

SURVIVOR STORY

You Saved This Family

Bonnie had endured 16 years of physical and emotional abuse from her husband. But it was when he turned on their youngest child that she knew it was time to do something.

(See page 3)



FEELING LUCKY OR COMPETITIVE?

Online Fundraiser: Thursday, August 20th

Since COVID continues to ruin fundraising event plans, we're providing a new opportunity to help fund the work we do for victims of abuse! You could win a fabulous door prize just for participating!

(See page 4)

CASTING FOR A CAUSE

Area Rotarian Fishing to Raise Funds

For one local Rotarian, landing a monster musky isn't just about the thrill of the chase; it's about giving back to our community.

(See page 5)



Executive Heart-to-Heart



Dear Friends,

I am a survivor of domestic abuse. It was back in the day when the subject was even more taboo than it is now. I wasn't aware of services and programs that would have been able to assist me. I sure didn't know that leaving an abusive partner puts a person in potentially life-threatening danger. But I had a safety plan! My dad actually developed it for me. It was a simple flip latch on the inside door to the wood chute of my basement and a baseball bat next to my bed. I felt very safe in my old farmhouse even though my nearest neighbor was a mile away. It's a good thing I didn't know

then what I know now, or I would have never slept.

Thirty years later, safety planning techniques are very different. Advocates work directly with adults and children to develop personalized plans that include ways to help keep the survivor and their family safe while living within an abusive relationship and/or if they are leaving one.

Advocates encourage and support survivors to become creative when determining with whom and where they could seek safety. They talk about rooms that have access to outside doors, whether or not the abuser has access to guns and/or other weapons, and how they can signal someone for help. Additionally, advocates take into account the survivor's culture, spiritual beliefs, preferred gender, differing abilities, and more so the plan is truly individualized. A safety plan is a work in progress and changes as the needs of the survivor change.

If you know of someone who is in an abusive relationship, encourage them to call our crisis line and seek help to develop a safety plan. A simple flip latch really isn't that durable and a baseball bat is hard to reach if you're pinned down to a bed.

In Empowerment,

A handwritten signature in cursive script, appearing to read "Ann Kappauf".

Ann Kappauf
Executive Director

You Made a Difference!

If you recently made a contribution to New Horizons, THANK YOU! You are making a difference in the lives of victims of abuse in our community!

Let me put a face on your impact.

Bonnie had endured 16 years of physical and emotional abuse from her husband. She had always forgiven him, but was finding it harder and harder to do so. The situation was even more complicated because she was fearful for her three children and what might happen if they tried to leave.



She didn't know how they could safely leave. All of the finances were in her husband's control. Bonnie felt completely trapped.

One night at dinner, their youngest son spilled his milk. Bonnie couldn't stop her husband when he erupted and began to physically and verbally assault the child for the accident. The terror and pain in her son's eyes pierced Bonnie's heart.

As her husband stormed out of the house, Bonnie decided right then and there to call New Horizons.

Thank YOU for making it possible to say YES to Bonnie and her children when they needed help.

YOU made this possible. You are changing lives!

All SERVICES ARE FREE & CONFIDENTIAL

www.nhagainstabuse.org

La Crosse

24/7: (608)791-2600

PO Box 2031

La Crosse, WI 54602

Whitehall

24/7: (800)706-8586

PO Box 518

Whitehall, WI 54773



new
horizons
SHELTER & OUTREACH CENTERS

advocating against domestic & sexual abuse



Since COVID has once again ruined our efforts to hold a fundraising event, we're providing a new opportunity for those who want to help victims of abuse! It's a very creative-filled online auction--plus there are door prizes up for grabs just for joining in the fun!

We are blessed with so many amazingly talented people in the community! They are opening their hearts and donating craft work from their hands to give hope to victims of abuse in our community! This fundraising event will be completely online, so you can participate from the comfort of your home!

MARK YOUR CALENDARS NOW FOR THURSDAY, AUGUST 20, 2020.

The cost to participate in this event is merely \$25. And you could even win a door prize just for participating in the fundraiser! Head to our website to see all of the door prizes.

There will be amazing hand-crafted items for you to consider placing a bid on, come Thursday, August 20th. You can view the items by visiting our website:

www.nhagainstabuse.org.

