

Sable House

www.sablehouse.org

Summer 2014

You're Invited!

Join us at the 1st Annual Sole to Soul Walk to promote wellness and community awareness.

June 21, 10:00am ♦ Dallas High Track

- ♦ Silent Auction
- ♦ Raffle
- ♦ Art Booth
- ♦ Book Signings
- ♦ Children's Activities

Keynote Speaker

Mildred D.
Muhammad

Ex-wife of the DC Sniper
Author of *Scared Silent*



All registered walkers receive a souvenir backpack filled with fabulous wellness gifts!

For more details and registration, visit www.soletosoulwalk.org or call 503-751-1429

Sole to Soul Walk
A 5K Journey Celebrating Heart and Soul

Our Mission

To increase the safety of domestic and sexual violence victims in Polk County through crisis intervention and community education services.

Having trouble finding us in listings of nonprofit organizations?
Try searching for:

S.A.B.L.E. House
(legal name)

S A B L E House
(IRS, Guidestar, etc)

Core Values

Safety · Compassion · Respect
Good Intent · Advocacy

Did you know?
"Sable" is an acronym for:

Safe from
Abuse and
Battered
Living
Environment

BOARD OF DIRECTORS

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Sable House is a 501(c)(3)
nonprofit organization.

**CRISIS
HOTLINE**

**503-623-4033
866-305-3030**

NO MORE | TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

NO MORE is a new unifying symbol designed to galvanize greater awareness and action to end domestic violence and sexual assault. The signature blue vanishing point originated from the concept of a zero – as in zero incidences of domestic violence and sexual assault. Hundreds of representatives from the domestic violence and sexual assault prevention field came together and created a new, overarching symbol, uniting all people working to end these problems.

NO MORE calls on all of us together to end the silence and speak out against the violence experienced by people of all genders, races and ethnicities, and age groups.

I SAY NO MORE BECAUSE *everyone deserves to be safe.*

I SAY NO MORE BECAUSE *how we teach our children can help make this the last generation to tolerate abuse.*

I SAY NO MORE BECAUSE *every person has the right to be treated with dignity.*

Why do **you** say NO MORE to domestic violence and sexual assault?

Use the space below to share your own reason for saying NO MORE. Clip the tag and return it to Sable House by mail in the enclosed envelope, or just drop it off at our office.

The responses will be displayed in our office and at community events.

I SAY NO MORE BECAUSE

How Can You Help?

Make a Cash Donation: For only \$12, you can provide one night of safe shelter for a victim of abuse. Just click the "Donate" button on our website at sablehouse.org

Donate Supplies: Our wish list is on our website (sablehouse.org - click on "Donate") or you can pick up a copy from our office. Tip: take a copy with you on shopping trips, so if you run across a great deal, you can easily check to see if it is on the wish list.



Our shelter is in need of:

- New Pillows
- Fitted Sheets (twin & double/full size)

Become a Volunteer: We love our volunteers! To join this fantastic group, contact our director, Deborah Thompson (503-623-6703 or deborah@sablehouse.org).

Donate Your Old Cell Phone: We send all the phones we collect to Shelter Alliance, and they give us cash for every phone - no matter how old, working or not - and they recycle the phones for a cleaner planet.

Several local high school seniors chose to help Sable House for their senior projects - and they did a wonderful job!

Two students worked together and created Birthday Boxes for the children in our shelter, with cake, frosting, candy, decorations, and gifts.

Another student organized a hygiene product drive and collected over 200 items, including shampoo, soap, lotion, and other necessities.

These are just two examples - if you're a rising senior with a desire to help Sable House, give us a call.



Congratulations to all of the Polk County Graduates!

To all of our sponsors and supporters,

THANK YOU!

You're making a difference, every day.

mailing address: Sable House, PO Box 783, Dallas, OR 97338

office address: 289 E. Ellendale Ave, #701, Dallas

The One in Four Journal

Nancy, 58, is kind and intelligent, with a well-developed sense of humor and a peaceful soul. She is also a survivor of domestic violence. After 15 years of marriage, Nancy left her husband when he became physically violent. During their divorce, her husband stalked her and threatened her with violence. Afraid for her safety, Nancy agreed to give her husband everything in the divorce and then moved to a different state.

A year later, Nancy's ex-husband caught up with her. He found a picture on a newspaper's website that showed her doing charity work with her new employer, and he showed up at her office. Fortunately, Nancy wasn't at the office that day. An alert staff member called Nancy to warn her, and she had to leave town immediately.

Her husband found her again, a few months later, when a "friend" alerted him to her newest location. Nancy was forced to flee yet again, this time to Sable House. We worked with Nancy over many months to help her rebuild her life, taking precautions for her continued safety.

Now, years later, Nancy hopes that by sharing her story, it may help other women find safety and peace.

Q: When did the abuse start?

A: We were married for more than 15 years, but my ex-husband was only physically abusive at the end of our marriage. He had been emotionally abusive before then, but at the time I didn't recognize that for what it was.

Q: Did you call the police or file charges against your ex-husband?

A: There was no way I could file charges. There were so many reasons I couldn't do that. When I left, I had to choose my path based on what was safe and the amount of stress I could handle. Getting him in trouble was just not important.

Also, he worked in law enforcement and everyone liked him – I don't know if anyone would have believed me if I told them what was happening.

Q: What aspect of Sable House was most helpful to you?

A: Overall, the genuine compassion and caring of the staff has been the best part of Sable House – and that they also have expectations and boundaries. My advocate helped me develop a plan and stay on track with working that plan. She was a great support, giving me input and ideas, and connecting me to resources that matched my plan. She isn't a pushover, though! She provides a wonderful role model for women.

Q: Did you attend any support groups at Sable House?

