



Project Sanctuary FALL NEWSLETTER

October is National Domestic Violence Awareness Month

Board of Directors

- Chair, Sally Webster
- Secretary, Missy Nelson
- Treasurer, Paul Conrado
- Justin Briggs
- Christine Cliburn
- Keith Faulder
- Jennifer Wright
- Sergio Fuentes
- Lia Patterson

Staff

Leadership:

- Dina Polkinghorne
- Judy Albert
- Rachel Kradin

Coast

- Carol Grass
- Diana Sallinen
- Karina Beccera

Inland:

- Allison Hoyman-Browe
- Debbie Ramirez
- Lia Holbrook
- Linda Davidson
- Melanie Wagner
- Pat Champion
- Teresa Borjon
- Victoria Plattner

October is a red-letter month for Project Sanctuary. October is national Domestic Violence Awareness Month (DVAM) and it could not have come at a more poignant time. With the vibrant national conversation that has been taking place around domestic violence and the NFL, now is an ideal time to turn that conversation inward to discuss domestic violence in our community. Through our excellent prevention education program, we have a year-round presence in the schools of our county. DVAM provides Project Sanctuary the opportunity to expand our community outreach further.

This year we are mixing the old with the new in our DVAM campaigns. For longtime supporters of Project Sanctuary who look forward to the Clothesline Project every fall, stop by both of our offices where we will have a small display set up.

Another long standing tradition is for City Councils' across the county and the Board of Supervisors to pass proclamations commemorating DVAM and supporting Project Sanctuary in the work we do to serve victims.

We are also trying out something new; a two pronged print and digital silence breaker pledge campaign. The pledge campaign will give

individuals the opportunity to join their fellow community members in promising 'to not commit, condone, or stay silent about domestic violence'. The County Board of Supervisors, and the Willits and Point Arena City Councils' will lead off the signing of

the pledge board when they ratify the proclamations.

The digital campaign will kickoff October 1st. Look on our FaceBook page or Twitter feed to join the pledge. Or go to the pledge directly by scanning the QR code below or by visiting www.causes.com/projectsanctuaryinc

For the print campaign we have teamed up with the Ukiah, Willits and Point Arena libraries. Each library will offer a selection of books and movies on the theme of domestic violence. Also on display will be a pledge board where community members can sign the pledge to end domestic violence.

We hope you will join us in breaking the silence in pledging to never to commit, condone or stay silent about domestic violence against women, men and children.

I pledge to not commit, condone, or stay silent" about domestic violence.



3rd Annual PS We Love YOU! Sold Out Again!

What could be better than good food, good wine, and good music? How about sharing it under a canopy of redwoods on a lovely summer evening with good friends! That's exactly what happened on July 24th at the 3rd annual PS We Love YOU! celebration at Nelson Family Vineyards in Ukiah.

**P.S.
we ♥
YOU**

continued, pg 2



John B & the Cocktail Team!



Sheriff Allman, Auctioneer



Past board member Anne Boyes catching up with Missy Nelson



Get The Facts on Domestic Violence National, State and Local Stats

NATIONAL

(Source: www.futureswithoutviolence.org)

- On average more than three women a day are murdered by their husbands or boyfriends in the United States.
- Nearly one in four women in the United States reports experiencing violence by a current or former spouse or boyfriend at some point in her life.
- Women are much more likely than men to be victimized by a current or former intimate partner.
- Women are 84 percent of spouse abuse victims and 86 percent of victims of abuse at the hands of a boyfriend or girlfriend.
- About three-fourths of the persons who commit family violence are male. Women ages 20 to 24 are at the greatest risk of experiencing nonfatal intimate partner violence.