So whether you enjoy the competitive nature of online bidding, or if you'd rather just buy a ticket to maybe score a door prize--we've got options for you! Either way, you'll be helping victims of abuse in our community!

**PLAN ON JOINING US, THURSDAY, AUGUST 20, 2020--
ONLINE BETWEEN 8AM AND 8PM!**

**Go to www.nhagainstabuse.org
to buy your tickets and view the online items for bidding.**

If you or someone you know is an artist and crafty--please get in touch with Patty Nuttleman, Development Director: (608)791-2610, ext. 1305 or email her at dev@nhagainstabuse.org.

CASTING FOR A CAUSE

For one local Rotarian, landing a monster musky isn't just about the thrill of the chase; it's about giving back to our community. Now through August 28th, Al Louis from Designing Jewelers in La Crosse will be on a fishing trip at Lake Vermillion in Minnesota. The Al Louis Musky Challenge is slated to raise a lot of money for several local non-profits in the area, including New Horizons Shelter & Outreach Centers.

Louis will be donating \$100 per musky that he catches and is challenging fellow Rotarians and community members to pledge per musky or contribute a set amount.

Other non-profit organizations to benefit include Mobile Meals, Gateway Area Council, BSA, La Crosse Public Education Foundation, and the Family and Children's Center, with each organization receiving \$1,000. The rest of the money raised will go to New Horizons for the Stewards of Children programming to prevent child sexual abuse and to assist victims of abuse in our community.

Louis is trying to help these area non-profits who have all been impacted negatively in their fundraising efforts, due to the pandemic.

"COVID-19 has forced many of these groups to either cancel or delay their annual fundraising events. Help us exceed our goal of raising \$20,000 to help support these five important non-profits that play a vital role in serving the Coulee Region," Louis said.



Last year, Al's Musky Challenge raised over \$4,000, which supported the Diaper Drive at The Parenting Place.

Louis says on average, it takes over 10,000 casts to land one musky. His arms will surely be sore when he returns from this trip--but his heart will definitely be full.

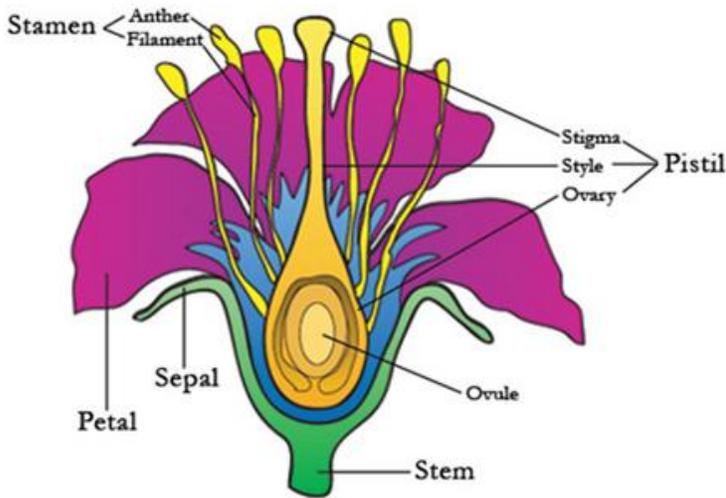
If you'd like to make a contribution or pledge per musky that Al catches, please visit the donation portal here:

<https://app.donorview.com/GZwX9>

STICKY STIGMA

Patty Nuttleman

Development Director



I can remember sitting in my 4th grade science class and learning about the parts of a flower. There was a quiz. There was always a quiz. We had to fill in the blanks on the diagram of the flower, including the three parts of the pistil: the ovary, the style, and the stigma.

That was the first time I learned the word, "stigma." And it wasn't the common definition most of us are familiar with as adults.

In case you don't know, the stigma on a flower is the part that receives the pollen from bees. It's designed to trap pollen and is quite sticky, in an effort to increase the ability to capture pollen.

A stigma is sticky. And confusing. How can one "stigma" be life-giving and another "stigma" be life-destroying? It's quite a paradox.

The stigma surrounding domestic and sexual abuse is painful and destructive. What would your co-workers think if they knew you were in an abusive relationship? Would your friends believe you if you said something? Will people blame you for it happening?

