

SPRING 2019 | Issue No. 19



Dear Friends,

When Tom Berkedal called my office in the Fall of 2017 to tell me about his plan to bring Voices of Men to the Coulee Region, I told him I had been waiting for this call for fifteen years.

Our community has long been in need of a men's accountability group to take the lead on reaching out to men and boys in an effort to educate them on their responsibility to help eradicate domestic and sexual abuse. I am proud to be a part of the leadership team for Voices of Men and represent New Horizons in this new effort.

Tom knows it's going to take a wide range of hard work to help undo the stereotypical brand that our society has perpetuated about what it means to "be a man." We all realize that it's going to start with education. I'm excited that Voices of Men is reaching out to our area schools with the hopes of implementing charter groups in each.

It's a strong starting point. And that is the most important thing: that it's starting.

Engaging men and boys in the fight against domestic violence and sexual assault is surely going to help increase awareness, give more support to victims in the community, and provide prevention.

One in four women experience abuse; think about four women you know. One of them might even be you.

The conversation with men in our community is just starting. Let's keep it going.

Future generations to come will fully reap the benefit of our efforts to further engage and educate men and boys to stand up against abuse in our community.

In Empowerment,

*Ann Kappauf*

Executive Director

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Help is available 24 hours a day,  
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**CRISIS LINE** at  
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or 888-231-0066

[www.nhagainstabuse.org](http://www.nhagainstabuse.org)

# COULEE REGION VOICES OF MEN



Tom Berkedal openly admits that like most men, he was generally clueless as to the impact and fear women in an abusive relationship experience.

It just was not something that was on his radar—until he was invited to attend an event put on by Voices of Men in the Fox Valley—on the east side of Wisconsin. It was an “A-ha Moment” for the father of three daughters.

Voices of Men is a men’s accountability group that addresses the fact that most of the victims of sexual assault and domestic violence are women—and about 90 percent of the perpetrators are men. The organization is about calling to action men in the community to step up, accept responsibility for their part in societal misogyny and raise their voices against it. The organization strives to build a ground swell of support to disprove the man box culture; the manner in which society teaches boys to “be a man,” by stifling their emotions, or telling them, “don’t cry,” and many other stereotypes of our culture that have long been held up as examples of “manly” traits.

Berkedal, who has moved back to the Coulee Region now, has been assembling a new branch of Voices of Men here. He says support of the new organization has been well received; every one of the 37 members asked to be a part of this leadership team said YES, when asked to be a part of this movement. New Horizons Executive Director, Ann Kappauf is also a member of that team.

The work is just beginning. It’s going to take a lot of education if a societal change is going to happen, and that will need to be approached on a comprehensive basis. If youth are going to better understand what kindness, compassion, and acceptance really mean, the best bet to accomplish it is through education at every opportunity.

Educating young men to stand up and speak out when they witness behavior toward women that is wrong is the ultimate goal. Engaging men and boys in the fight against domestic violence and sexual assault is a lofty goal, and peer-to-peer education is going to play a big role for this movement to really take hold. Young men are more likely to be impacted when their friends are reinforcing a positive stance on the treatment of women.

Perhaps Frederick Douglass said it best,

**“It is easier to build strong children than to repair broken men.”**

I’d say Berkedal and the Voices of Men movement is on the right track to do just that.

<https://www.facebook.com/CouleeRegionVOM/>



# Victory Over Violence Recap



We held our annual Victory Over Violence Gala and Auction this past month, presented by Gundersen Health System. It was a success--raising over \$20,000 to help victims of abuse in our community.

This year we added live music from "Me & Rosie B," a talented husband and wife duo of Tom and Rosie Hoskins-Bielefeldt from Trempealeau.

Dave Skogen had an excellent talk on Servant Leadership and how it can raise an organization and individuals to greater heights in both career and life. He shared the poem, "The Dash," by Linda Ellis--which you can read below.

The live auction with Hoyt Zenke rounded out the evening and helped push the funds raised to over \$20,000 for the event. Thank you to all who participated in Victory Over Violence and helped to make it a success!

*(photos courtesy of Sean Kearney with Collective)*



## The Dash

*by Linda Ellis*

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on the tombstone from the beginning... to the end.

He noted that first came the date of birth and spoke of the following date with tears, but he said what mattered most of all was the dash between those years.

For that dash represents all the time they spent alive on earth and now only those who loved them know what that little line is worth.

For it matters not, how much we own, the cars... the house... the cash. What matters is how we live and love, and how we spend our dash.

So think about this long and hard; are there things you'd like to change? For you never know how much time is left that can still be rearranged.

To be less quick to anger and show appreciation more and love the people in our lives like we've never loved before.

If we treat each other with respect and more often wear a smile... remembering that this special dash might only last a little while.

So when your eulogy is being read, with your life's actions to rehash... would you be proud of the things they say about how you lived your dash?

# Awareness in April



**Child Abuse Prevention Month** takes place each year in April, since 1983. It's an effort to raise awareness and prevent child abuse. Children's lives are shaped by their experiences, including what happens in their environment and the types of relationships they have with parents, teachers, and other caregivers.

