

OFF THE BEATEN PATH

Newsletter of the Barbara Kettle Gundlach Shelter

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



**Join Us
for a
Candlelight Ceremony
For**

Survivors of Domestic Violence

**SHOW YOUR SUPPORT IN
MOURNING VICTIMS,
CELEBRATING SURVIVORS,
AND REAFFIRMING OUR
STRUGGLE FOR A
NON-VIOLENT FUTURE**

**MONDAY, OCTOBER 6
7:00 p.m.
Finnish American
Heritage Center
Finlandia University
Hancock**

MUSIC . . . SPEAKERS . . . POETRY

Bring a candle or flashlight and join us for a walk after the ceremony
For more information call the Barbara Kettle Gundlach Shelter at 337-5632

Barbara Kettle Gundlach Shelter Home for Abused Women, Inc.

Staff

Emily Newhouse, *Executive Director*
 Marcia Frantti, *Administrative Assistant*
 Tammie Dupuis, *Volunteer Coordinator/Shelter Manager*
 Mary Niemela, *Houghton/Keweenaw Outreach Advocate*
 Susan Guilbault, *Ontonagon Outreach Advocate*

Laurel Johnson, *Counselor*
 Nickole Hubert, *Children's Worker*
 Janet Fox, *Relief Worker*
 Kari Autio, *Relief Worker*
 Betsy Crawford, *Relief Worker*

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A SPECIAL THANK YOU TO OUR VOLUNTEERS

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OFF THE BEATEN PATH

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From the Director's Desk

Emily Newhouse



This issue brings you an interview with Board member Kim Menzel and an overview of the 2007 National Census of Domestic Violence Services for Michigan conducted by the National Network to End Domestic Violence. Across the nation, this census counted 52,203 adults and children receiving domestic violence services during the 24-hour survey period. More than 20,000 calls were answered by local, state and national crisis hotlines, amounting to more than 14 calls a minute. Also during the survey period, domestic violence programs reached about 30,000 Americans through more than 1,500 public awareness presentations about domestic violence, available resources, and violence prevention. All of these life-saving services were provided despite almost 70% of domestic violence programs operating with less than 20 paid staff.

It is a tremendous challenge running a program 24 hours a day. We could not cover necessary hours without our volunteers. We could not cover other costs without local funding. In the past year, there has been a reduction in STOP grants funding in Michigan due to decreases in population indicated in the last census. Local MSHDA Emergency Shelter Grant funds have also been reduced to our program. Like any household, we face the rising costs of food, maintenance and utilities. Copper Country United Way funds help us to keep essential services available. Please support our local United Way as they begin their campaign.

This fall we will hold our Candlelight Vigil on the Finlandia University campus in Hancock. We hope you will be able to join us.

Shelter Crisis Line

337-5623

Ontonagon Outreach Office

884-4004

Website

BKGShelterhome.org

Volunteers

Make the Difference

The volunteer program at the Barbara Kettle Gundlach Shelter Home is a rewarding experience. A volunteer at the shelter helps many residents and their children each year by being an empathetic listener and support person. Once the training is completed, volunteers sign up for shifts that fit their schedule. The schedule is made on a monthly basis with the volunteers selecting the shifts they can work.

Volunteers are also needed to work with the children for childcare during support groups. This is a 2-hour commitment for once a week. We are also looking for a volunteer for cleaning house and sorting donations.

Please call 337-5632 for more information about volunteering or trainings.

Fall Harvest Collection

On Saturday, October 18

Alpha Xi Zeta Sorority will be collecting food and supply items for us (anything on our wish list)

Please help them Make a Difference!

Friends of the Shelter 1/1/2008 - 8/28/2008

Jon & Carole Ahola	Flowers by Sleeman	Brad & Karyn King
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Houghton Rotary Club	Lisa Pollock	
	Sandra Rintala	

Kim Menzel

Board Member

by Susan Burack

Kim Menzel has been a member of the Board of Directors for a year and now serves as the Chair of the Fundraising Committee. She went through the volunteer training in 1992 and staffed the crisis line on weekends, and helped with childcare during women's group.

Her training in domestic violence began when she was an undergraduate at MSU in 89-90 and took training at CADA, a women's shelter in Lansing, as part of a class on Women in the Law. "I had a great professor who wanted young women to get involved," she says.

She is the owner of Indigo Creek Counseling Center where she treats individuals, couples, and families on behavioral health and life issues with an emphasis on depression, eating disorders, anxiety, and conflict resolution.