The potential of the stigma--being marked with disgrace--swirls in the back of a victim's mind. Self-doubt creeps into your thoughts. No one will believe you. Your partner is always so nice to everyone else in public. No one has a clue about the monster behind closed doors.

Imagine repeatedly enduring abuse and humiliation in your home and then trying to put a happy-go-lucky face on in public. Inside you're dying. Your spirit beat down to the point you're struggling with serious bouts of depression.

Keeping the abuse hidden is exhausting, and finding the strength and courage to share your secret can certainly feel impossible for many. This problem rips at a person's mental state. It distorts what a healthy relationship should be. A victim starts to accept the abuse as just the way things are in an effort to survive in their world.

But it doesn't have to be that way. **We need to normalize the discussion surrounding domestic and sexual abuse, so that it doesn't remain hidden in the shadows.** Victims need to know that there are more people who will believe them when they find the strength to share their story.

And when someone musters up the courage to share their truth, it can inspire others to share theirs. You are not alone. It is not your fault. Help is available.

The Crisis Lines at New Horizons are open 24-hours a day. In the La Crosse area, call toll-free **1-888-231-0066**. In the Whitehall area, call toll-free **1-800-706-8586**. If you'd like some tips on how to support a friend or family member who may be experiencing abuse, please visit our website: <http://www.nhagainstabuse.org/get-informed/helping-friends-and-family/>

Your value doesn't decrease
↓
based upon someone's
inability to see your worth.



La Crosse Area: (888)231-0066 | Whitehall Area: (800)706-8586
nhagainstabuse.org

Top 50 Donors: April - June 2020

Bluffview Bank
Roy Campbell
Root Down Yoga Studio
Donna Bartuski
La Crosse Insurance Agency
Rotary Club of Downtown La Crosse
Toni Tunge
Constancia Hernandez
Independence State Bank
Larry Hagar
Cameron and Carlene Roberts
Bruce and Mary Beth Simones
Jessica Jarecki
Marilyn Hempstead
George and Ramona Bartels
Grace Schroeder
Kimberly Jones

R.L. and Janet Virata
Michael Lichtfeld
Patricia and Dale Emery
April Cullen
David Bange
Jim and Donna Omernik
Dolly and John Sandleback
Theresa Urbanek
Elizabeth Reshel
Diane Midland
Blessed Sacrament Women
Philip and Darleen Lunde
Ruth Vanderploeg
Greg and Molly Gillmeister
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Leann Sweeney
Altra Federal Credit Union

Srs Lorraine Forster and Karen Neuser
Stephanie Moore
Jessica McLean
Meghan and Christopher Dick
Joan Yeatman
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Dairyland Women's Association
William and Catherine Johnson
Debra Schaefer
Rita Carranza
David Boen
Rosalie Schnick
Lisa Butterfield
Maureen Kinney
Carleen Poellinger
William Cox



Great Rivers United Way continues to support our programs with 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, ALM Charities**, and many more.

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

Thank you!



advocating against domestic & sexual abuse

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La Crosse, WI 54602

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New Horizons - Current Needs

Due to very limited space, our donation protocol has recently changed.

We no longer accept any clothing or small appliance items unless it is something that we have specifically put out a request for on our Facebook page. ***We recommend calling ahead before coming with donations to help make it a seamless experience. That number is (608)791-2610.***

We encourage you to donate items we are not currently accepting to other non-profit organizations. Please consider donating furniture to The Exchange. You can reach them at 608-301-5345.

We work closely with other non-profit organizations to ensure that those we provide services to have their clothing and furniture needs met, this allows us to remain focused on our mission.

We always accept donations of new and full-sized personal care items.



- Paper Towels
- Toilet Paper
- Teen clothing
- Hairbrushes
- Cellphone chargers
- Women's plus-size clothing (summer only)
- Adult pajamas, robes, & sweatpants (XL-4X)
- Digital oral thermometers
- Disposable gowns
- Face masks for adults & children with headbands
- Hand Sanitizer
- Disinfecting wipes
- Disinfecting spray
- Food service gloves
- Dishwashing gloves
- Isopropyl alcohol - 90%
- Distilled Water