- One in 10 children will be sexually abused by age 18
- There are 42 million survivors of child sexual abuse in the United States
- 90% of abused children know their abuser

**Sexual Assault Awareness Month** has been officially recognized for 18 years. It takes place each year in April to raise public awareness about sexual violence and educate communities on how to prevent it.

- Sexual assault is one of the most under-reported crimes, with 77% of sexual assaults left unreported to law enforcement often due to a victim's fear of the perpetrator, shame and social stigma, and lack of support or resources.
- It takes a lot of courage for survivors to disclose sexual assault. When a survivor receives an empathetic response and feels believed, respected, and valued they are less likely to experience depression, anxiety, or Post Traumatic Stress Disorder (PTSD).
- Survivors with disabilities are three times more likely to be victims of sexual assault than people without disabilities, and are more likely to experience multiple episodes of sexual violence in their lifetime. Often, the abuse is perpetrated by people they know, some of whom they associate with simply by nature of having a disability, such as personal care attendants.



# Upcoming Events

New Horizons still has events planned yet this month to help drive awareness to **Child Abuse Prevention Month** and **Sexual Assault Awareness Month** in our communities. Take a look and find one or two that you can participate in to be a part of the change for good in your community!

## **Vinyasa for CASA**

Sunday, April 14th, 8:30am-10am at  
Rootdown Yoga Studio, 1217 Caledonia Street, La Crosse  
Join this event for a yoga, refreshments, and a chance to learn more about the Court Appointed Special Advocate for Kids program!



## **"I am for the Child Day"**

Wednesday, April 17th, ALL DAY

The Wisconsin CASA Program's "I am for the Child Day." Everyone is encouraged to wear blue in their support of the CASA program and also to raise awareness for child abuse.

## **Denim Day**

Wednesday, April 24th, ALL DAY

We ask community members, elected officials, businesses and students to make a social statement with their fashion by wearing jeans on this day as a visible way to support survivors and oppose the misconceptions that surround sexual assault and victim blaming. Donations of \$1 will be accepted by the SAAM/CAPM committee at New Horizons (Jen, Kim, Corinne, Jackie and Ellen).



## **6th Annual Family Fun Walk**

Sunday, May 5th, 11am – 1pm

at Myrick Park Gun Shelter in La Crosse.

Join the Coulee Region Child Abuse Prevention Task Force for a free family fun walk! There will also be face painting, sidewalk chalk, and safety finger printing for the children through BACA.

# APRIL 24 DENIM DAY '19

We ask community members, elected officials, businesses and students to make a social statement with their fashion by **WEARING JEANS ON THIS DAY** as a visible way to support survivors and oppose the misconceptions that surround sexual assault and victim blaming.


## Why Denim?

Denim Day started due to a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent.

## Want To Do More?

Participate by hosting a Denim Day fundraiser, supporting La Crosse and Trempealeau County Sexual Assault Awareness month Scholarship and Events.

**For more information, contact our Sexual Assault Advocate at:**

 715-538-2810

 [sa@nhagainstabuse.org](mailto:sa@nhagainstabuse.org)



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[www.nhagainstabuse.org](http://www.nhagainstabuse.org)

### La Crosse

24/7: 608-791-2600

P.O. Box 2031

La Crosse, WI 54602

### Whitehall

24/7: 1-800-706-8586

P.O. Box 518

Whitehall, WI 54773



new  
horizons

SHELTER & OUTREACH CENTERS

advocating against domestic & sexual abuse

# Fund a Need

Shelly hid her abuse very well from her co-workers and friends. She became a master at make-up to cover up bruises and scrapes and created stories to explain injuries she couldn't hide. It took her by surprise when one of her co-workers approached her at lunch and asked her if she needed help or someone to listen. Shelly tried to deny it, but was taken by the genuine concern in her co-worker's eyes, as tears began to trickle down her cheeks.

That co-worker helped her connect with New Horizons. It's not been an easy road for Shelly, but she has started on the path to rebuild her life and self-esteem. New Horizons has provided food, shelter, and clothing for her. We have also helped her with obtaining a restraining order and provided her with counseling through our staff therapist. These are all free and confidential services and supports that are provided for all victims to help them break free of the abuse.

**You can help New Horizons with our efforts.  
Here are some of the things  
that you can help fund:**

**\$25** 

provides 16 bus tokens to look for housing and employment

**\$50** 

provides one night of shelter stay for one victim

**\$100** 

provides one month of milk, eggs and bread at shelter

**\$250** 

provides one month usage of the Certified Language Line

**\$500** 

provides one month of rent for our Trempealeau County Outreach Office

**\$750** 

provides one month of utilities at shelter

**\$1000** 

provides 20 nights of shelter stay (the average shelter night stay for one victim is 41 nights)

**\$1250** 

provides 80 hours of one-on-one advocacy

**You can also donate new or gently used items from the list below, which will help us restock the shelter:**

- Twin and Full size sheets, comforters, blankets, and pillows
- Towels, wash clothes and hand towels
- Adult comfort clothing- Men and Women (all sizes)
- Bra's and underwear and socks adults and children
- Children comfort clothing (all sizes)
- Pajama's (all sizes)

