

During the *darkest* hours...

...some stars *shine* most brightly.



Founders
Barb Schaenzer
Elaine Wadle



Volunteers
R. John & the late Peg
Mudroch



Leadership
Marilyn Gierczak



Safehouse Volunteers
Ron & Judy Pugh



Paperbag Princess
Fundraiser
Nancy Byers



Donors
The Tendick Family



We hope that you will join us to celebrate 25 years of Advocates' work and to honor those who made it possible. This fun and casual event will take place on Thursday, November 10 at 7:00 p.m. at the Mequon Country Club. Appetizers, desserts, wine, and other beverages will be served. There will be live music and a silent auction. Tickets for the event are \$50 each or \$350 for table of 8. Call (262) 284-3577 for more information.

Remember the old television show **"Kids Say the Darndest Things?"** The show featured young children talking with an adult who asked them questions which they answered with innocence and honesty, often to the embarrassment of their parents.

At Advocates, children are a vital part of domestic and sexual violence programs and when we work with them we often hear "the darndest things." With their honesty, children often share with us what is really going on in their lives and in their homes.

Here's just a sampling of what we hear from children whose families are coming to Advocates for help.

If I had a magic wand and I could change anything about my family, I would make something "right" happen to us.
-Michael, age 6

There is no place where I'm safe.
-Clark, age 4

Sometimes my Mom doesn't want to get out of bed. She says that she doesn't feel well and I know that it's because my Daddy hurt her. I think that my Daddy is bad.
-Annie, age 8

I told my Mom that we should live at the shelter forever. I like it here. I don't want to leave. If we leave, I don't know what will happen. It's quiet here.
-Eric, age 13

I wish my dad would shoot my mom again. She makes me so mad!!
-Kayla, age 4



JOIN A SUPPORT GROUP

Domestic Violence

*Tuesdays
6:30—8:00 p.m.*

*Children's domestic
violence support
group meets at the
same time.*

Sexual Violence

*Thursdays
7:00—8:30 p.m.*

*Children's life skills
group meets at the
same time.*

Girls Club

*For high school girls.
Call for more info.*

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Look Mom, it's so beautiful here and we each have our own bed!

-Allen, age 10

It's hard to hear these comments. It's hard for us to repeat them. But they give a very honest and real look at how children, whether they are physically abused or not, are affected by violence in their homes. Through children's groups, Advocates works to teach children that the violence is not their fault. We help them develop a safety plan to keep themselves out of harms way. Children are taught how to handle conflict in a nonviolent manner and practice those skills through role-playing. Providing services like these for children is the only hope we have of breaking the cycle of abuse and it's amazing to see how children respond to love, understanding, and respect.

Ways You Can Help That Won't Cost You a Penny!
Call Cindi @ (262)284-3577 with any questions.

For all our friends who shop at any Pick 'n Save Stores with an Advantage Card, please register for the 'We Care' Program at the service desk and name Advocates as the recipient of funds to be distributed.



Our number is 014750

Community Checking & You



Each year Ozaukee Bank will make a donation to all designated schools, churches, and charities, based on the average balances in Ozaukee Checking accounts as of December 31st. Go to www.ozaukeebank.com for more information.

Collect Cell Phones After Holidays

Many of you will give or receive a new cell phone over the holidays. You can help Advocates by collecting the old cell phones for us from your relatives, friends, and co-workers. Some phones collected are distributed to Advocates' clients to call 911 as needed. The rest are recycled for cash for our programs. You can also drop off your phones at any area Ozaukee Bank and Grafton State Bank or call us to arrange a pick-up!

Sentry Community Dollar Program

Collect your receipts from Sanfillippo's Sentry in Port Washington and send them to us quarterly for us to receive a check back for a percentage of the total amount collected. Please mail them to us by January 1st for the rebate for the last quarter of 2005.



Lunch Bunch

Lunch Bunch is a summer program geared for middle-school-aged girls. The program is designed to educate girls on developing and maintaining healthy relationships, a strong self-esteem and positive body image.

