

Women Are Safe, Inc.

Women Are Safe, Inc. is a domestic violence program serving Dickson, Hickman, Humphreys, and Perry counties.

Fall 2010

Teach Early! Teach Often!

Who's teaching our boys how to be men? Children learn by observing and imitating. Even if you don't have any children of your own, just by being a man you are providing the next generation of men information and examples of how to be a man. Boys observe their fathers, relatives, friends, community leaders, coaches, and teachers. They are also swamped with influences from society through television, the internet, movies, video games, and music. They closely watch the very public lives of famous actors, athletes, and recording artists who often become their role models. With all of these influences, it is so very important for our next generation of men that the men in our community stand together and become active teachers for our boys. Teach them that violence against women is wrong and will not be tolerated. Teach them that it is okay to stand up and speak out against violence. Teach them to treat women and girls with respect both in their presence and when they are just with the guys. Teach them how to have a healthy relationship built on equality, mutual respect, and trust.

Some tips:

Teach early—It's never too soon to talk to a child about violence. Let him know how you think he should express his anger and frustration; and what it means to treat others with respect.

Bring it up—A boy or teen will rarely approach you and ask for guidance on how to treat girls. But that doesn't mean he doesn't need or want it. Try

watching TV or listening to his music. If you see or hear things that depict violence or the mistreatment of women, tell him what you think about it. Help him work through problems in his relationships as they arise. Let him know he can come back and talk to you anytime.

Listen—Hear what he has to say. Listen to

how his friends talk about girls. Ask him if he's ever seen abusive behavior in his friends. Is he worried about any of his friends who are being hurt in their relationships? Let him know he can always come to you if he feels like things are getting out of hand.

Tell him how—Teach him ways to express his anger without using

violence. Let him know how you define a healthy relationship.

Be a role model—Men who spend time with boys or teens will have the greatest impact when they "walk the walk."

Teach often—Use every opportunity to reinforce your message.

~Trina, Children's Outreach Coordinator

Men's Organizations

A Call to Men

www.acalltomen.com

Men Against Domestic Violence

www.menagainstdv.org

Men Can Stop Rape

www.mencanstoprape.org

Men's Nonviolence Project

www.tcfv.org/nulceus/mnp.php

Men's Resource Center for Change

www.mrcforchange.org

Men Stopping Violence

www.menstoppingviolence.org

White Ribbon Campaign

www.whiteribbon.ca

Hickman Co. Office
131 West End Ave.
Centerville, TN 37033
Phone: 931-729-9885
Helpline: 931-729-5730
or
1-800-470-1117
Fax: 931-729-0556

Dickson Co. Office
719 E. College St.
Suite 400
Dickson, TN 37055
615-446-4300

Humphreys Co. Office
3343 Hwy 70 E
Waverly, TN 37185
931-296-0911

Shop 'til It Stops
102 South Public Square
Centerville, TN 37033
931-729-7737
Shop Hours:
Tue-Fri 10am-5pm
Sat 10am-2pm
Closed Sun & Mon

**WAS 2010
Board of Directors:**
Chair

Patti Flores-Pugh

Vice Chair

David Spencer

Treasurer

Mary Beth Pruett

Secretary

Molly Bates

Directors

June Daily

Jane Gilbert

Bill Lovett

Eva Rushton

Linda Shelton

Sue Smith



Meet Our Staff

Vanessa Davis, Executive Director

wastn@bellsouth.net

Vanessa received her B.A. in Psychology from Georgia State University. Vanessa joined the staff in August 2006 as Office Manager then moved into direct services as Children's Program Coordinator in February 2007. She became Executive Director in December 2007. Vanessa is primarily responsible for securing funding, community relations and management of the program. She is a member of the Hickman County Domestic Violence Coalition and Chair of the 23rd Judicial District Coalition Against Domestic Violence.

Trina Qualls, Youth Program Coordinator

trina@womenaresafe.org

Trina is a graduate of Middle Tennessee State University with a B.S. in Mass Communications. Trina joined us in April 2009. She provides for the physical and psychological needs of children in shelter, facilitates children's support groups, coordinates community education presentations, and networks with local organizations, including the Hickman County Health Council, to secure services for children. Trina serves on the East Hickman Family Resource Center Advisory Committee and is the WAS Adopt-a-Class representative.