A: Yes, I went to support group as often as I could, because they were just so helpful. I always felt better in weeks when I attended group. Just sitting with other women, in the moments when

continued on page 6

those women are being open to being vulnerable and sharing their fears and challenges, helps you to clearly evaluate your own situation. You realize that it – the violence and abuse – it isn't about you, there is a bigger picture. There is a violence virus in our society, and it crosses all cultures, incomes, religions, and ages. But it can be treated.

Q: Did you face any unusual challenges in leaving and rebuilding your life?

A: I felt that I should have “known better” at my age, and I had to overcome those feelings so that I could start over. At the same time, I was watching my friends retiring and making plans for their retirement. It didn't feel fair.

Q: In the past, did you talk about the abuse with your friends? What about now?

A: I did talk to friends about it, sometimes, but I have learned to be discerning about what I told them. I still don't talk about it with most people.

Q: Why is that? Do you feel like there is a stigma attached to being a survivor of domestic violence?

A: The stigma seems to be less about the status of being a survivor, and more of a stigma associated with talking about the abuse – many people don't want you to talk about it, they see it as negativity.

Q: Earlier, you mentioned that we can treat the “violence virus” that plagues our society. Can you explain that further?

A: Women must understand that domestic violence is not their fault. It is a choice by the abuser to use violence to maintain control over them. It is illegal and unacceptable. Society must stop the violence through education and by not tolerating it.

And incredible, positive changes can happen when women ask hard questions, of both themselves and other women. For instance, are

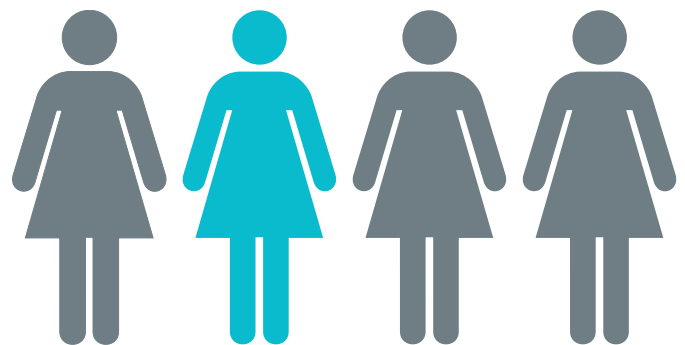
you happy with your life, with who you are? Not just surface level happiness, but are you happy with how you live your life? To answer this question, you need to come back to yourself. You have to figure out how you matter to yourself and what your values and expectations are. And then you can really, honestly look at your life and see if it is actually the life you want.

Q: Anything else that might help?

A: It is important for women to learn what real support is, what it feels like. We usually have so many friendships that seem important, but the friendship is very often just another activity in our busy life. We don't have true support, and we don't realize we need it until our lives are in turmoil. We need to learn to recognize what real support is, and learn to accept it, before we are in a crisis.

Q: How is your life now? What's next?

A: I'm excited for the future. I have a college degree, but that was a long time ago! It is outdated. So I've started taking classes again, to update my degree and then start graduate studies. I'd like to work for organizations that support the interactions between women, animals, and the environment, especially in developing countries.



Names and other identifying details have been changed to protect our client's safety.

New Oregon Laws

Sexual Abuse Protective Order

A victim of sexual abuse may obtain a restraining order against the perpetrator of that abuse.

ORS 163.760 to 163.777

Disability and Custody

When deciding custody and/or parenting time, the court may not consider a parent's disability, unless the symptoms are endangering the child(ren).

ORS 107.105 & 107.137

Health Insurance in Custody Cases

While a custody case is pending, both parents are prohibited from canceling or changing health or life insurance that benefits the other parent and/or their child(ren).

ORS 109.103 & 109.135

Leave for Employees of Private Employers

Eliminates waiting period for employees to take leave to address safety, access

treatment, or otherwise handle issues arising from being a victim of domestic violence, sexual assault, harassment, or stalking.

ORS 659A.270 & 659A.272

Paid Leave for State Employees

An Oregon state employee who is a victim of domestic violence, harassment, sexual assault, or stalking may take up to 160 hours of paid leave each year

ORS 659A.283

Kaemon's Wisdom

Hi! I'm Kaemon, the youngest volunteer at Sable House. I may only be 18 months old, but don't let that fool you. I've got lots of wisdom to share!

Today I want to talk about raising kids so that we learn to make non-violent choices. You parents out there have probably heard this a million times: we're always watching you! So if you resolve conflicts in a compassionate, non-violent way, we learn to do that, too.

Don't worry, you can disagree - or even argue - with someone in front of us! Just don't be scary, okay? When people yell or slam doors, it makes us kids very worried.

The really important thing, especially when our parents argue, is that us kids see the conflict resolved peacefully. A grown-up scientist guy agrees with me - most kids who see peaceful resolution of an argument are just as okay afterward as a kid who didn't see an argument. But when kids see an argument but not a resolution, they stay worried or scared. So resolve the argument peacefully in front of us - and only when you mean it, because we really can tell when you're not being honest.

Which reminds me, I've got to go. I'm pretty sure I saw cookies on Bev's desk, even if Mommy said there aren't any...

*(My mommy also says I should tell you that the grown-up scientist guy is Dr. E. Mark Cummings of the University of Notre Dame, and that you can read more about his studies in chapter nine of the book *Nurture Shock* by Po Bronson and Ashley Merryman.)*



Kaemon is the son of our Family Services Coordinator.



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Inside This Issue...

You're Invited! Walk With Sable House on June 21

Add Your Voice to the No More Campaign

How You Can Help Sable House

New Family and Employment Laws

A Survivor Speaks

"You realize that it – the violence and abuse – it isn't about you, there is a bigger picture."

Page 5



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