This summer, girls participated in activities such as self-defense, yoga, dancing, and pedicures as part of the self-care unit.



This program will be offered again next summer at the Logemann Community Center. For more information, contact Mary at Advocates - (262) 284-3577.

Crisis Lines: (262)284- 6902 or (877)375-4034



Advocates of Ozaukee is one of the lucky 2005 Miracle on Canal Street Charities!

You can help to support this worthwhile effort by visiting the Nest of Life Bingo Hall on Miracle Charity Wednesdays now through December 15th and purchasing Miracle pulltabs, drawing tickets, and by playing bingo at the 1:00 matinee session or the 6:00 mini-bash.

On December 15, the twenty Miracle on Canal Street charities will share in the proceeds from Potawatomi Bingo Casino's Miracle on Canal Street Program.

This year, Advocates would like to offer a "Secret Santa Shop" for the kids to shop for their Moms. Please consider donating "Mom" gifts in November and early December. Suggestions are gift cards, socks, powder and lotion, books, robes, pajamas, and specialty coffees and teas. Call (262) 284-3577 to arrange for pick-up of these items or mail a check so we can purchase items for the shop.



Danceit! Performance Ensemble, a non-profit pre-professional group of dancers selected by the directors of Lake Shore Dance, performed new works by choreographer Andre' Tyson and other local choreographers for the benefit of Advocates. From this and other events including summer car washes and individual fundraising efforts donations totaling over \$2,600 were raised! Thanks go out to all who performed and also those who attended the performance and other fundraisers.



Wish List

Repair fund for appliances - approximately \$550 annually

Resident phone funds - \$850 annually

Heat the shelter \$575 monthly

Gift cards for client needs (underwear, medication, glasses, etc.)

We are registered at Kohls, Target, The Home Depot and Walmart. Please contact us to find out how you can access them.

Thank You

Thiensville/ Mequon Rotary for newsletter postage

The many other generous donors through the year and especially over the holidays.

Surviving the Holidays

- Erica Dimmett, Client Advocacy Director

The holidays are upon us! A time of family fun, sparkling lights, spending too much money, and gaining 10 pounds. The holidays can be stressful. You may find yourself feeling irritable, losing sleep or feeling tense and overwhelmed. These are all symptoms of holiday stress. So what can you do make it through? Here are few suggestions:

Decide what you want your holidays to be. Do what you feel comfortable doing this holiday season. Be realistic and don't overbook yourself or your family.

Plan ahead. Do not wait until the last minute to finish shopping, cooking, or decorating. Prioritize and if you don't get everything done, let it go, and don't worry about it.

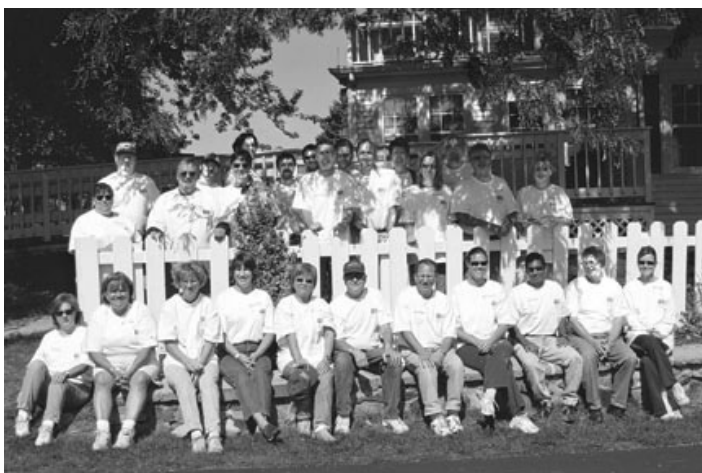
Visualize yourself having fun. Don't set yourself up by walking into a situation with a negative attitude. Enjoy the moment.

Take some time for yourself. Take a walk, go to the gym or take a bath to calm your nerves.