"Training in mindfulness-based stress reduction is utilized in my counseling practice," she says. "Showing people how to use mindfulness to change their reaction to life circumstances can have an impact on their reaction to stressful situations. For children, bullying and aggression decrease when everyone has a part in listening and problem solving. Education about communication and conflict resolutions should begin as early as pre-school," she says.

"I feel very humbled by what women deal with when affected by domestic abuse. We need to remember that there are 'systems issues' such as job training, income, day care, and housing. Without support, it is difficult to

leave especially if the woman is concerned about her children's safety."

"It's different for each woman, but she needs to believe she can have a different future. We need to allow her to be where she is and reach out to her at that place. Research continues to show that a woman's income level decreases 25-40% after divorce." "And," she adds, "our society has not yet provided much on-going support for divorced couples to help them deal with the challenges they face when they share custody.

Menzel first came to the Keweenaw in 1991 after spending time in the area with a friend who went to Tech. Her undergrad degree in Social Science was followed by an MSW from the University of Michigan. She grew up in Brighton, and is happy to be raising her daughters, Julia, 11 years old, and Isabella, 8 years old here. They live in Ripley and go to school in Houghton and both love to dance. In her spare time, Menzel likes to read, spend time with friends, and practice meditation.



Do you have an interest in domestic violence issues and a desire to serve our community?

Consider becoming a BKG Shelter Home Board Member

For more information call the Shelter at 337-5632

DOMESTIC VIOLENCE COUNTS

the National Census of Domestic Violence Services

Executive Summary for Michigan

On September 25, 2007, 47 out of 62, or 76%, of identified domestic violence programs in Michigan participated in the 2007 National Census of Domestic Violence Services.

Designed to address the safety and confidentiality needs of victims, the Census collected an unduplicated, non-invasive count of adults and children who received critical services from local domestic violence programs during the 24-hour survey period. Since some local programs did not participate, this Census provides a powerful glimpse but remains an undercount of the actual number of victims who sought and received services. The following figures represent information from the 47 participating Michigan programs about services they provided during the 24-hour survey period.

1,151 HOTLINE CALLS ANSWERED

Domestic violence hotlines are a life line for victims in danger. Domestic violence program staff in Michigan answered more than 48 hotline calls every hour, providing support, information, safety planning, and resources.

557 PEOPLE TRAINED

Individuals across Michigan attended community education and trainings, gaining much needed information on prevention and early intervention.

256 UNMET REQUESTS FOR SERVICES

Due to a lack of resources, many programs in Michigan reported a critical shortage of funds and staff to assist victims in need of services, such as housing, childcare, mental health and substance abuse counseling, and legal representation.

NOT ENOUGH STAFF

Programs reported that lack of staffing was a reason that they could not meet victims' requests for services. 64% of programs have fewer than 20 paid staff, and 23% of those program have fewer than 10 paid staff.

2,171 VICTIMS SERVED IN ONE DAY

- 1,403 domestic violence victims found refuge in emergency shelters or transitional housing provided by local domestic violence programs.
- 768 adults and children received non-residential services, including individual counseling, legal advocacy, and children's support groups.
- In just one day, 98% of local programs provided individual counseling or advocacy but only 47% were able to provide transitional housing.

Other services provided by programs include:

98% Individual Counseling or Advocacy

85% Emergency Shelter

72% Group Counseling or Advocacy

70% Advocacy with Social Services

66% Legal Accompaniment/Services

62% Children's Counseling/Advocacy

57% Childcare

Barbara Kettle Gundlach Shelter
P. O. Box 8
Calumet, MI 49913

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Standard Mail
U. S. Postage
PAID
Permit No. 27
Calumet, MI



WISH LIST

- Laundry baskets
- Phone cards
- Bath, Hand or Dish Towels
- Wash Cloths
- Pillows (new)
- Paper towels
- Napkins
- Laundry and dish soap
- Trash bags
- Storage bags
- Baby Wipes
- Toilet Paper
- Kid's bean bag chairs

ADDRESS CHANGE

Have you moved? Please let us know.

Name _____

Address _____

Send to: Barbara Kettle Gundlach
Shelter Home for Abused Women
P. O. Box 8
Calumet, MI 49913

YOU CAN HELP!

I would like to help shelter victims of domestic violence and their children. Here is my contribution of:

___ \$10 ___ \$25 ___ \$50 ___ \$100 \$_____ Other

Name _____

Address _____

Send to: Barbara Kettle Gundlach
Shelter Home for Abused Women
P. O. Box 8
Calumet, MI 49913