalition
1000 O Street, Suite 102
Lincoln, Nebraska 68508



NDVSAC is a proud member agency of
the Community Services Fund. Learn
more at: www.communityservicesfund.org

2010 NDVSAC Board of Directors

Nikki Gausman, Chair, Kearney
Donna Goad, Vice-Chair, McCook
Carmen Hinman, Treasurer, Fairbury
Tricia Freeman, Secretary, Bellevue
Karly Oehlerking, Parliamentarian, Omaha
Nancy Cederlind, Wayne
Frances Hauptman, Omaha
Suellen Koepke, Broken Bow
Kathy Jones, Omaha
Christon MacTaggart, Omaha
Francine McKenzie, North Platte
Bob Moyer, Lincoln
Linda Olson, O'Neill
Andrea Rodriguez, Norfolk
Hilary Wasserburger, Gering
Daryl Wilcox, Wayne
Susan Wortmann, Lincoln

Mark Your Calendar

Upcoming Events in Nebraska

Nebraska

- December 8 Program Sharing and Training Day: Advocacy Skills and Philosophy, Kearney, NDVSAC, 402-476-6256
- December 9 Program Sharing and Training Day: Facilitating Support Groups, Kearney, NDVSAC, 402-476-6256
- December 10 Stalking and Technology, Lincoln, Crisis Center, 402-721-4340

National

- Jan 5-7 Men Can Stop Rape Training, Washington, DC, Men Can Stop Rape, www.mencanstoprape.org
- Jan. 7-9 Battered Mother's Custody Conference, Albany, www.batteredmotherscustodyconference.org
- Jan. 22-28 International Conference on Child and Family Maltreatment, San Diego, Chadwick Center, www.chadwickcenter.com/abacats.com/index.html
- Jan. 25-17 Use of technology in Intimate Partner Stalking, Biloxi/Gulfport, MI, National Stalking Resource Center, www.ncvc.org/src
- Jan. 28 Use of Technology in Intimate Partner Stalking: Advanced Training for Criminal Justice Professionals, Biloxi/Gulfport, MI, National Stalking Resource Center, www.ncvc.org/src