STATE

(Source: www.CPEDV.org)

- Approximately 40% of California women experience physical intimate partner violence in their lifetimes.
- Younger women, 18-24 years of age, were significantly more likely (11%) to be victims of physical intimate partner violence in the past year than women in other age groups.
- Of those experiencing physical intimate partner violence, 75% of victims had children under the age of 18 years at home

LOCAL

Among other things, every year throughout Mendocino County, Project Sanctuary;

- Takes over 600 crisis calls
- Shelters over 60 adults and 50 children in the safe house
- Assists over 250 victims seeking restraining orders, provides over 2,00 shelter bed nights

PS We Love YOU! *continued*

The evening's menu included sparking cocktails, and a plethora of savory appetizers and a yummy grilled summer dinner prepared by Cynthia Ariosta & Chef Phillip Castro of Saucy. A special dessert was prepared personally by Chef Aaron Brown - Pastry Chef/ Instructor from The Culinary Institute of America at Greystone. Following a lively auction commandeered masterfully by Sheriff Tom Allman, one of the best bands around, Lost Dog Found, had everyone on their feet dancing the night away. If that weren't enough, everyone went home with the knowledge that together they raised just under

\$20,000 for Project Sanctuary!

On behalf of all our clients, the PS Board of Directors would like to thank the following major sponsors; Nelson Family Vineyards, Conrado Vineyards, Maverick Enterprises, Ukiah Valley Medical Center, Mendocino Lake Credit Union, KWNE, Savings Bank of Mendocino County, The Culinary Institute of America, and Goldman Sachs. Gratitude to the following individual sponsors as well; Katie & Brett Johnson, Chef Aaron Brown, Attorneys Sergio Fuentes & Keith Faulder, and Dennis and Jette Denny.

Over a dozen volunteers, many of whom show up every year to help out, have our deepest gratitude as always, especially Carissa Adams, Nancy Buechsenstein and Julie Cokely. The entire list of supporters can be found on our FaceBook page and we encourage you to check it out.

Words cannot express how thankful we are to the planning committee for putting this very special event together every year, ESPECIALLY the three greatest guys around... John Buechsenstein, Jim Stuart, and Greg Nelson. You 3 are the best!

And finally, thank you to EVERYONE who attended this year. We sold out again, we raised much needed funds again, and we felt the love again. See you the last Saturday in July, 2015! PS... We Love YOU!!

P.S.
we 
YOU

Upcoming Events

- OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH—see page 1
- CLOTHESLINE PROJECT—Throughout October at PS offices in Fort Bragg & Ukiah
- PROCLAMATION OF SUPPORT, Mendocino Co. Board of Supervisors, October 7
- PROCLAMATION OF SUPPORT, Willits City Council, October 8
- PROCLAMATION OF SUPPORT, Point Arena City Council, October 14

Soroptimists International Supports the Next Generation of Leaders

Always strong Project Sanctuary supporters, the Soroptimist International of Fort Bragg and Noyo Sunrise were generous funders of Project Sanctuary's inaugural Mendocino Coast Youth Leadership Summer Institute. Without the generous support of the chapters, as well as additional support from individual Soroptimist members, the institute would not have been the success that it was.

Collectively, they made it possible for staff to assemble a diverse group of twelve young leaders, purchase snacks and t-shirts for participants, and provide them with gift cards to enrich their own leadership interests. In addition, Cheryl Pogue, the Fort Bragg chapter's President, supplied the lunches on all four days of the institute, and generously donated her time to serve on a Community Leadership Panel of local women in leadership positions.



Members of the 1st Annual Mendocino Coast Leadership Summer Institute

60
Second
Thank You!

Coast Client Advocate Diana Sallinen thanks **Nancy Housel**, coast volunteer, not only for being a crisis line volunteer but also for making the gardens at Project Sanctuary more beautiful than they have ever been.

Executive Director Dina Polkinghorne sends gratitude out to **UPD Chief Chris Dewey**, and **Captain Justin Wyatt** for meeting with Staff to review domestic violence arrest policies. Our ongoing collaborative partnership is greatly appreciated. Another police officer thanks goes out to **Officer Thomas O'Neal** of the Fort Bragg Police Department. According to Coast Client Advocate Carol Grass, Officer O'Neal has gone above and beyond on behalf of our clients.