Glenda Lovell, Community Outreach Coordinator

glenda@womenaresafe.org

Glenda grew up and graduated high school in Hickman County. In 2008, She was hired by Shop 'Til It Stops through The National Council of Aging and became a regular volunteer shortly after the conclusion of her paid employment. This hands on experience with the Shop and her being raised in the local area gives her that little something extra to handle the many tasks involved in overseeing Shop 'Til it Stops. She works closely with the volunteers and with the community ensuring awareness of ongoing domestic violence issues, along with managing the day to day operation of the Shop. Glenda invites all to come in and have a look around, you never know what will be for sale next and remember, every little purchase helps!

Mary Jo Leaver, Court Advocate

maryjo@womenaresafe.org

Mary Jo received her B.A. in Liberal Arts from Ambassador University in Bricklet Wood, England. As Court Advocate, Mary Jo is available to assist victims in filing for Orders of Protection and providing support before or during hearings. She also helps to facilitate weekly support groups in Hickman County. Mary Jo has been affiliated with WAS for over 10 years. She is a member of the Hickman County Domestic Violence Coalition and the Perry County Health Council.



Rhoni McCollum, Shelter Coordinator

rhoni@womenaresafe.org

Rhoni is a founding member of the Women Are Safe program having provided services to victims as a volunteer beginning in 1989 and joining the staff in 1991.



As Shelter Coordinator, Rhoni makes sure the shelter is maintained, orients new residents to shelter, is responsible for documentation in client case files, and handles donations. Rhoni is a member of the Hickman County Suicide Prevention Task Force, the Hickman County Domestic Violence Coalition and represents WAS on the Homeless No More Steering Committee.

Robin White, Program Assistant

program@womenaresafe.org

Robin joined Women Are Safe, Inc. in April 2008. She is responsible for general office duties that help the program run smoothly from day to day. In addition to answering the phone, Robin assists with book keeping, personal relations, and event planning. She studied digital media at Trident Technical College in Charleston, SC, is a member of the Lavender Sisterhood speech forum promoting awareness of domestic violence and its survivors and provides awareness of our program and services we offer through her acceptance into Leadership Hickman.

Amy Warren, Dickson County Outreach Coordinator

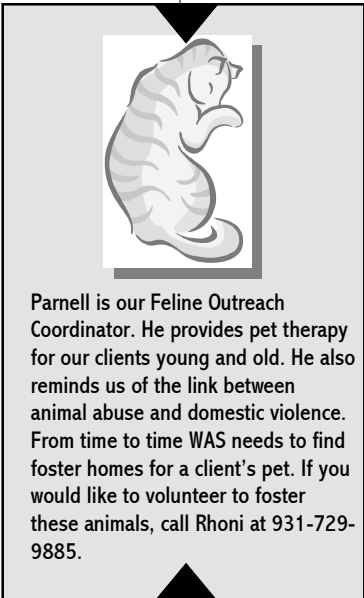
Dickson@womenaresafe.org

Amy received her associate's degree of applied science in paralegal studies from Southeastern Career College. As Dickson Outreach Coordinator, Amy's duties include court advocacy for Dickson and Humphreys Counties. She is also available in our Dickson County Outreach Office to provide information, support group services, and advocacy to clients in that area. In addition, Amy is providing awareness of our program and services we offer through her membership in the TNCep and Health Councils of Dickson County. As Volunteer Coordinator, Amy also recruits, trains and coordinates volunteer services including the hotline.

Deb Adams, Humphreys County Outreach Coordinator

Humphreys@womenaresafe.org

Deb served as a WAS volunteer for 13 years before joining the staff in December 2004 as Administrative Assistant. After an attempt at retirement, she is back on staff and serves as the Humphreys County Outreach Coordinator. Deb is a cultural competence consultant registered with the National Center for Cultural Competence, and is a member of the National Network to End Violence Against Immigrant Women and the Tennessee Immigrant and Refugee Rights Coalition.