## Top 50 Donors for Oct 2018 - March 2019

(LCF) Richard W. Brown Family Fund  
Gundersen Health System  
Walter Johnson  
Coulee Region Moving Services, LLC  
(LCF) William & Cynthia Berg Family Fund  
Olivet Beacon of Light Lutheran Church  
Neale and Sheryl Horman  
Treglowne-Schraith Household  
Barbara and Donald Frank  
(LCF) Frank  
Logistics Health, Inc.  
United Community Fund  
(LCF) Blahnik-Naugler Help Fund for Women  
Joan Filla  
Donald and LaVonne Zietlow  
Jack and Judith Rusch  
(LCF) Robert and Elenor Franke  
Rahn and Judy Pischke  
Ursula Cejpek  
Our Savior's Lutheran Church -  
William Banasik  
Mannstedt & Son, Inc.

French Creek Lutheran Church  
Healthcell, LLC  
Onalaska Area Jaycees  
(LCF) Ware  
Kristina Sage  
M. Elizabeth Cason Fund  
Lacie McClurg  
Steve and Wendi Michaels  
Marcia Newquist  
Blair-Taylor Public Schools  
LaRayne Meyer  
Trust Point, Inc.  
Coulee Bank  
John and Rose Berry  
Elk Creek ELCW -  
Holy Trinity - St. Anne's Ladies Society  
George and Elizabeth Kruck  
Nancy Green  
Creative Screen Print  
Eyemart Express  
Wayne Hood  
Ray and Joyce Wichelt

Steven and Suzanne Tanke  
Gustafson Family Fund  
Xcel Energy  
Pischke Motors, Inc.  
Maxwell-White Plumbing  
Bremer Bank  
Tostrud & Temp, S.C.

Great Rivers United Way continues to support our programs through grants from funds through their annual campaign.

New Horizons also received generous grants from the following funds: The Women's Fund of Greater La Crosse, La Crosse Community Foundation, Mathy Construction, and many more.

These are just a few of the multitude of gifts from companies, churches, organizations, and individuals.

Thank you!







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SHELTER & OUTREACH CENTERS

advocating against domestic & sexual abuse

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## New Horizons Wish List

### Household Items:

Air freshener spray  
Alarm clocks  
All-purpose cleaners & disinfectants  
Bath & beach towels  
Coffee & non-dairy creamer  
Dish soap  
Hand towels & wash cloths  
Kitchenware  
Lamps  
Laundry detergent, baskets, & fabric softener  
Bleach  
Lightbulbs  
Over the counter medications:  
(Tylenol, Ibuprofen, fever reducer)  
Paper towels & toilet paper  
Pillows  
Plastic wrap & aluminum foil  
Queen sized bedding  
Twin & Full size bedding  
Shower curtains  
Storage containers with lids (all sizes)  
Garbage bags (13 gal)

### Teen Items:

Clothing      Earbuds  
Craft/Art Supplies      Journals

### Personal Items:

Men/Women/Children clothing (**IN SEASON ONLY. Limited space**)  
Hair brushes  
Nail clippers  
Nail polish & remover  
New bras (*all sizes*)  
New underwear & socks (*all sizes for Men/Women/Children*)  
Pajamas (all sizes)  
Razors  
Tweezers  
Vaseline  
Deodorant  
Ethnic hair supplies  
Makeup (*new/unused only*)  
Full coverage foundation (*to cover scars/bruises*)  
Feminine hygiene pads  
Shampoo & conditioner  
Women's tennis/comfort shoes (sizes 6-10)  
Children's comfort shoes (all sizes)

### Pet Supplies:

Cat Litter      Dog/Cat Food  
Large Kennels      Leashes

### Baby/Children's Items:

Baby monitors  
Baby Orajel  
Baby wash/shampoo/lotion  
Bottle brushes  
Diapers (size 3 - 6)  
Kid's cups/sippy cups  
New Toys

### Office Supplies:

Books (*Spiritual/Recovering/Inspirational*)  
Copy paper  
Lanyards  
Scotch tape  
Solid color folders  
Postage stamps

### Spring Wear:

Light Jackets (all sizes)  
Umbrellas  
Rain Coats (all sizes)

### Wish List:

Food dehydrator  
Food Saver (vacuum sealer)  
Wall clocks  
Vacuum cleaners

### New Horizons Needs:

Seasonal clothing, gas cards, pain/cold/allergy medications, feminine hygiene products, new socks & underwear, towels, pillows, & blankets

### High Importance Items:

- Bus Tokens
- Gas Cards
- Gift Certificates/Cards
- Pre-Paid Phone Cards
- Cash

### Donations Phone:

608-791-2610  
ext. 1300 or 1305

### Location:

1223 Main Street—La Crosse

### Hours: M-F 9am-4pm

*Outreach Centers are closed first Tuesday of the month.*

**LIVE UNITED**™



New Horizons is proud to be a participating agency of the Great Rivers United Way