Thank you to **Anne Molgaard and First 5 Mendocino** from Coast Services Director Rachel Kradin. First 5 hosted an AmeriCorps member, enabling the Coast to benefit from having a child abuse prevention advocate making our community a safer place for families and children age 5 and under.

Prevention Coordinator Lia Holbrook thanks **Arbor Youth Resource Center** for hosting the Project Sanctuary teen-focused events for DV Awareness Month.

Volunteers Needed to Work on Coast Crisis Line

You may already know that the State of California requires each community to have a 24/7 domestic violence (DV) and sexual assault (SA) crisis line. A lesser known fact is that they require volunteers to serve on the crisis line for a certain portion of each day, and that they be state-certified "peer" DV and SA crisis counselors.

If you're interested in the certification, our coast office is now recruiting for the next volunteer counselor training. Project Sanctuary will provide all the training you need to become certified, free of charge, and in exchange we ask for a one year commitment to serve on the crisis line. Typically each volunteer serves one to two evenings a month.

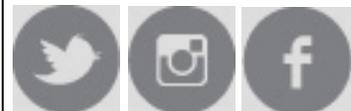
The class begins with a two day orientation the weekend of Oct 11th and 12th, followed by several more sessions scheduled throughout the next several weeks. Call Rachel for more info at 961-1507.

Please help us keep our costs down and lessen our environmental footprint by requesting an electronic version of our newsletter. Call Allison at 707.462.9196, or email her at allison@projectsanctuary.org to be added to the e-list.

Find us on the web!

www.projectsanctuary.org

We're also on Instagram and twitter with user name [p_sanctuary](#), and Face Book as [Project Sanctuary](#)



Project Sanctuary

www.projectsanctuary.org

UKIAH:

PO Box 450 / 564 S. Dora St. Ukiah 95482
Phone—707.462.9196 Fax—707.462.5869
Crisis Line—707.463.HELP

FORT BRAGG:

461 N. Franklin St., FB, 95437
Phone—707.961.1507 Fax—707.961.1539
Crisis Line—707.964.HELP

Nonprofit Org.
US Postage
PAID
Permit # 499
Ukiah, CA 95482

Return Service Requested



OCTOBER

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Project Sanctuary offers...

24 HOUR CRISIS LINE

Immediate, supportive information and services to victim, families and concerned friends. Collect calls are always accepted. 1 800 575-HELP

SAFE SHELTER

Project Sanctuary offers women and their children a safe and supportive environment to leave an abusive relationship and a starting place to restructure their lives. Counselors and in-shelter support groups are provided. Children get help as well with on-site family therapy. Men needing shelter are also supported.

COUNSELING

Project Sanctuary provides no cost, one-to-one counseling for anyone who has experienced sexual abuse or violence in their lives no matter how long ago the assault occurred.

SUPPORT GROUPS

Project Sanctuary offers support groups for those who would like the support of others in a safe and positive environment. Groups include: "Women's Empowerment," "Anger Management," and "Adult Survivors of Sexual Molestation."

LEGAL SERVICES

Project Sanctuary's legal advocates provide assistance with domestic violence restraining orders and sexual harassment, as well as advocacy and support in court for victims of domestic violence and sexual assault.

PREVENTION EDUCATION

Project Sanctuary offers a sensitive, age-appropriate curriculum designed for students from pre-kindergarten through college. The program addresses safety, healthy dating relationships and who to ask for help and how.

COMMUNITY EDUCATION

Project Sanctuary staff provide information and presentations about domestic violence and sexual abuse for community members and organizations.

TRANSITIONAL HOUSING

Transitional housing is available for up to a year for a limited number of clients. This program provides support to victims who are transitioning to a life free of violence, allowing the time and shelter to work towards being independent.