Parnell is our Feline Outreach Coordinator. He provides pet therapy for our clients young and old. He also reminds us of the link between animal abuse and domestic violence. From time to time WAS needs to find foster homes for a client's pet. If you would like to volunteer to foster these animals, call Rhoni at 931-729-9885.

"Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation."

-Robert F. Kennedy



Save the Date
Saturday, October 23rd
6:30 pm
Fairfield Baptist's Fellowship Hall

**Women Are Safe's Annual
Dinner to Remember**

\$35/person Silent Auction

**With World-Renowned
Guest Speaker Mark Wynn**

~
**Catered by
Papa Boudreaux**

Welcoming Mark Wynn

Each year Women Are Safe, Inc. strives to expand our horizons in a directed, goal oriented way. For the 2010-2011 year, our staff and leadership have committed to engaging more men in our efforts to end violence against women and girls in our communities. So it is with great pleasure I announce the keynote at our annual Dinner to Remember this October will be Mr. Mark Wynn of Nashville TN.

Mark Wynn is:

A national trainer to police executives, patrol officers, training officers, prosecutors, judges, legislators, social service providers, healthcare professionals and victim advocates.

An international lecturer at police academies in Germany, England, Northern Ireland, Russia, Canada, Australia, the Republic of Mauritius, Federated States of Micronesia and Republic of Georgia.

An advisor to state, national and international leaders who has guided and shaped law and policy on this issue.

A key creator of the largest police domestic violence investigative unit in the United States. A survivor, enabling him to teach both effectively and passionately. Devoted to ending family violence as a police officer, detective, educator, program supervisor, consultant and advisor.

<http://www.markwynn.com/>

Please join us on the evening of October 23rd at the Fairfield Baptist Fellowship Hall in welcoming Mark Wynn to Hickman County on behalf of the victims of domestic violence served by Women Are Safe, Inc. His presentation promises to be well informed, inspiring and insightful. For more information about Mark Wynn, please visit his website <http://www.markwynn.com/>

~Vanessa Davis, Executive Director

Making New Memories
Cajun Style

With a new location and an introduction to authentic Cajun cuisine, this year's Dinner to Remember is sure to please. The event will take place at Fairfield Baptist's new Fellowship Hall in Centerville. Its warm and inviting atmosphere will be a perfect compliment to Papa Boudreaux's delicious Louisiana creations.

If you've never had the chance to experience Papa Boudreaux's amazing dishes, this year's Dinner to Remember is it. "Have you ever eaten something so good that conversation ceased? It's as if your mind can't take in anything else because of the sensory overload coming from that startling goodness you are eating," states Liza in her blog, styleblueprints.com in reference to her experience at his restaurant in Santa Fe, Tennessee.

And just when you think it can't get any better, there's more. Marie Casto will be providing a fabulous dessert bar.

This will be a night to rival the past dinners hosted by Women Are Safe, Inc.

~Robin, Program Assistant

Derby on the Duck

The second annual Derby on the Duck was a great success. This year, with the help of all those who donated through sponsorships, concessions and volunteered for the event, we were able to raise over \$1200.00 for victims in our community. Despite the heat on June 12th, we had a fabulous turnout. Everyone enjoyed the festivities: face painting by the East Hickman High Cosmetology volunteers, pig toss, cake walk brought to us by the Farm Bureau Women, three legged races, and of course the main event, all MC'd by Clay Harris.

At one o'clock everyone lined up on the shore of Duck River to watch, with hopeful eyes, as Clay Chandler released over 500 yellow ducks and the race began. The tension mounted as the first ducks emerged from the horizon racing to their destination. Brenda Lane won the coveted first place prize of \$500.00, second place was claimed by Donna Kilpatrick winning \$250.00 and at a close third Vincent Finocchio took home the \$100.00 prize. Women Are Safe would like to thank all of the gracious volunteers and Duck Derby sponsors of this years event. We look forward to seeing all your smiling faces the next time the river is taken on by all the ducks adopted by those in our wonderful, supporting community.