To enjoy the holidays we must embrace the joy of the season and take time to appreciate the simple moments. Smile when you see twinkling lights, rejoice at the first snow fall, and enjoy the excitement in the voice of a child. I wish you all a truly happy holiday season.

Day of Caring

Each year Advocates of Ozaukee participates in United Way's Days of Caring. This event allows company employees to spend their workday volunteering for a United Way agency to learn more about services in the community. It's a great opportunity for our agency to get much-needed work done.



On a beautiful September day, twenty-eight employees from Rockwell Automation worked hard clearing gutters, weeding gardens, creating a fire pit, painting, cleaning the shelter, sorting donations, and completing a variety of other chores at the agency.

It was a great day!

Families in Crisis

– Barb Fischer, Executive Director

During the past month we have seen image upon image of families in crisis. They have been driven from their homes, lost most or all of their possessions, and have been separated from loved ones and friends. Many of you have reached deeply into your pockets to assist them.

At Advocates we are all too familiar with the look in the eyes of families that have been driven from their homes, leaving behind most or all of their possessions and being separated from loved ones and friends. We see victims who won't leave their homes because they are worried about what might happen to their beloved pet, seniors who are afraid to leave their homes, or families who hide in the attic until the abuser leaves so they can escape.

When faced with difficult times, whether they are product of nature or the betrayal of a loved one, the devastation and loss can feel the same. This destruction can and does happen in Ozaukee County and Advocates is prepared to help. Day after day, Advocates provides shelter,

food, clothing, and support to families in crisis. In addition to these services we provide counseling, legal and medical advocacy, and support groups. Children are not immune to the trauma of family violence and Advocates provides specialized counseling for children who come to the shelter as emotionally drained and exhausted as their mothers.



So as you show your compassion to the victims of environmental destruction, also remember those who live with devastation caused by those who are supposed to love and care for them. With the breakdown of family, due to many different circumstances, our community must pull together to help our own. We have a strong, caring community that has proven that together we can work to end domestic and sexual violence. Thank you for your support of Advocates and for being involved in our important mission to assure that people are safe in our community.

Visit our website: www.advocates-oz.com



Many 'warm fuzzies' were sold at the event. More may still be available!
Call Worzella Photography at (262) 242-3663 for more information.

Paperbag Princess Luncheon

October 4th was a beautiful fall day and set the mood for the sixth annual Paperbag Princess Luncheon. Luncheon attendees enjoyed an amazing silent auction and raffle and had the opportunity to purchase a "warm fuzzie" blanket that they could take home or donate to children at the shelter. Attendees were also surprised and delighted by a special presentation of \$10,000 made in honor of Nancy Byers, the founder of the luncheon. Ed Tippetts made the presentation on behalf of an anonymous foundation. Following a delicious lunch, guests were treated to a fashion show sponsored by Erik of Norway with clothing from Andre Furs, Hers Fashion Apparel & Accessories, and Gigi of Mequon.



Nancy Byers (right), Barbara Fischer (center) check to see how raffle ticket sales are going with a luncheon volunteer.

Advocates of Ozaukee

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or 262.284.6902
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If you would like to receive this
newsletter electronically,
please email Cindi at
admnaast@advocates-oz.com.



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Parent Resources and Resources to Share With Their Children

www.loveisnotabuse.com

www.wcasa.org

*Reviving Ophelia: Saving the Selves of
Adolescent Girls* by Mary Pipher

*Strong Mothers, Strong Sons: Raising
Adolescent Boys in the 90's* by Ann F.
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*Queen Bees and Wannabes: Helping
Your Daughter Survive Cliques, Gossip,
Boyfriends and Other Realities of
Adolescence* by Rosaline Wiseman

*When Dad Hurts Mom: Helping Your
Children Heal the Wounds of Witnessing
Abuse* by Lundy Bancroft

*No More Secret for Me: A Book for Adults
to Share with Children* by Oralee Wachter

Feeling Sad by Joy Berry

Feeling Afraid by Joy Berry