~Robin



Project Updates

Domestic Violence Awareness Month Events

October 1-31: Purple Lights Nights - We ask that our local community promote domestic violence awareness by purchasing a strand of lights, for \$15, from us to hang in their home or storefront windows. Participating businesses will receive the lights and a flyer to post about the project and services offered at WAS. **This is not a fund raiser.** We are offering the lights at cost and are hoping to get as many businesses as possible to participate. Our goal is to see each business on the town squares lit in purple lights for the entire month of October. Please purchase your lights from Shop 'Til it Stops, on the Centerville town square, or contact your local Women Are Safe office for more information.

Sept 27 - Oct 2: TDOC Victim Impact Awareness Week - The theme in No More Victims and funds will be raised for WAS

Oct 1: Peaceful Purple Day - Kick off Domestic Violence Awareness Month by reminding everyone you meet to make every house a safe house. Just wear purple - shirt, tie, scarf, dress, or a purple ribbon - and let everyone know that you support peace at home.

Oct 23: Dinner to Remember - Join us for our annual awareness dinner and silent auction. This year's dinner will offer Cajun-style cooking from Papa Boudreaux. Tickets to the dinner may be purchased from WAS Outreach Office (931) 729-9885 or at Shop Til It Stops (931) 729-7737.

~Deb, Humphreys County Outreach Coordinator

A Good Time Had by All

Our first annual Volunteer Mixer was a hit! With 4 board members, 7 staff members, and 18 volunteers in attendance, we finally had a chance to connect and put faces to names.

All volunteers and board members received certificates. Volunteer certificates were divided into 5 categories based on the number of hours donated during the last fiscal year.

- Mary Pickard received the only Diamond Volunteer Award (500 + hours). She had 695.5 hours.
- Peggy Sullivan received the only Emerald Volunteer Award (300-499 hours). She had 324.
- The other categories were Ruby (100-299) nine given, Opal (50-99) seven given, and Pearl (up to 49) 19 given.

~Amy, Dickson County Outreach Coordinator

A Call to Men Partners with NFL in New Book

A Call to Men has collaborated with the NFL to create a groundbreaking book entitled, *NFL Dads Dedicated to Daughters: Inspiring Personal Accounts on Fatherhood from the Men of the NFL*. The goal of this book is to raise awareness about domestic and sexual violence and promote healthy manhood. It features NFL stars such as Donovan McNabb, James Brown, Matt Hasselback, Tony Dungy and Jeff Saturday who share inspiring personal accounts and discuss the role men play in preventing domestic and sexual violence and setting a good example of manhood for their daughters. A portion of the book's proceeds support A Call to Men.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

-Martin Luther King Jr.

-article published in the August 27th newsletter from the Tennessee Coalition Against Domestic and Sexual Violence



A Coaching Opportunity

We will soon begin our third year to lead a Boys Against Violence program for 8th graders in Ms. Bowins class at East Hickman Middle School. This program is very versatile and can be reworked to fit various groups of boys and various time tables. Last year we did 6 sessions. This year, we will do 4 sessions. The curriculum is composed of eight session guides designed to be 45 to 60 minutes in length each. The sessions address interpersonal relationship issues including bullying, gender respect, and healthy relationships. Each session is designed to develop the knowledge and skills of middle school boys to respond to and prevent bullying even when the target of the bullying is not around.

Trina Qualls will be facilitating these sessions. It would help to have a male co-facilitator willing to come to these sessions and help teach these boys how to have healthier relationships with those around them and how to help make this community a better place by taking a stand to say that physical and verbal violence will not be tolerated! If anyone from the community is interested in co-facilitating, please contact Trina at the 931-729-9885 or trina@womenaresafe.org.

While the boys are in with Trina, the girls will be in with Mrs. Teresa Gregory, Community Programs Coordinator, Hickman County Health Department. They will be learning healthy living habits.

~Trina, Children's Outreach Coordinator

Do The Right Thing - Tell Him There is a Better Way

Last year our annual Dinner to Remember fundraiser guest speaker, Lexie Lane, handed out a flyer containing information addressing what a person can say or do when they notice physical, mental, or emotional abuse in action. Here are some excerpts I hope you find helpful.

Maybe he's your friend, your brother or brother-in-law, your cousin, co-worker, gym partner or fishing buddy. You've noticed that he interrupts her, criticizes her family, yells at her, or scares her. You hope that when they're alone, it isn't worse.

The way he treats her makes you feel uncomfortable, but you don't want to make him mad or lose his friendship. You surely don't want to see him wreck his marriage or have to call the police. What can you do?

Say something. If you don't, your silence is the same as saying abuse is okay. He could hurt someone, or end up in jail. Because you care, you need to do something...before it is too late.

He may deny it

He may not listen. And there's not a guarantee that your words will make him stop or get him to change. He may ignore you, get angry, make excuses, or talk about what she did to make him do it. He might laugh it off or even make fun of you. Still, you need to say something. Your silence is the same as saying that you approve.

Or he may take you seriously and decide to change. If men learn to put down and abuse women from other men, they can also learn to respect women from other men. When you decide that violence against women is unacceptable and choose to lead, other men will begin to think twice before they strike with their words or their fists.

It's up to men to step up to the plate because next time, it could be our sister, mother, friend or co-worker. It isn't easy and it isn't comfortable, but it IS the right thing to do.

10 Things Men Can Do

www.acalltomen.com

1. Acknowledge and understand how male dominance and aspects of unhealthy manhood are at the foundation of domestic and sexual violence.
 2. Examine and challenge our individual beliefs and the role that we play in supporting men who are abusive.
 3. Recognize and stop colluding with other men by getting out of our socially defined roles, and take a stance to prevent domestic and sexual violence.
 4. Remember that our silence is affirming. When we choose not to speak out against domestic and sexual violence, we are supporting it.
 5. Educate and re-educate our sons and other young men about our responsibility in preventing domestic and sexual violence.
 6. **"Break out of the man box"**- Challenge traditional images of manhood that stop us from actively taking a stand in domestic and sexual violence prevention.
 7. Accept and own our responsibility that domestic and sexual violence will not end until men become part of the solution to end it. We must take an active role in creating a cultural and social shift that no longer tolerates violence and discrimination against women and girls.
 8. Stop supporting the notion that domestic and sexual violence is due to mental illness, lack of anger management skills, chemical dependency, stress, etc... Domestic and sexual violence is rooted in male dominance and the socialization of men.
 9. Take responsibility for creating appropriate and effective ways to educate and raise awareness about domestic and sexual violence prevention.
 10. Create responsible and accountable men's initiatives in your community to support domestic and sexual violence prevention.
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Batter's Intervention Classes available in our area:

Main Street Interventions: (615) 740-7100 (Patty Pugh)

100 N. Main Street
Dickson, TN 37055

Time for a Change: (931) 840-4940 (Kelly Connison)

502 N. Garden Street, Suite 204
Columbia, TN 38401

Shop 'til It Stops Weekly Specials

Tuesday - Men's Clothing 1/2 price
and Senior Citizens Discount Day
10% off

Wednesday - Women's Tops \$1.00
and belts and sleepwear 1/2 price

Thursday - Dresses, Skirts, Dressy
Pants Suits and Bras 1/2 price

Fridays - Infants - Teens Clothing 1/2
price

Saturday - Manager's Choice

Partners for Peace 2009 - 2010 Volunteers

WAS Volunteers

Molly Bates*
Martha Chandler
Harriet Bruce**
Rachelle Daily
Brenda Fly**
Howard Gaft*
Christina Gaza*
Judith Harris
Joyce Kelty**
Betty Lampley
Judy Lemoine***
Rubye Loveless***
Bill Lovett*
Barbara Mayberry
Janie McClanahan**
Rose Myatt*
Judy Parker
Jacque Phillips**
Mary Pickard****
Abigail Price
Linda Rollins
Teresa Sawyer
Connie Sharp*
Amy Starr

Tammy Stone
Rae Ann Stutzman***
Peggy Sullivan***
Dottie Threadgill
Freida Totty***
Christian Vanatta*
Barbara Wood**
*50 or more hours
**100 or more hours
***200 or more hours
****500 or more hours

~

Total Hours: 3,552.5

Wish List

- Prepaid calling cards
- Prepaid gas cards
- Household cleaning supplies
- Laundry detergent
- Personal care items
- Zip-top freezer/storage bags
- Paper towels
- Toilet paper
- Trash bags
- White copy paper
- Wal-Mart Gift Cards
- Packaging Tape
- Volunteers Needed
- Hotline
- Support group
- Landscaping
- Shop 'til It Stops
- Community education
- Court advocacy
- Financial mentoring
- Pet fostering

**"If we all did the things we are capable of doing, we would literally astound ourselves."
—Thomas Edison**

Many thanks to everyone who provides sponsorship and support through cash donations, donated items and fundraising events!

We make every effort to acknowledge all of our supporters. Please accept our sincere apology if your name was inadvertently left out or misspelled.

2009-2010 Fiscal Year Statistics

Categories	Dickson	Hickman	Humphreys	Perry	Other	Anon	Total
Total Served Unduplicated	619	862	201	56	21	80	1839
Victims receiving Direct services	183	153	75	44	21	80	556
% of total served	31%	28%	14%	9%	4%	14%	100%
Safe Bed Nights	158	383	41	128	47		757
% bed nights	21%	50%	6%	17%	6%		100%
Court Advocacy/ Outreach	91	65	40	20			216
% Court by County	42%	30%	19%	9%			100%
Hotline calls	86	65	33	19	17	80	300
Hotline Calls % by county	29%	22%	11%	6%	5%	27%	100%
Community Education	436	709	126	12			1283
% Community Education	34%	55%	10%	1%			100%

Cycle of Abuse

How many things do you do just the way your parents did? Do you drive the way they did? Do you eat the way they did? Or make your bed? What about abuse? Do you abuse the way they did? A common thread among abusers is that they have seen violence in their homes as children. The truth is domestic abuse is a learned behavior. In fact, more than three million children witness acts of domestic violence every year. The abuse may be kept from friends, relatives, coworkers and others, but the children of violent parents know what is happening. These children are raised in an environment where violence is accepted and normal. Whether the child is a direct target of emotional abuse (yelling, name-calling), physical abuse or witnesses domestic violence between family members, the effects are long-lasting. A child's early life experiences are related to his or her ultimate physical, emotional, and mental health. Children who go through the emotional trauma of seeing the parents they love physically batter each other have an increased chance to grow up either to be abusers or to marry abusers creating a continuous cycle of domestic violence.

Abusers may have abused their brothers and sisters as children due to violence suffered or witnessed in their home. Often abusers begin life protecting their mothers and other siblings learning to use violence as a defense. In 1990 sixty-three percent of the young men between the ages of 11 and 20 who were serving time for homicide had killed their mother's abuser. Using violence at such an early age could become addictive and the power and control over others that is achieved could reinforce the learned behavior from childhood. As any adult knows the earlier in life that a habit is developed the harder that habit is to break.

Eighty-nine percent of abusers are men; therefore, men are essential in the fight to end the cycle of domestic violence. It is awesome that some male movie stars and pro athletes speak out against domestic abuse and try to raise awareness but men who live in our own communities are greatly influential also. We need men who will "set-up" when they witness or hear about incidents of abuse by expressing their opposition against it and men who experienced domestic violence in their own childhood to share those experiences. The vicious cycle of domestic abuse will not end without men coming together to end it. As parents, we want better for our children than what we had. Shouldn't that include a home without violence?

~Amy, Dickson County Outreach Coordinator

"Change happens at the level of the individual." -Scilla Elworthy



Women Are Safe, Inc.

Mission Statement

Women Are Safe, Inc. is here to serve the immediate needs of victims of domestic violence in Hickman, Dickson, Humphreys, and Perry counties in TN through core services: 24 hour hotline, safe, temporary shelter, court advocacy, transportation, education about the dynamics of domestic violence, support groups, referrals to community resources, and advocacy; and to support change through legislation that will end domestic violence toward women and their dependent children in Tennessee and nationwide. Furthermore, Women Are Safe, Inc. will work diligently to change social attitudes which condone violence toward women through public education programs.



Women Are Safe, Inc. is a member of:

